

10 Reasons Why You Should Eat Beet



1 Beets have folic acid which is important for the growth of new cells.

2 One of the most amazing health benefits of beets is that it has no trans-fats and no saturated fats. It is extremely low in calories as well. This food helps in reducing the sugar craving.

Beets are rich in carbohydrates and is great way energizing the body. It is an energy food/fuel for the body.

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4 Beet is a great source of minerals and dietary fiber.

Research has indicated that beets are helpful in preventing several kinds of cancer, mainly colon cancer.

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6 Easy to eat: No cooking required and cold beets taste good as well.

7 Beets are natural blood cleanser and colon cleanser.

8 Beets are available in all the seasons.

Research has also indicated that having beets everyday helps in protecting the body from heart problems.

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You can have beets in the raw form as well as cooked. Beet juice is an excellent health tonic and can be mixed with other fruits and vegetables such as carrot and apples etc.

