

Farm to Health Series



MAXIMIZE YOUR NUTRIENTS FROM:

BEETS

Recipe
on Back!

A single beet contains many valuable vitamins and minerals including:

- 22% daily value (DV) of folate.
- 9% DV of fiber.
- 8% DV of potassium.

Beets have phytonutrients called betalains, which give beets their deep red color. They are also rich in nitrates, which are taken into the roots from the soil.

HOW THEY IMPROVE HEALTH

- Beets have antioxidant and anti-inflammatory properties, which help to get rid of unwanted compounds and repair cellular damage in your body. This may reduce risk of some cancers and other chronic diseases.
- Nitrates have been suggested to lower blood pressure in patients with hypertension and may aid endurance exercise.

NUTRIENT AND PHYTONUTRIENT CHANGES

- Beets should be stored in the refrigerator. Cut the stems a few inches above the root and store in an air-tight plastic bag. Beets can be stored whole or chopped.
- Both raw and cooked beets are healthy options, although raw beets have slightly higher nutrient and phytochemical levels.
- When cooking beets, steaming is the best option. This retains the folate and betalain levels compared to other cooking methods.
- When preserving beets, freezing is better than canning – very little nutrient and phytonutrient losses occur during frozen storage. Beets should be blanched before freezing.
- Losses of folate and betalains occur when canning beets. If using canned beets, the canning liquid should also be consumed.

This information is not meant to diagnose, treat, cure, or prevent any disease. This project is made possible by funding through OSU CARES - an initiative of OSU Extension and the OSU to expand faculty, staff and student partnerships with communities throughout Ohio.

Recipe: Beet, Carrot and Apple Salad

(Reprinted with permission from the American Institute for Cancer Research, www.aicr.org)

This salad utilizes raw beets to maximize levels of betalains, folate and potassium.

Ingredients:

- 3/4 cup shredded beet (1 medium)
- 3/4 cup shredded carrot (2 medium)
- 1 large unpeeled Granny Smith apple
- 1/4 cup walnut halves, chopped
- 3 Tbsp. chopped flat-leaf parsley or dill
- 1 Tbsp. fresh lemon juice
- 1/2 tsp. salt
- Freshly ground black pepper
- 1 Tbsp. extra virgin olive oil

Directions:

- Cover hands in plastic sandwich bags to avoid staining. Peel beet using swivel blade vegetable peeler. Coarsely shred beet to get 3/4 cup. Save remaining beet for another use. Shred carrots and apple. Place shredded beets, carrots and apple in mixing bowl and mix to combine. Add walnuts and green herbs on top of mixed vegetables, and set bowl aside.
- Dressing: in small bowl whisk together lemon juice and salt until salt dissolves. Add 3-4 grinds of pepper. Whisk in oil. Pour dressing over salad and mix until well combined and evenly dressed. Serve salad within 1 hour of combining with herbs and dressing.



For more information or how to maximize nutrients in other fruits and vegetables, see <http://localfoods.osu.edu/maximizenuutrients>.

Makes 4 servings. Per Serving: 112 calories, 8 g total fat (<1 g saturated fat), 11 g carbohydrate, 2 g protein, 2 g dietary fiber, 4154 IU vitamin A (83% DV), 40 µg folate (6% DV), 330 mg sodium, 241 mg potassium (7% DV)



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