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NUTRITION AND YOU...BEETS

FOOD FOR THOUGHT

Beets are available in many different colors, shapes, and sizes. They make an excellent addition to a vegetable garden because they are easy to grow and can withstand cold conditions better than most vegetables. Growing your own beets is also a cheaper and fresher option!

SHOP SMART

Beets are available fresh or canned. Fresh beets are in stores year-round, but the peak season is June to October. Look for beets that are smooth, hard, and round with a deep red or yellow color. Avoid buying beets with soft moist spots or beets that are shriveled. Some beets come with edible leaves attached. These leaves are prepared the same as other greens, Canned beets are an alternative to fresh beets and are usually already cooked and peeled, so you can eat them straight from the can.

EAT HEALTHY

Beets are:

- An excellent source of folate (beet roots)
- An excellent source of vitamin A (beet leaves)
- A good source of vitamin C (beet leaves)
- Low in calories and fat
- Cholesterol free

Note: 1 cup of beet roots or 2 cups of beet leaves provide 1 cup of your daily vegetable requirement.



KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food
- To reduce moisture loss from fresh beets, cut off greens before storing, but leave at least an inch of the stem on
- Place the unwashed beets in a plastic bag and refrigerate for up to three weeks
- Store beets tops separately and use them as soon as possible because they will only keep a few days
- Scrub beets very gently before preparing, being careful not to break the skin
- Do not cut or peel beets before cooking them in liquid because they will lose their color

Your Local Story here:

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

RECIPE

Roasted Root Vegetables

Ingredients:

- 4 medium-sized root vegetables
- 2 carrots
- 1 medium onion
- 2 teaspoons vegetable oil
- 2-3 tablespoons grated or shredded parmesan cheese
- Season with your favorite spices

Instructions:

1. Preheat oven to 350 degrees
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasoning or parmesan cheese and mix well.
4. Spread in an even layer on a baking sheet.

Nutrition Facts – Roasted Root Vegetables

Cost: Per Recipe: \$ 1.90 Per Serving: \$ 0.47
Serving Size: 1/4 of recipe (297 grams)
Calories: 250 Calories from Fat: 130

Per Serving	% Daily Value*
Total Fat – 15 g	23%
Saturated Fat – 2g	10%
Dietary Fiber – 7 g	28%
Sodium - 150mg	6%
Sugars – 13 g	
Protein – 5 g	

*Percent daily value
Based on a 2,000
calorie diet. Your
daily values may
be higher or lower
depending on your
caloric needs.

5. Bake for 1 hour or until tender. Test a few vegetables by poking with a fork to see if they are tender.

FOCUS ON FITNESS

Get the whole family involved in an afternoon walk or bike ride.

REMEMBER:

Eat as a family! Turn off the TV and any other distractions while eating. Everyone will have more opportunity to enjoy each other's company.



REFERENCES

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