



Beets

Qualified Health Claims

- Folate helps prevent spinal birth defects
- Manganese helps with cognitive function and producing hormones and connective tissue
- Vitamin C helps promote a healthy immune system
- Nitrates found in beets improve oxygen, blood flow and energy use during exercise, thereby increasing physical activity performance

Nutrition Information

- Betalain (antioxidant/anti-inflammatory properties)
- Folate
- Manganese
- Potassium
- Fiber
- Vitamin C

Dig Deeper

Get more information, register, or download resources:

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mtharvestofthemonth.org

Drug Interactions

- Diuretics and NSAIDs (aspirin, ibuprofen) deplete potassium in the body. Beets provide potassium to replenish what was lost in urine

Chronic- Diet Related Illness

- Fiber helps remove excess LDL cholesterol
- Fiber help regulate digestive system, helps regulate blood sugar, and helps maintain healthyweight
- Potassium helps lower blood pressure levels
- Nitrates found in beets help dilate blood vessels which increases blood flow and thus lowering blood pressure

Resources

<http://www.livestrong.com/article/409000-what-is-the-nutritional-value-of-beets/>

<http://www.healthline.com/nutrition/benefits-of-beets#section4>

Larsen et al. (2011). Dietary inorganic nitrate improves mitochondrial efficiency in humans. *Cell Metabolism*. Feb 2;13(2):149-59. doi: 10.1016/j.cmet.2011.01.004. <https://www.ncbi.nlm.nih.gov/pubmed/21284982>

<https://www.cardiosmart.org/News-and-Events/2016/03/Beet-Juice-Lowers-Blood-Pressure-and-Boosts-Exercise-Endurance-in-Heart-Failure-Patients>

Nelms, Sucher, Lacey and Roth (2007). *Nutrition Therapy and Pathophysiology* 2nd Ed.

D'Elia et al. (2011). Potassium intake, stroke, and cardiovascular disease a meta-analysis of prospective studies. <https://www.ncbi.nlm.nih.gov/pubmed/21371638>

<http://www.healthline.com/nutrition/benefits-of-beets#section4>

Coles and Clifton (2012). Effect of beetroot juice on lowering blood pressure in free-living, disease-free adults: a randomized, placebo-controlled trial. *Journal of Nutrition*. Dec 11;11:106. doi: 10.1186/1475-2891-11-106.



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

Funds were provided in part by a USDA Team Nutrition Training grant, a USDA Farm to School grant, Montana Healthcare Foundation, Northern Pulse Growers Association, Montana Department of Public Health and Human Services, and Montana School Nutrition Association. USDA is an equal opportunity provider and employer. The Montana State University Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach. This publication was supported by the Grants or Cooperative Agreements Numbers, 6 U58DP004818-03-01 & 5 U58DP004818-03-00, and funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the DPHHS.