

BEETS

FUN FACTS

1. Turns urine pink for low stomach acid and clear for high acid.
2. Beet juice was used as hair dye in the 16th century
3. 20% of sugar comes from the sugar taken from the beets.
4. Boil beets and you can use the water to help with dandruff.



**Serving Size =
1 cup**



Interesting Facts

- Beets are rich in antioxidants, fiber, copper, potassium, folate, iron, vitamin C and B6, phosphorus, and magnesium.
- They are commonly dark red
- They contain betalains, which helps fight off cancer and helps to make you healthier.

Shopping Tips

- Look for sale prices.
- Use coupons to save.
- Compare items from stores.
- Watch the scanner for incorrect prices.
- Set limits for shopping.

DID YOU KNOW?

- That beets keep your liver healthy
- Reduces inflammation.
- Helps with blood flow.
- Yellow beets help your eyes.
- Helps expand blood vessels.

By: Corbin Estep

Kale with Roasted Beets and Bacon.

2 beets, 1 tablespoon olive oil, Kosher salt and black pepper, 6 thick-cut bacon slices, 1 and ½ pounds of kale diced, ⅓ cup low-sodium chicken stock, 4 tablespoons apple cider vinegar. Mix all together and serve.

