

# Why You Can't Beat The Beets!



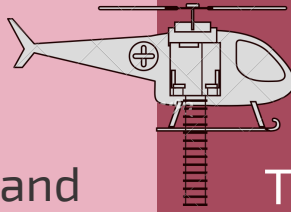
Let's discover some health benefits of beets



# 1



Beetroot is a superfood!  
It contains a lot of nutrients and energy to help you become a **SUPERHERO!**



# 2



Beets to the rescue!  
They are high in fiber which keeps your gut clean and healthy.

# 3



"Beet" anemia with beets!  
The vitamins and minerals in beets help your blood carry energy to your muscles.



# 4



Beetroots help your brain!  
Eating them can help your thinking and learning skills.

# Why You Can't Beat The Beets!



Let's discover some fun facts about beets



Beet colors range from yellow to orange, to red. Red beets are so sweet, they taste great as a dessert.



Beets leaves are also edible. Fresh leaves taste like spinach.



The red color in beetroot is a compound called betanin. It could stain your fingers unless you wear gloves.



Beet juice has been used to dye fabric for centuries. It gives it a beautiful and natural color.