



Candy Stripe **BEETS**

Fun Facts:

- Candy stripe beets have their name due to the colorful fuschia and white stripes when you cut the beets in half.
- These beets are often described as sweeter, milder, or peppery than regular red beets.

Nutritional Information:

Beets contain nitrates, which can improve exercise performance and help blood carry more oxygen. Beets are also a natural source of tryptophan and betaine, which can promote a feeling of well-being.