

FRESH FRUIT AND VEGETABLE PROGRAM

Nutritional Education



Fun Facts:

- Beet juice has been used as a natural red dye since the 16th century, and was even used as a hair dye.
- You can enjoy them raw, juiced, roasted, steam, or pickled!

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. They are a good source of fiber, which is good for your digestive system!