

Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and other partners.

[www.woahcco.com/healthy-bytes-initiative/](http://www.woahcco.com/healthy-bytes-initiative/)

**Beet Greens**


- Lower blood pressure and risk for heart disease and stroke
- High in beta carotene for healthy vision & skin, fights cancer
- Good source of vitamin K to support brain health
- Low in calories, high in vitamins B & C, and minerals calcium, iron & potassium
- Can be eaten raw or lightly sautéed

**Beet Root**

- High in antioxidants that protect against cancer
- Healthy nitrates lower blood pressure and improve circulation
- Grate raw in salads for a mild, citrus flavor

**The Health Benefits of Beets**

**Beets**  
Both the root (red) & greens are nutritious



Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and other partners.

[www.woahcco.com/healthy-bytes-initiative/](http://www.woahcco.com/healthy-bytes-initiative/)

**Beet Greens**


- Lower blood pressure and risk for heart disease and stroke
- High in beta carotene for healthy vision & skin, fights cancer
- Good source of vitamin K to support brain health
- Low in calories, high in vitamins B & C, and minerals calcium, iron & potassium
- Can be eaten raw or lightly sautéed

**Beet Root**


- High in antioxidants that protect against cancer
- Healthy nitrates lower blood pressure and improve circulation
- Grate raw in salads for a mild, citrus flavor

**The Health Benefits of Beets**

**Beets**  
Both the root (red) & greens are nutritious



**Beets**  
Both the root (red) & greens are nutritious



**The Health Benefits of Beets**


**Beet Root**

- High in antioxidants that protect against cancer
- Healthy nitrates lower blood pressure and improve circulation
- Grate raw in salads for a mild, citrus flavor

**Beet Greens**


- Lower blood pressure and risk for heart disease and stroke
- High in beta carotene for healthy vision & skin, fights cancer
- Good source of vitamin K to support brain health
- Low in calories, high in vitamins B & C, and minerals calcium, iron & potassium
- Can be eaten raw or lightly sautéed

[www.woahcco.com/healthy-bytes-initiative/](http://www.woahcco.com/healthy-bytes-initiative/)



Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and other partners.

**Beets**  
Both the root (red) & greens are nutritious



**The Health Benefits of Beets**


**Beet Root**

- High in antioxidants that protect against cancer
- Healthy nitrates lower blood pressure and improve circulation
- Grate raw in salads for a mild, citrus flavor

**Beet Greens**

- Lower blood pressure and risk for heart disease and stroke
- High in beta carotene for healthy vision & skin, fights cancer
- Good source of vitamin K to support brain health
- Low in calories, high in vitamins B & C, and minerals calcium, iron & potassium
- Can be eaten raw or lightly sautéed

[www.woahcco.com/healthy-bytes-initiative/](http://www.woahcco.com/healthy-bytes-initiative/)



Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and other partners.