

Beetroot, a rich source of iron and vitamins

Beets could help with your blood levels. Apart from their use as a food, they are used for their medicinal properties and for food colouring. Before being used, one needs to remove the thin outer skin, and then, slice and added to a salad or any soup. They can also be eaten raw.

Beets have a wide range of health benefits due to their nutritional content. They contain vitamins, minerals, and organic compounds like carotenoids, lutein, glycine, betaine, dietary fiber, vitamin C, magnesium, iron, copper and phosphorus.

According to Bridget Kezaabu, a nutritionist, people with kidney or gallbladder problems should, however, avoid beetroots because they may worsen the conditions.

Fight anaemia

Beetroot is rich in iron and helps to improve blood count and blood flow. Iron, a component of the red blood cells, is responsible for supplying oxygen and nutrients to different parts of the body.

Kezaabu says, "Beets also act as a blood purifier and natural detoxifier. Consuming beetroots and drinking beet juice regularly helps in regeneration of red blood cells in the body thereby preventing and treating anemia. It can also be a good home rem-

edy for menstrual disorders."

Prevent Strokes

Deficiency of potassium in the body often increases the risk of stroke. Beetroot is recommended to boost heart health because it is rich in potassium.

"Potassium relaxes the blood vessels and reduces blood pressure throughout the body," Kezaabu says, adding, "When blood pressure is reduced, the vessels and arteries also relax so blood clots are less likely to form."

For sight

Beetroots contain a good quality of beta-carotene which aids in reducing macular degeneration in the eyes which come with

age.

Vitamin A is required for the maintenance of normal vision as it promotes good vision, especially in low light. The beta-carotene, according to Kezaabu, is a powerful type of vitamin A, which has antioxidant ability to defend the eyes against the damaging effects from free radicals.

Kezaabu says, "Age-related macular degeneration is one of the most common causes of sight loss in older people. A daily intake of vitamin A contained in the beetroot is a remedy."

Other benefits

Beets are good source of Vitamin B and folate for pregnant women. Betaines in beetroot juice stimulate proper functioning of the liver.

