

BEETS

Beetroot and Beet Greens

Beets are one of the best sources of Betalains, phytonutrients that provide antioxidant, anti-inflammatory, and detoxification support. Beets are also a good source of folate, magnesium, and copper. While traditionally only the roots of beets are consumed, the greens of the beet plant contain a high levels of lutein and zeaxanthin, carotenoids that support eye health.

Serving suggestions:

- Cook beets lightly, their delicate nutrients are heat sensitive.
- Slice thinly and roast with olive oil and the citrus of your choice.
- Grate raw beets over a salad.
- Saute beet greens with olive oil and garlic.
- Add raw beets to smoothies for beautiful color and added nutrients.

Nutrition Tip:

Use caution when consuming juices made from vegetables such as beets or carrots. They are high in sugar and low in fiber, leading to blood sugar dysregulation and exacerbating symptoms of fatigue, hyperactivity, insulin resistance, and diabetes. Opt for preparations that include the fibrous part of the plant as well, such as blended soups or smoothies.

**ETHICALLY GROWN/RAISED
PRODUCE, MEAT, AND EGGS
BY STONYLEDGE FARM**

**BIO-INDIVIDUAL NUTRITIONAL
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