

Beetroot and its Benefits

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SUMMARY

Vibrant red or gold beetroot in modern times, hybrid species of beets even have candy-cane stripes of red and white. All colors of beetroot have the same rich, earthy taste and lives the plate with their rainbow hues. The leaves and roots of beets are packed with nutrition, including antioxidants that fight cell damage and reduce the risk of heart disease. They're one of the few vegetables that contain betalains, a powerful antioxidant that gives beets their vibrant color. Betalains reduce inflammation and may help protect against cancer and other diseases.

INTRODUCTION

Beetroot has been gaining in popularity as a superfood. Recent studies claim that beets and beetroot juice can improve athletic performance, reduce blood pressure, and increase blood flow.



Benefits:

Beetroot provides a wide range of possible health benefits, such as reducing blood pressure, improving digestion, and lowering the risk of diabetes.

Heart health and blood pressure:

Beetroot may help reduce blood pressure. A 2015 study Trusted Source of 68 people with high blood pressure examined the effects of drinking 250 milliliters of beetroot juice every day. The researchers found that doing so significantly lowered blood pressure after ingestion. They suggest that this antihypertensive effect was due to the high levels of nitrate in the beet juice. They recommend consuming high nitrate vegetables as an effective, low cost way to help treat high blood pressure. However, people should never stop taking a prescribed blood pressure medication without first talking to a doctor. High blood pressure is a primary risk factor Trusted Source for cardiovascular disease (CVD). Reducing it by making dietary changes and through other means can help prevent heart failure, stroke, heart attacks, and other life threatening complications of CVD.

Diabetes:

Beets contain an antioxidant called alpha-lipoic acid. This compound may help lower glucose levels and increase insulin sensitivity.

A 2019 review of studies Trusted Source looked at the effects of alpha-lipoic acid on the symptoms of diabetic neuropathy. The researchers found that oral and intravenous administration of alpha-lipoic acid supplements led to a decrease in symptoms of peripheral and autonomic neuropathy in people with diabetes. However, most of the doses in these studies were far higher than those that are available in beetroot. The effects of smaller dietary doses are not yet clear from the available research.

Digestion and regularity:

One cup of beetroot provides 3.81 grams (g) of fiber. Consuming enough fiber is essential for smooth digestion and gut health.

Exercise and athletic performance:

Some studies have found that beetroot juice supplementation can improve the amount of oxygen that muscles absorb during exercise. One 2019 study Trusted Source found that high doses of beetroot juice improved the time trial results of experienced cyclists.

Cancer prevention:

A 2019 review of studies Trusted Source found that certain compounds in beets can disrupt the cancerous mutations of cells. Such compounds include betalains, which are pigments that give beets their red and yellow color. Although further research is necessary before health professionals can recommend beets as a replacement for other standard cancer risk reduction methods, they may have some function in reducing the risk of this condition.

Nutrition:

One cup of raw beetroot provides:

- 58.5 calories
- 13 g of carbohydrates, including 9.19 g of sugar and 3.81 g of fiber
- 2.19 g of protein

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