

Mayo Clinic Minute: It's hard to beat the health benefits of beets

| VIDEO | AUDIO |
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| Nats | "As long as you steam them first, it makes peeling quite easy." |
| b-roll of beets | TAKE 1 These bright red root vegetables are gaining popularity in the health field. |
| 22:53 Anya Guy Dietitian Mayo Clinic | "Beets are low in calories, and they provide many benefits, including their nutrition profile. They are rich in a lot of antioxidants and vitamins." |
| b-roll of beets | TAKE 2 Beets are high in fiber, which is great for digestive health. They also can help your heart. |
| Anya Guy 23:59 | "Many people might not think that beets are a heart-healthy food, but, actually, beets contain a high level of nitrates, which have a blood pressure-lowering effect." |
| b-roll of beets produce b-roll of pickled in jar b-roll of slicing/roasted b-roll of beet chips | TAKE 2 And the health benefits of beets can be gained whether it's fresh beets added in your own recipes, pickled in a jar, sliced and roasted, or eaten as beet chips. |
| Anya Guy 27:16 | "To get the healthful benefits of beets, a serving would be a quarter to a half of a cup." |
| Anya Guy 28:03 | "You can add beets to salads, soups, smoothies, even pizza." |
| b-roll of beets | TAKE 1 So the next time you're looking to add some color and nutrition to your meal, it's hard to beat the heart-healthy beet. |
| Jason | TAKE 1 For the Mayo Clinic News Network, I'm Jason Howland. |