

Beetroot Nutrition Info

Are you growing and eating your own beetroot? If not why not!

Mr Bowen often told his patients to eat a slice of raw beetroot at day for Kidney problems, but I wonder if he knew why.

An average size cup of beetroot would contain approximately 31 food calories; 8.5g of carbohydrate, 1.5g of dietary fiber, phosphorous, potassium and 1.5g of protein. Cooked beetroot is a great source of folate that can protect you against high blood pressure, Alzheimer's and dementia. Beetroot is also rich in silicon – an essential mineral found in the connective tissue giving them strength and stability.

Beetroot Health Benefits

Beetroot is good for the health of the heart as it contains soluble fibre with can help to reduce high blood cholesterol levels. It also contains the phytochemicals carotenoids and flavonoids which help prevent LDL 'bad' cholesterol from being oxidised and deposited in the arteries. Beetroot is virtually fat free and low in calories. It has an extremely low Glycemic Index which means it's converted into sugars very slowly which helps to keep blood sugar levels stable. Specific anti-carcinogens are bound to the red colouring matter which supposedly helps fight against cancer and beetroot also increases the uptake of oxygen by as much as 400 percent. Additional studies are taking place to add support to these claims. Beetroot also purifies the blood and improves circulation.

Anaemia

Red beet juice is associated with human blood and blood forming qualities. Due to its higher content of iron, it regenerates and reactivates the red blood cells, supplies fresh oxygen to the body and helps the normal function of vesicular breathing i.e. normal breath sound. It is thus extremely useful in the treatment of anaemia.

The juice of the red beet strengthens the body's powers of resistance and has proved to be an excellent remedy for anaemia, especially for children and teenagers where other blood forming remedies have failed.

Digestive Disorders

Beet juice is beneficial in the treatment of jaundice, hepatitis, nausea and vomiting due to biliousness, diarrhoea and dysentery. Adding a teaspoonful of lime juice to this juice increases its medicinal value and can be given as a liquid food in these conditions. Fresh beet juice mixed with a tablespoonful of honey taken every morning before breakfast helps the healing of gastric ulcer. Leaves of beet root, eaten as green-leafy vegetable and its juice, mixed with lime juice, are also valuable in jaundice and gastric ulcer. The juice should be taken once daily. Beetroot is wonderful grated fresh out of your garden onto your salad (just don't wear anything white while you are doing it.)

