



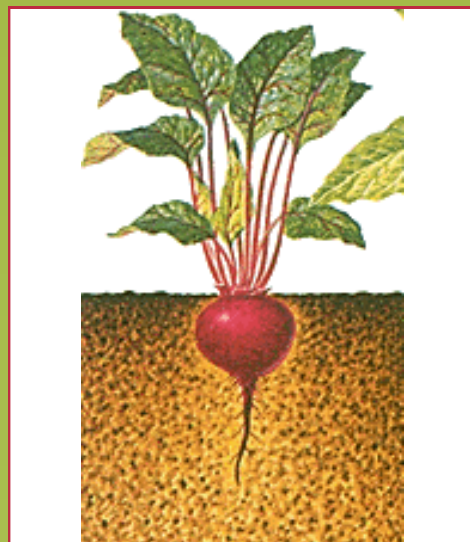
## Beets

- Beets come in a variety of colors like red, orange, yellow, white and pink swirl!
- We are a root vegetable that grows in the ground
  - We are full of B-complex vitamins



### Did you know?

Our roots contain potassium that strengthen your heart



### Nutritional:

**Beets** are packed with vitamin-C, folates and minerals!