

EAT YOUR BEETS

Nutrition Facts

Serving Size: ½ cup cooked beets, sliced (85g)

Calories 37 Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 5%	Iron 4%



Reasons to Eat Beets

A ½ cup of beets is a good way to get folate and manganese.

A ½ cup of cooked beet greens has lots of vitamin K, vitamin A, and vitamin C. It is a good way to get riboflavin. Riboflavin is also called vitamin B₂. It is important for building healthy red blood cells.

Riboflavin Champions*:

Almonds, cooked beet greens, eggs, fortified cereals, and lowfat milk.

*Riboflavin Champions provide a good or excellent source of riboflavin.

How Much Do I Need?

A ½ cup of beets is about the size of one medium beet. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how much you need. Eat a variety of colorful fruits and vegetables throughout the day – fresh, frozen, canned, dried, and 100% juice. It will help you reach your total daily needs. And, remember to be active for at least 60 minutes every day!

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.

You can eat fruits and vegetables in many different forms – fresh, frozen, canned, dried, and even 100% juice. They are all good for you!

On your next trip to the grocery store, look for these fruits and vegetables. Put a check mark next to each form you find. Circle your favorite fruits and vegetables and in which form you like it best.

	Fresh	Canned	Frozen	Dried	100% Juice
Apples					
Beets					
Broccoli					
Corn					
Oranges					
Peas					
Others:					

1. Were you able to find any fruits and vegetables in all five forms? _____
2. If you answered yes, list which items: _____

3. Which items did you find in at least three different forms? _____

4. Draw a star next to a new form of fruit or vegetable you would like to try. Look for it during your trip to the grocery store.