

Beetroot is a rich source of folate and manganese and also contains thiamine, riboflavin, vitamin B-6, pantothenic acid, chlorine, betaine, magnesium, phosphorus, potassium, zinc, copper and selenium. Lets see some of the amazing health benefits of beets or beetroot fruit.

Why is Beetroot and its Juice Good for Athletes and Runners

Yes, consuming something as simple as a beetroot could possibly help extend endurance and improve performance. If you are an athlete and want to do everything you can to optimize training and performance, drink a glass of beetroot juice or consuming some nice baked beetroot will really work for you. Beetroot juice can help cut minutes off your run time, improve your tolerance against high-intensity exercise and improve blood and oxygen flow in their muscles.

Beetroot juice is packed with nitrates, which your body converts to nitric oxide, a molecule that enhances blood vessel dilation, increasing your blood flow capacity and lowering the amount of oxygen your muscles need. You are able to use oxygen more efficiently, so the idea is athletes have more power, are able to run faster, and are able to move more efficiently. Nitric oxide does a lot of things in the body, but in terms of exercise and performance it is involved in increasing blood flow to the muscles, which makes it easier for your power generators, known as mitochondria, to produce energy. It also maintains blood pressure and controls muscle contraction.

A study published in 2012 by Naomi Cermak, Martin Gibala, and Luc van Loon, found that a similar six-day stretch of beetroot juice consumption in trained cyclists improved performance and power output by about 1% each over the course of a 10km cycling time trial.

Nutrient factor of Beet (Chukundar)



One cup of raw beets contains 58 calories, 13 grams of carbohydrate (including 9 grams of sugar and 4 grams of fiber) and 2 grams of protein. It provides 1% of daily vitamin A needs, 2% of calcium, 11% of vitamin C and 6% of iron.

Lets see some of the common health benefits of beets -

Lower Blood Pressure - Health Benefits of Beets

Drinking beet juice may help to lower blood pressure in a matter of hours. One study found that drinking one glass of beet juice lowered systolic blood pressure by an average of 4-5 points.

Cleans Body - Health Benefits of Beetroot

They are a wonderful tonic for the liver, works as a purifier for the blood, and can prevent various forms of cancer.

Boost Stamina - Health Benefits of Beets

Those who drank beet juice prior to exercise were able to exercise for up to 16 percent longer.

Rich in Nutrients and Fiber - Health Benefits of Beets

Beets are high in immune-boosting vitamin C, fiber, and essential minerals like potassium (essential for healthy nerve and muscle function) and manganese (which is good for your bones, liver, kidneys, and pancreas). Beets also contain the B vitamin folate, which helps reduce the risk of birth defects.

Detoxification Support

The beta-lain pigments in beets support your bodys Phase 2 detoxification process, which is when broken down toxins are bound to other molecules so they can be excreted from your body. Traditionally, beets are valued for their support in detoxification and helping to purify your blood and your liver.

Steady Run