**Max Beets**

Beets or beet roots are a healthy and nutritious vegetable. Beets are very low in cholesterol and fat. Beets also contain nitrates and pigments that can lower blood pressure and improve athletic performance. You can lose weight if you eat beets and it can support the brain. It is easy to grow beets in your backyard or you can find them at most grocery stores. If you do not like eating beets on their own, You can add beets to your salad, make beetroot dip, beetroot juice or smoothies.