

Beetroot

BEETROOT

A root vegetable known as a beetroot also called a "beet," is prized for its striking red or purple hue. You can enjoy chakundar in juice, cooked, pickled, or raw forms.

Beetroots for Digestion

Chakundar is an exceptionally high source of nutritional fibre. Dietary fibre is essential for digestion, giving stool volume and encouraging regular bowel motions.



Chakundar for Stamina

It's dietary nitrates opens blood vessels to improve blood flow and oxygen supply to muscles. Therefore, this increased oxygen supply during physical activity improves endurance and stamina.

Beetroot for Immunity

Vitamin C, vitamin B6, folate, and manganese are critical vitamins and minerals that may be found in beets. These nutrients are essential for promoting immunological health.

Beetroot for Inflammation Control

Betalains and other phytonutrients in beets are abundant in antioxidants that assist in lowering the overall inflammatory response by reducing oxidative stress.

Beetroot for Nutrition

Iron and vitamin C in beets help the immune system and several biological functions, including the production of red blood cells.

Chakundar for Skin

Antioxidants in beets include betalains and vitamin C. These anti-oxidants aid in defending the skin from free radical harm that happens because of external elements like pollution and UV rays.



How to Include Chakundar in Your Diet?



Raw Chakundar Salad



Chakundar Hummus



Beet Smoothie



Chakundar Juice



Beetroot Chips



Beet Desserts



Pickled Beetroot



Chakundar Parantha



Beetroot Soup

Side Effects of Beetroots

Red Stools and Urine

The innocuous occurrence of beeturia is brought on by the pigments found in beets.

Allergic Reactions

Allergies to beets can cause itching, hives, swelling, and breathing problems.

Interference with Medications

Vitamin K in beets, which can interfere with blood-thinning drugs can cause medication interactions.



Happy Tummy

1. Rich in Nitrates → Better Blood Flow

Nitrates in beetroot convert to nitric oxide in the body, which dilates blood vessels, improving circulation, lowering blood pressure, and enhancing exercise endurance. Athletes often drink beetroot juice before workouts for this reason.

2. Anti-inflammatory & Antioxidant Benefits

Contains betalains (the pigment that makes it red), which have anti-inflammatory and antioxidant effects.

Helps in reducing oxidative stress, which is linked to aging and chronic diseases.

3. Supports Detox Pathways

Contains betaine, which supports liver function and methylation — important for detoxifying homocysteine and other metabolic by-products.

4. Good for Gut Health

Raw beets are a good source of soluble and insoluble fiber, which helps digestion, prevents constipation, and feeds beneficial gut bacteria.

5. Micronutrient Boost (but not iron powerhouse)

Provides vitamin C, folate, manganese, potassium, and magnesium — important for red blood cell production, nerve health, and muscle function.

⚠ Limitations

-Low in iron → Only ~0.8 mg per 100 g, and it's non-heme iron (poor absorption). Not a reliable iron booster.

-Sugar content → Naturally high in sugar for a vegetable (around 7-8 g/100 g), so diabetics need portion control.

-Can cause beeturia → Pink/red urine in ~10-15% of people. Harmless, but can be mistaken for blood in urine.

⚠ When to Be Careful

Kidney stones → Beetroot is high in oxalates, which can contribute to stone formation in prone individuals.

Low blood pressure → Can lower BP further, which might be an issue if you're already hypotensive or on BP medications.

FODMAP sensitivity → Can cause bloating in people with IBS, due to fermentable carbs.

Bottom Line

Raw beetroot is very useful for circulation, heart health, detox, and gut support, but it is not a major iron source. If your goal is iron replenishment, you need to combine it with iron-rich foods (lentils, pumpkin seeds, spinach, etc.) and vitamin C for better absorption.

☐ Why Raw Beetroot is Useful

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