

Fermented Beets: Superfood Benefits Uncovered

Description

Editor's Note: This article is a reprint. It was originally published on December 26, 2016.

Beets are usually recommended in limited amounts due to their high sugar content. But when fermented, beets become one of the healthiest vegetables as most of the sugar is consumed by beneficial bacteria during fermentation, leaving other healthy components intact.

Fermented foods, like beet juice, are rich in probiotics or good bacteria. Studies show that a balanced gut bacteria environment is crucial for overall well-being. Raw beets can lower blood pressure, improve heart health, and boost stamina during exercise. They also have immune-boosting properties and may aid in cancer prevention.

Fermenting beets enhances their health benefits and adds beneficial bacteria and enzymes. Beet kvass, a fermented beet juice, is popular in Eastern Europe for its therapeutic properties. Start with small amounts and gradually increase consumption.

Choose organic beets to avoid genetically engineered varieties. Beet greens are also nutritious and can be juiced or used in salads. Experiment with raw beets or beet kvass to see how they benefit your health, especially if you have heart issues or gut problems. Moderation is key, especially for diabetes or insulin resistance. Beet kvass is a great option as it's lower in sugar and provides beneficial bacteria for gut health.

Vocabulary List:

- 1. **Fermented** /fərˈmɛntɪd/ (adjective): Changed by a chemical process that breaks down substances typically involving bacteria or yeast.
- 2. **Probiotics** /,prov.baɪ'a:.tɪks/ (noun): Live microorganisms that provide health benefits when consumed.
- 3. Stamina /'stæmɪnə/ (noun): The ability to sustain prolonged physical or mental effort.
- 4. **Nutritious** /nju'trɪʃəs/ (adjective): Providing nourishment; valuable to health.
- 5. **Therapeutic** /,θετθ'pju:tɪk/ (adjective): Relating to the treatment of disease or disorders.
- 6. Moderation / mpdə'reɪ[ən/ (noun): The avoidance of excess or extremes especially in behavior or opinions.

Comprehension Questions



Multiple Choice

1. When was the article originally published?

Option: December 26, 2016 Option: January 1, 2017 Option: December 31, 2016 Option: January 12, 2017

2. Why are beets usually recommended in limited amounts?

Option: Due to their high sugar content Option: Due to their high salt content Option: Due to their high fat content Option: Due to their high protein content

3. What happens to the sugar content of beets when they are fermented?

WS.COM Option: Most of the sugar is consumed by beneficial bacteria

Option: The sugar content remains the same

Option: The sugar content increases

Option: The sugar content is reduced by half

4. What are fermented foods, like beet juice, rich in?

Option: Probiotics or good bacteria

Option: Vitamin C

Option: Omega-3 fatty acids

Option: Calcium

5. What is a popular fermented beet juice in Eastern Europe known for its therapeutic properties?

Option: Beet kvass Option: Kombucha Option: Kimchi Option: Sauerkraut

6. Why should one choose organic beets?

Option: To avoid genetically engineered varieties

Option: Because they are cheaper Option: Because they are easier to find Option: Because they taste better



Answer

Multiple Choice: 1. December 26, 2016 2. Due to their high sugar content 3. Most of the sugar is consumed by beneficial bacteria 4. Probiotics or good bacteria 5. Beet kvass 6. To avoid genetically engineered varieties

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is the process through which a product or service is awarded an official document confirming its quality or meeting specific standards?

Option: Implementation

Option: Organic
Option: Integrity
Option: Certification

2. Who are individuals or groups that have an interest in the success and outcomes of a business or organization?

Option: Practices
Option: Stakeholders
Option: Menopause
Option: Hormonal

3. Which type of live bacteria and yeasts are good for your digestive system?

Option: Fermented Option: Probiotics Option: Stamina Option: Nutritious

4. What is a medical condition in which bones become weak and brittle?

Option: Therapeutic Option: Moderation Option: Osteoporosis Option: Nutrition

5. Which term refers to inflammation of the brain usually caused by a viral infection?

Option: Weight
Option: Regulating
Option: Hormones



Option: Encephalitis 6. What is the stage in a woman's life when menstruation stops typically around the age of 45-55? Option: Factors Option: Habits Option: Menopause Option: Hormonal 7. What mineral is essential for strong teeth and bones? Option: Unsaturated Option: Calcium Option: Fermented **Option: Probiotics** 8. What is the process of providing or obtaining the food necessary for health and growth? Option: Metabolism Option: Nutrition Option: Therapeutic Option: Moderation 9. Which term relates to the signaling chemicals in the body that control various processes? Option: Awareness Option: Repellent Option: Hormonal Option: Osteoporosis 10. Which type of fats are considered healthier than saturated fats? Option: Limit Option: Threat Option: Unsaturated Option: Nutritious Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.) 11. _____ certification ensures that products are grown without synthetic pesticides or GMOs. 12. The successful ______ of new policies requires careful planning and execution. 13. Regular exercise can help improve your ______ and overall endurance.



| is key to maintaining a balanced diet. |
|--|
| various bodily functions. |
| can influence your risk of developing certain health |
| |
| about the importance of environmental |
| |
| can help protect against mosquito-borne diseases. |
| your intake of sugary snacks to maintain good health. |
| to biodiversity and ecosystems. |
| finition to the correct word from the vocabulary list.) |
| to minimize their impact on the environment. |
| r and aid in weight management. |
| ng active can help control your . |
| e early in life can lead to a healthier future. |
| lower cholesterol levels. |
| better sleep and overall well-being. |
| an help alleviate minor ailments. |
| with physical activity is essential for weight management. |
| equires honesty and in business dealings. |
| variety of foods that are and provide essential nutrients. |
| |



Answer

Multiple Choice: 1. Certification 2. Stakeholders 3. Probiotics 4. Osteoporosis 5. Encephalitis 6. Menopause 7. Calcium 8. Nutrition 9. Hormonal 10. Unsaturated

Gap-Fill: 11. Organic 12. Implementation 13. Stamina 14. Moderation 15. Regulating 16. Factors 17.

Awareness 18. Repellent 19. Limit 20. Threat

Matching sentence: 1. Practices 2. Metabolism 3. Weight 4. Habits 5. Unsaturated 6. Limits 7. Therapeutic

8. Calories 9. Integrity 10. Nutritious

CATEGORY

1. Health - LEVEL2

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