

Review Paper On BEETROOT

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Abstract: *The taproot part of the plant is called the beetroot. It is a great food that is essential to the body's growth and development. It is abundant in nutrients and antioxidants. It functions as both a vegetable and a fruit. Beetroot in its fresh form is typically eaten in salads. It has betalain, which is vital for heart health. It also serves as a medicinal herb to treat a variety of ailments and as a natural colour in the textile industry.*

Consuming beetroot, which is high in nitrate, may improve sports performance and reduce muscular soreness during specific workouts. This review's goal is to present enough data to support the health advantages of beetroot, particularly with regard to biooxidation, neoplastic disorders, some chronic illnesses, and energy replenishment. With an emphasis on their biochemical components, extraction and stabilisation methods, health advantages, and possible uses in the food sector, this paper provides a thorough assessment of the state of knowledge regarding beetroot and its by-products. It emphasises the value and adaptability of red beetroot and its derivatives, urging more study into efficient processing techniques and creative applications to raise its nutritional and industrial worth..

Keywords: Beetroot, Uses, essential nutrients, super food

