We Are Rooting for You

Root vegetables may grow underground, but they should not be underrated as an important part of a balanced diet. These vegetables consist of a variety of nutrients, but why should we *carrot* all about these *radishing* root veggies? The average adult should consume 2 ½ to 3 cups of vegetables per day, so it may be helpful to *uproot* the info below!

### Common Types of Root Vegetables:
- **Roots**: Beets, Radishes, Turnips, Carrots, Parsnips, Rutabagas
- **Tubers**: Potatoes, Yams
- **Bulbs**: Garlic, Onions, Shallots
- **Rhizomes**: Ginger, Turmeric

### Veggie Vitamins:
- Radishes, turnips, and rutabagas are all excellent sources of Vitamin C
- Sweet potatoes and carrots are excellent sources of beta-carotene, the Vitamin A precursor

### Ways to Eat Your Roots:
- Choose chopped raw radishes, shredded carrots, and sliced onions to top a green salad
- Season roasted roots with herbs for a savory side
- Try a root mash with parsnips, yams, or turnips instead of plain potatoes

### Root Vegetable Fun Facts:
- The starch in parsnips is converted to sugar with the first frost of winter
- Cooked carrots release more beta carotene than raw carrots
- Turnips are part of the mustard family

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