



# Nutrition Education



## Did You Know?

Spectrum has many meals made with root vegetables.

- We often serve potatoes, onions and carrots.
- Our Ginger Beef Bowl is packed with all the ginger nutritional benefits.
- This month we are introducing “Roasted Vegetable Buddha Bowl” made with sweet potatoes and onions.

Information obtained from:  
Today’s Dietitian &  
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## Root Vegetables

Root vegetables are plant parts grown underground. Root vegetables include tubers, bulbs, rhizomes, and corms.

### Examples of root vegetables

Onions, Garlic, Ginger, Taro, Water Chestnuts, Potatoes, Yams, Beets, Rutabagas, Carrots, and more!

### Benefits of root vegetables

Root vegetables are nutritional powerhouses. They can be packed with fiber, antioxidants, vitamins, and minerals.



### Root Vegetable Spotlight:



**Garlic** may help with improving hypertension, protect against some cancers, and strengthen the immune system.

**Ginger** is commonly known for its anti-nausea effects, but it is also anti-inflammatory, a great antioxidant, and may help with digestion.

### How to incorporate root vegetables into your diet:

- Try roasting root vegetables with olive oil and herbs.
- Add root vegetables to homemade soups.
- Boil and then mash root vegetables such as yams or turnips.