

**INSIDER | FEB 2026**
BY EUREST REGISTERED
DIETITIANS & CHEFS

YOUR MONTHLY RECIPE FOR *Wellbeing + Sustainability*

FOR YOUR HEALTH

February is American Heart Month! Build heart healthy meals by adding colorful fruits and veggies, using more herbs than salt for flavor, and opting for healthier fat sources like olive oil and avocados. These simple choices support blood pressure, cholesterol, and overall heart health.

IN SEASON & ON THE MENU

Beets boost heart health! Packed with nitrates, fiber, and antioxidants, they can help improve blood flow, lower blood pressure, and support cholesterol. Remember, the brighter the beet, the more phytonutrients for your heart!

CHEF TIP

Beets can be used in so many ways!

Cooked beets: add to soups, hummus, or in a root hash

Raw beets: shred in a salad, juiced or pickled

Beet greens: braise to use the whole plant for less food waste

**FIND YOUR
NEXT
FAVORITE
RECIPE!**