



# Workplace Nutrition

A comprehensive solution supporting healthy food environments in the workplace and educating employees about proper nutrition



**Addressing nutrition-related issues in the workplace can help lower healthcare costs and increase employee well-being.**

## Our nutrition program can help.

Through individual and group coaching, education and promotion, Optum RDNs address individual employee needs and support nutrition programming within the workplace.

## Why nutrition matters

**42%**  
of U.S. adults  
are obese

Research shows good nutrition can help lower the risk of heart disease, stroke, some cancers, diabetes and osteoporosis.

Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion



**On-site and virtual nutrition coaching for employees** creates sustainable behavior change to achieve nutrition-related goals



**Nutrition strategies** with workplace food vendors create healthy food environments to improve employee nutrition



**Ongoing nutrition programming, workshops and education** align with overall wellness strategies



**Workplace nutrition initiatives** designed to promote a company's healthy food program



**Open participation and referral support** for all employees, regardless of their goals



**Creates sustainable behavior change around healthy eating choices**

Ready for a balanced approach to workplace well-being?

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