



Workplace Nutrition Services

A comprehensive solution supporting healthy food environments in the workplace and education about proper nutrition.

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

Our nutritionists can help.

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

Why nutrition matters

Global trends show an increase in stress and a decline in engagement within the workplace.

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 to drive sustainable behavior change toward nutrition-related goals



Nutrition strategies with workplace food vendors around healthy eating options



Ongoing nutrition programming, workshops and education aligned with overall wellness strategies



Workplace nutrition initiatives designed to promote healthy food programs



Open participation and referrals for all employees, regardless of their goals



Sustainable behavior strategies around healthy eating choices

Ready for a balanced approach to workplace well-being?

Contact us. [Optum.com/business/contact](https://www.optum.com/business/contact)

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