

NDC Nutrition at Work

Making busy people healthier



Our lives and jobs are busier now than they've ever been.
It's easy to lose sight of healthy eating habits.

Here's where we come in.



OUR SERVICES

Our accessible program helps employees incorporate lifestyle changes and develop a personalized action plan to stay healthy and active.

Nutrition Counselling

Personalized support for anything from weight loss to medical conditions.



Nutrition Training

Online or on-site, our nutrition training sessions are interactive, accessible and timely.



Disability Management

Nutrition support for employees off work due to injury or illness.



Consultation Services

EFAP clients profit from our custom designed nutrition programs and expert advice.



Sports Nutrition

Nutrition strategies for athletes and amateur athletes who want to perform at their best.



NUTRITION COUNSELLING

NDC Nutrition at Work



Personalized support for anything from weight loss to medical conditions to help employees get healthier and motivated toward their personal best.



NUTRITION COUNSELLING

NUTRITION COUNSELLING FOR ANY SCHEDULE AND LIFESTYLE

We know employees are busy people, and our nutrition counselling services are designed with hectic schedules in mind. Employees choose from our range of counselling modalities for a system that suits their schedule.

BENEFITS

- Online, telephone, or on-site;
- Personalized support for anything from weight loss to medical conditions;
- Reduced likelihood of future claims related to unmanaged chronic disease;
- Improved long term health outcomes.

WHY NDC NUTRITION AT WORK?

We see the whole employee: lifestyle, challenges, food preferences, intolerances, work schedule, family history, burning questions, and aspirations. And each counselling session is fine-tuned to employees' specific and evolving needs, allowing them to set personalized, measurable goals, and achieve long term results.

E-Counselling

Innovative, personalized, counselling model using our user-friendly proprietary platform.

Video Conferencing

For visual people that want the convenience of an online appointment.

Telephone

Our most popular service, this flexible option allows employees to easily fit a nutrition appointment into their busy workday.

In Person

Our network of Registered Dietitians spans across Canada and the United States for employees seeking face-to-face counselling, whether on their own or with family members.

YOUR NUTRITION AT WORK SOLUTIONS BEGIN HERE!

TELEPHONE: (514) 485 0646 or 1-877-583-1175 (toll free)

E-MAIL: info@ndc-nutritionatwork.com

WEBSITE: www.ndc-nutritionatwork.com



NUTRITION TRAINING

NDC Nutrition at Work



Reliable nutrition intelligence and
real-life applications, adapted
to employees' needs—
online or onsite.



NUTRITION TRAINING

WHAT IS NUTRITION TRAINING?

Nutrition training creates an environment of wellness in the workplace and is a springboard to a healthy workplace and to get employees moving in the right nutritional direction. Our nutrition training services can take a variety of formats and are customizable to best fit with your needs.

SEMINARS. Our one-hour, dynamic seminars presented by Registered Dietitians are available in a range of popular topics, or can be tailored to include a topic of your choice.

KIOSKS. Hosted by Registered Dietitians, our interactive nutrition kiosks are an excellent part of a health fair or stand-alone, and provide key nutrition information through visual examples, labels, quizzes and products comparisons. We offer general healthy eating and themed kiosks (upon request).

ONSITE CLINICS. Registered Dietitians assess employees' individual eating habits, lifestyle, and risk factors to provide insight about their health and offer personalized recommendations to optimize wellbeing.

COOKING DEMOS. Our *Get Cooking!* demonstrations feature easy to prepare dishes using fresh, seasonal ingredients and healthy cooking and eating tips. Hosted by our Registered Dietitians, *Get Cooking!* offers these cooking demonstrations in your workplace (e.g. kitchen, conference room).

Our Most Popular Nutrition Topics

- Anti-Stress Diet
- Reducing Cholesterol Risk
- Diabetes 101
- Demystifying Nutrition Trends
- Eating Well on Shift Work
- Eating Well to Optimize Performance
- Preventing Cancer
- Healthy Eating on the Go
- Healthy Workplace Eating Habits

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DISABILITY MANAGEMENT

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Nutrition support for employees off work due to injury or illness—improving physical and mental health while empowering employees with a greater sense of agency in their recovery.



DISABILITY MANAGEMENT

HOW CAN NUTRITION SUPPORT FOR DISABILITY MANAGEMENT HELP?

Peer-reviewed research demonstrates that Registered Dietitian-led lifestyle interventions reduce the risk of lost work days by over 64% and disability days by 87%.

BENEFITS

- Lowered insurance premiums;
- Lowered medical costs;
- Reduced likelihood of future claims related to unmanaged chronic disease;
- Increased client compliance;
- Improved long term health outcomes.

WHY NDC NUTRITION AT WORK?

- Our Registered Dietitians effectively collaborate with the disability management team and ensure employees achieve timely recovery and successful return to work.
- Our Registered Dietitians build upon the recommendations of the medical team, other allied health professionals, as well as liaise with case workers.
- We empower clients to improve their health, understand the impact of medication treatment on measurable outcomes, and align their physical and mental health within a recovery context.
- We help to effectively manage treatment and a timely recovery within insurers' return-to-work goals.

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CONSULTATION SERVICES

NDC Nutrition at Work



We enable companies to offer optimal nutrition to employees, creating an environment of wellness to build a healthy workplace.



CONSULTATION SERVICES

WHY A NUTRITION CONSULTATION?

Peak performance starts with optimum health. And companies that give employees healthy menus helps employees reach nutrition goals, revitalize and optimize wellness, manage weight and gastrointestinal problems, and perform at their very best.

GIVE MENU ITEMS AN 'ATTITUDE ADJUSTMENT'

Our corporate kitchen revitalization gives employees fresher, healthier mealtime options to ensure optimum well-being, energy, and performance. We revive cafeteria lines, vending areas, and lunch rooms with heart healthy dishes, more greens and whole grains.

HEALTHY SHIFTS

Shift work creates unique nutritional challenges—it throws off the circadian rhythm or internal body clock. In turn, a high percentage of shift workers experience gastrointestinal problems, weight management issues, and higher stress levels. NDC teaches shift work managers and employees strategies to work with rather than against their internal clock. They learn to keep their body and brain fueled for optimal energy no matter what time of day or night.

WHY NDC NUTRITION AT WORK?

Whether it's evaluating existing wellness resources, setting nutrition policy, or partnering with food service vendors to offer healthier menu options, our solutions are sound, cost effective, and complement our other services. And we consider the "whole" employee: lifestyle, challenges, food preferences, intolerances, work schedule, family history, burning questions, and aspirations.

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SPORTS NUTRITION

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Edge out the competition or beat a personal record with nutrition strategies designed to fuel training, accelerate recovery and help athletes perform at their best.



SPORTS NUTRITION

WHAT IS SPORTS NUTRITION?

Athletes, active individuals, and sport/corporate teams require nutrition strategies specific to their sport, training schedule and competitive goals. Whether for optimal body composition, strength, speed or power, each athlete has individual nutrition needs pre-training, during a training session and post-workout to maximize their results.

HOW CAN SPORTS NUTRITION HELP?

Our Registered Dietitians help active individuals, athletes, and corporate teams achieve a variety of benefits from sport nutrition counselling, including:

- Maintaining energy levels for sporting activities, but also fuel training, competition, peak performance, and recovery.
- Learning the optimal type, amount, and timing of food intake, fluids, and dietary supplements, to promote peak sport performance and a competitive edge.

WHY NDC NUTRITION AT WORK?

NDC Nutrition at Work offers sports nutrition counselling and workshops for athletes, teams and athletic individuals. Our special team of Registered Dietitians with expertise in sports nutrition creates nutrition strategies for results that stand out on competition day.

Our Most Popular Sport Nutrition Topics

- Hydration
- Nutrition strategy
- Body composition
- Weight management
- Ergogenic aids
- Recovery
- Fueling strategies
- Sports drinks and supplements
- Fuel sources: Protein, vitamins and minerals, carbohydrates

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