



**Did you know employees with an unhealthy diet are 2.3 times less productive than their healthier colleagues.**

People spend a significant part of their day at work. Research has shown healthier employees are less stressed, fall sick less often and are more productive, engaged and efficient at work.

Nutrition Australia NSW has a highly experienced team of Accredited Practising Dietitians and Nutrition professionals with the skills and knowledge to deliver a wide range of nutrition and wellbeing programs for your workplace needs. Let us inspire healthy eating in your organisation, helping you create a healthier community, a productive environment and a happier ecosystem through implementing organisational policies and education, and providing solutions for healthier foods and drinks in catering, vending machines and on site food outlets.

**"Business success is truly determined by the health and well-being of your workforce."**

Barbara Ward  
President,  
Nutrition NSW

