

Health IS WEALTH

Nutritional HEALTH

GOT NUTRITION?

If you're wondering about good sources of protein or adding fiber to your diet or finding snack alternatives to junk food, you don't have to figure it out on your own.

Compass Group invites you to "**Ask Our Chefs and RDs**," a free online service where you ask RDs - Registered Dietitians - any questions you may have. These professionals will share advice on nutrition and healthy eating habits to help improve your well-being.

Skip the fad diet. Instead, ask the dietitian! Scan the QR code to be directed to the website where you can submit your queries.



eat. live. do.
WELL

**Plus, checkout
additional resources here.**

From assessing your nutritional and health needs to developing meal and nutrition plans based on your preferences and budget, it's time to "**Ask Our Chefs and RDs**"!

This is the third of four weekly messages being sent in February addressing Health Is Wealth: Nutritional Health from the Compass Group NA DEI Team.