

TeleHealth Nutrition Platform Capabilities

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What will you do today to improve your tomorrow?

If you are struggling with conflicting market nutrition information, complicated medical issues, or weight loss our Registered Dietitian Nutritionists can help you.



Contact us today.

Nutrition and
Wellness Center
by *sodexo*



Nation-wide Services via Telenutrition Sessions

HIPAA-compliant platform for virtual sessions.

Mobile App

Patients can log on from anywhere with the mobile app.

Calendar Management

Convenient scheduling for clients & Registered Dietitians. Automatic confirmations and reminders.

Stay Engaged

Patients can upload food photos, message the Registered Dietitian, track metrics, and more between visits!



Need help navigating complex diet needs?

If you are struggling with conflicting market nutrition information, complex medical issues, or weight loss our Registered Dietitian Nutritionists can help you with:

- Diabetes Management
- Diabetes Education with Certified Educators
- Chronic Kidney Disease (non-dialysis)
- Heart Healthy Nutrition
- General Nutrition and Wellness
- Sports Nutrition
- Gastrointestinal Disorders
- Oncology Nutrition
- Weight Loss
- Specialty Diets (i.e. FODMAP, Celiac Disease, Food Intolerances, Keto diet education and Intermittent Fasting education)

"I have struggled with my blood sugar and taking insulin all my life. The Dietitian at the Sodexo Wellness and Nutrition Center taught me how to manage my diet, exercise, and medications. My A1c has dropped 1.5 points!"
~J.M.

How We Can Help

One on One Health Coach

We meet with you individually to understand your specific health concerns and develop a plan that is uniquely you.

Core 4 Weight Management

A group weight loss program that will help you improve your health, build a community of support and change your life!

Telehealth

Can't get to the office? Meet with your dietitian via video or audio conferencing. Education materials are available through the site as well.

Lunch & Learn / Group Sessions

Registered Dietitian Nutritionists deliver fun presentations at your next group lunch or health event. Great for Employee Health Programs

Metabolic Testing & Body Fat Analysis

How many calories does your body need each day? We help determine your energy needs to assist in weight loss, optimal performance and reaching all of your health goals.

Healthy Kitchen

Learn how to shop, plan and prep healthy family meals.

About Us

At Sodexo Nutrition & Wellness, our objective is to help you reach your optimal health. Our Registered Dietitian Nutritionists are highly trained with extensive educational degrees ensuring specific and thorough knowledge. Our wellness and nutrition team members are partners in your health, focusing on individualized care. Call today to get on your path to your best YOU!

303-779-9355

Benefit coverage varies by insurance provider. Call for benefit verification and pricing.



"After meeting with a Dietitian from Sodexo Vs. Denver Wellness and Nutrition I am able to see what foods I can eat. I have a lot of stomach issues and food allergies, but she helped me find foods that work for me. She also showed me how to read the food labels and gave me a lot of new food ideas" ~A. G.