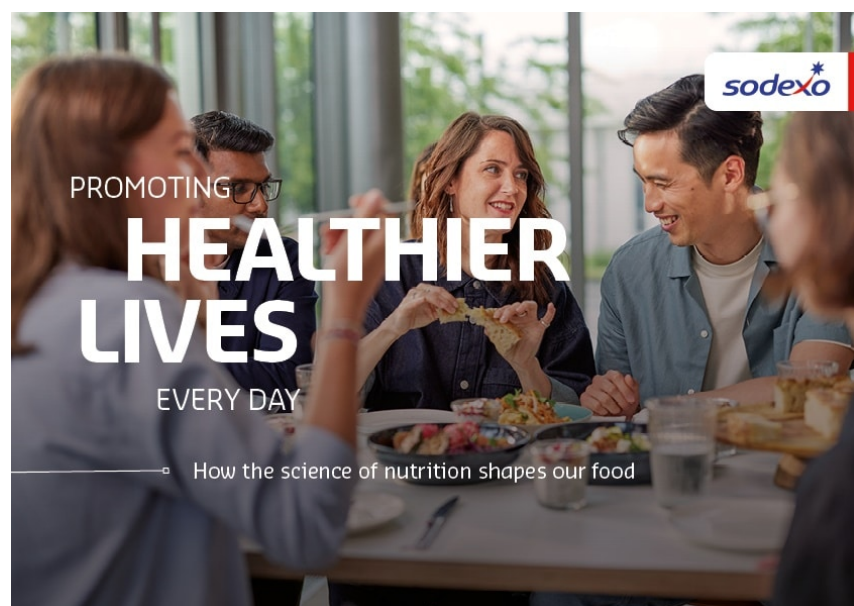


Sodexo launches nutrition report, revealing the science behind its healthy, sustainable menus

6 months ago



To mark National Nutrition Month, [Sodexo UK and Ireland](#) has published a [nutrition report](#), revealing the collaborative approach between its dietitians, nutritionists, chefs and supply chain as the recipe for success in developing nutritious, tasty meals that promote healthier lives every day.

Sodexo is the world's largest employer of dietitians, with 5,402 experts globally, bringing deep food expertise to diverse markets. With a strong heritage in food, it provides tailored solutions through its food brands, including Modern Recipe, which transforms corporate dining into dynamic social spaces with contemporary menus, and Kitchen Works, an efficient model for corporate, defence, and healthcare sites that delivers nutritious, affordable meals in spaces designed for connection and relaxation.

The [report](#) outlines how nutritional science, consumption data, trend data and other research are used to shape its menus to provide healthy, sustainable food which enables its consumers to make healthier choices without compromising on taste.

Referencing the wide range of sectors the business serves, the report includes examples of Sodexo's work in the military, in business and industry, education and healthcare environments illustrating how it is designing menus that embrace food trends while meeting diverse customer needs.

Additionally, the report highlights how Sodexo's nutrition and dietetics team ensures all dishes and products used meet strict nutritional and allergen standards, supporting accurate recipe analysis, safe innovation and performance tracking.

Sodexo's team of registered dietitians and nutritionists collaborate closely with culinary teams, including those from Sodexo food brands Kitchen Works and Modern Recipe. Together, they craft menus that meet government standards while catering to client and consumer preferences.

Key nutritional achievements highlighted in the report include:

- 96% of Kitchen Works recipes contain low/medium sugar levels, with 94% featuring low/medium salt levels.
- Modern Recipe menus are 50% plant-forward and 50% plant-based.
- 44% of Modern Recipe lunch dishes feature Future 50 ingredients – each of which are nutritious, tasty, and low-impact on the environment.
- 91% of Modern Recipe lunch dishes use healthier cooking methods such as poaching, grilling, or steaming.
- 300 product lines were reviewed to develop Smart Choice, Sodexo's healthy snacking initiative.

Wan Mak, Head of Nutrition and Dietetics, Sodexo UK and Ireland said: "This report demonstrates how we apply the science of food to create meals that not only nourish and delight but also support sustainability and health.

"Our team uses evidence-based insights to make healthier choices the easiest option for our customers, ensuring that nutritious, sustainable, and delicious food is always at the forefront of what we do."

Matt Hay, Head of Culinary, Sodexo UK & Ireland, added: "At Sodexo, we care deeply about food—about flavour, provenance, and how sharing meals can positively impact body and mind. Together, our culinary, nutrition, and sustainability teams ensure that every dish we serve is not only delicious but also rooted in evidence and sustainable practices. For us, food is art – but it's a science too."

Sodexo's latest [Sustainable Food Barometer](#), published in January 2025, revealed that UK consumers want nutritious, sustainable meals that protect the planet without sacrificing taste or affordability. Notably, 35% associated sustainable food with better nutrition.

In November 2024, Sodexo UK & Ireland launched Smart Choice, a snacking initiative designed to simplify healthy eating by clearly highlighting truly healthy options. The initiative has been well received, with ongoing tracking to refine the strategy and make healthier snacking even easier.

[Read the report.](#)