



**Treatment by dietitians
is a cost-effective and
cost-saving investment**

For every €1 spent on dietary counselling,
society gets a net €14 – €63 return¹



**Focusing on nutrition improves
health outcomes overall**

Patients who receive nutrition therapy are
more likely to adhere to prescribed diets
and experience reduced symptoms³



**Empowerment
(not just information) is
key to healthier diets**

Dietitians are the experts trained in
behavior change techniques to
empower individuals and groups⁵



**Food is an integral
part of healthcare**

A healthy diet can be preventative,
anti-inflammatory, nourishing and
healing²

**Sustainable diets
lead to a healthier
population**

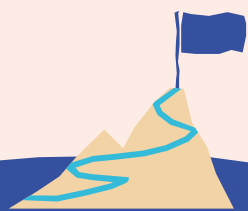
Incorporating sustainability into
national food-based dietary
guidelines can help people
improve their health and reduce
the impact on the planet⁴



There is strength in numbers

Despite their proven effectiveness and
efficiency, 35.000 EFAD dietitians in the EU
is not nearly enough considering the 41
million deaths that occur each year from
noncommunicable diseases. Other health
professionals must join these efforts.

**Invest in
Nutrition &
Dietetics!**



EFAD's mission

To support member associations in developing the role that dietitians have in reducing inequalities and improving nutritional health in Europe.

