

Building the Future of Metabolic Health

A Nutrition-First Approach to Care



Nourish

ANNUAL IMPACT REPORT | 2025

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ABOUT NOURISH

Nourish is building the future of healthcare by delivering personalized, evidence-based nutrition care designed to prevent and reverse chronic disease. Powered by an AI-enabled platform and the largest network of registered dietitians (RDs) in the U.S., Nourish provides scalable, effective treatment across more than 30 conditions.

A NOTE FROM OUR FOUNDERS

When we founded Nourish in 2021, we set out with a simple mission: to improve people's health by making it easy to eat well. That mission emerged from personal experience and from the reality that despite being one of the strongest predictors of long-term health outcomes, nutrition remains largely peripheral to how chronic disease is treated today.

Poor metabolic health is the primary driver of America's chronic disease crisis, and addressing this crisis requires building a new model of care that puts nutrition at the center.

In 2025, we made meaningful progress toward building that model at scale. We expanded our clinical team to over 6,000 registered dietitians, strengthened our care model with new AI-powered technology, introduced lab services into our platform, deepened and expanded our partnerships with health plans and health systems, and surpassed the milestone of serving 500,000 patients. We also validated our clinical outcomes and cost impact through independent, peer-reviewed research.

This progress reflects the dedication of our team, the strength of our partnerships, and the trust of the patients we serve. This report captures a snapshot of that work and the momentum behind it.

As we look ahead to 2026, our focus is clear: continue defining a new standard of healthcare that puts patients and nutrition at the center of care.

We can't wait for what's ahead.

Aidan Dewar Sam Perkins Stephanie Liu

Aidan, Sam, & Steph
Nourish Co-Founders

A Nutrition-Driven Chronic Disease Crisis



\$1.1T

Unnecessary healthcare spend
due to poor nutrition



3 in 4

American adults living with a
chronic condition



2x

Growth in obesity prevalence
since 1990

Chronic disease is the defining health challenge of the 21st century. Seventy-five percent of Americans live with at least one chronic condition, and nutrition-related metabolic diseases, including obesity, diabetes, and heart disease, account for the majority of U.S. healthcare spending.

At the center of this crisis is metabolic dysfunction, which underlies many of today's most prevalent chronic conditions. Despite this reality, our current healthcare system remains largely oriented around managing symptoms rather than addressing root causes. Care is fragmented, reactive, and poorly designed for long-term prevention.

The result is worsening outcomes and rising costs. Obesity rates in the U.S. have nearly doubled since 1990, and poor nutrition alone drives \$1.1 trillion in unnecessary healthcare spending each year.

1. True Cost of Food: Food is Medicine Case Study, Tufts University

2. CDC About Chronic Diseases

3. CDC Adult Obesity Facts

A New Approach to Metabolic Health

Nourish is redefining metabolic care with a dietitian-led clinical model that directly addresses the underlying drivers of chronic disease. Care starts with evidence-based nutrition therapy led by registered dietitians (RDs), and is supported by AI-powered technology and integrated lab services to deliver personalized, outcomes-driven care. The Nourish care model is built on the following principles:



NUTRITION-FIRST CARE: Registered dietitians (RDs) deliver 1:1 medical nutrition therapy



PERSONALIZED TREATMENT: Tailored to each patient's medical history, lifestyle, and goals



OUTCOMES-DRIVEN CARE: Powered by longitudinal real-world data



AI-POWERED PLATFORM: Designed to extend clinician impact and support patients between visits



INTEGRATED SUITE OF SERVICES: Including labs and coordination with local providers



ALL TIME IMPACT

In 2025, Nourish expanded access to high-quality nutrition care nationwide

1 day

TIME TO FIRST
APPOINTMENT

20,000+

REFERRING
PROVIDERS

94%

PATIENTS PAYING \$0
OUT OF POCKET

6,000+

W-2 REGISTERED
DIETITIANS

500K

PATIENTS
SERVED

160M

COVERED
AMERICANS

30+

CONDITIONS
COVERED

94

PATIENT NET
PROMOTER SCORE

250+

HEALTH SYSTEMS
REFERRING PATIENTS

AI-Powered Care Platform

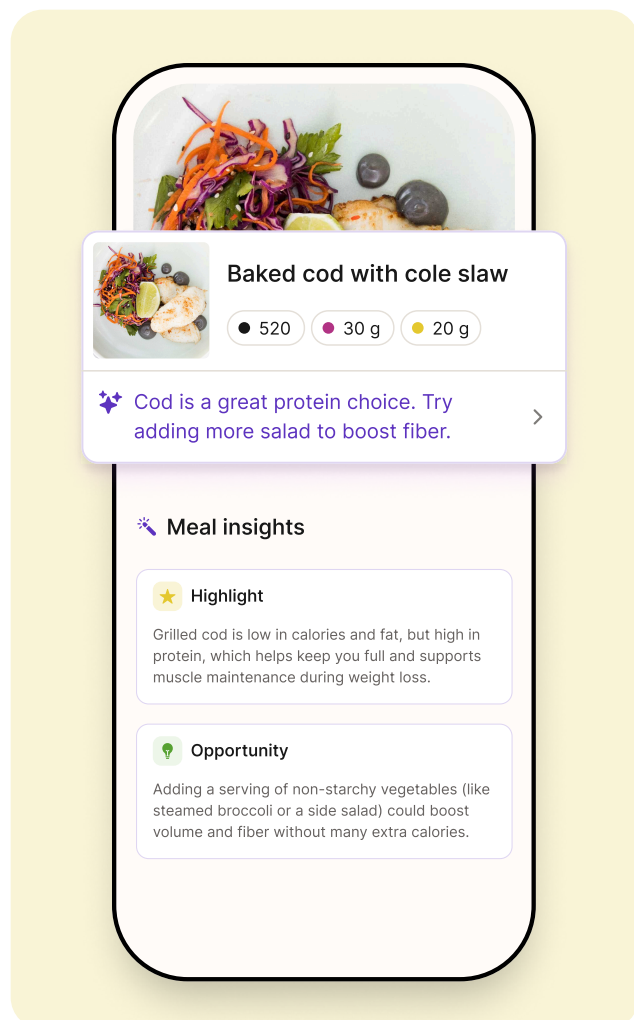
The Nourish platform is designed to support high-quality clinical care at scale by creating a seamless experience for both patients and providers. Our AI-enabled technology powers the care journey from end to end, removing friction for providers while empowering patients with smart, intuitive tools to keep them engaged between visits and on track to meet their goals.

In 2025, our product development was guided by a simple principle: better workflows create better experiences, and better experiences drive better outcomes.

FOR PATIENTS

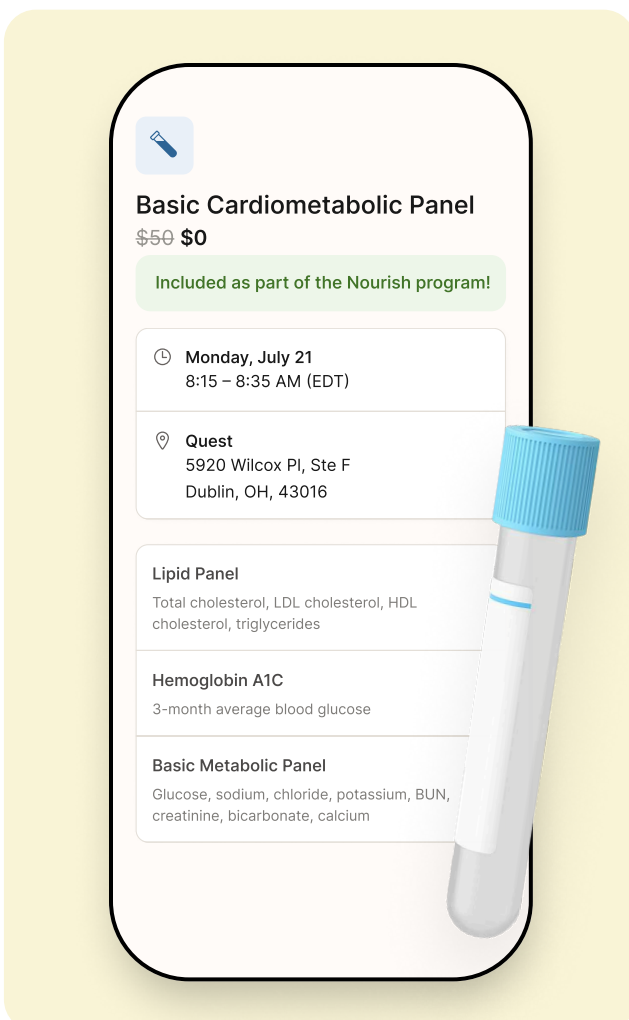
AI meal logging & insights

Patients capture meals via photo or barcode scan to unlock instant nutrition insights that translate daily food choices into meaningful health context.



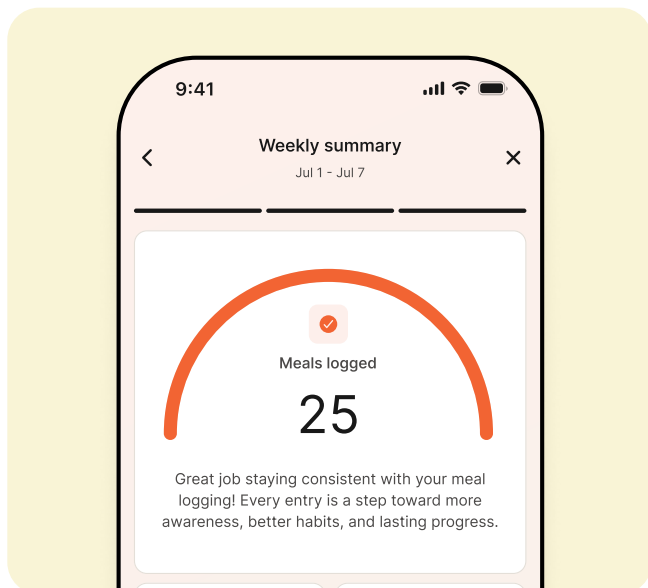
Patient lab ordering

Bloodwork can be requested and scheduled directly through the Nourish platform, with results automatically routed to dietitians to inform care in real time.



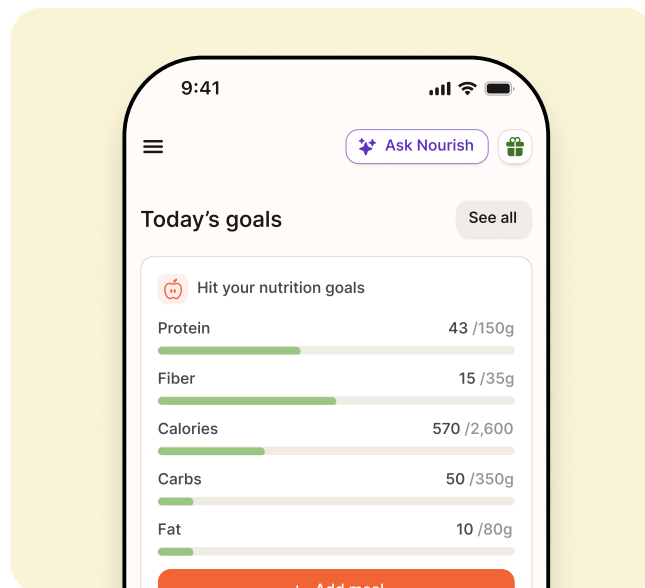
AI progress summaries

Summaries connect daily behaviors to long-term goals, helping patients see how small actions compound into meaningful progress over time.



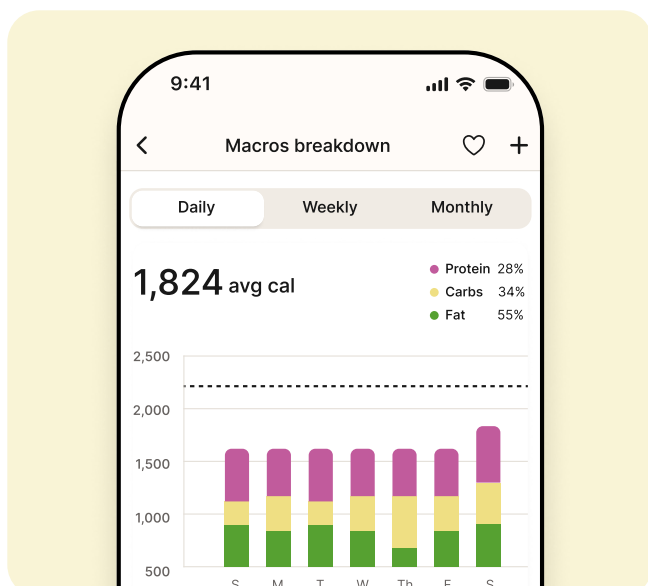
Short-term goals

Patients can easily log daily behaviors like movement and hydration in the Nourish app to track progress and set goals, turning everyday actions into reinforcement of healthy habits.



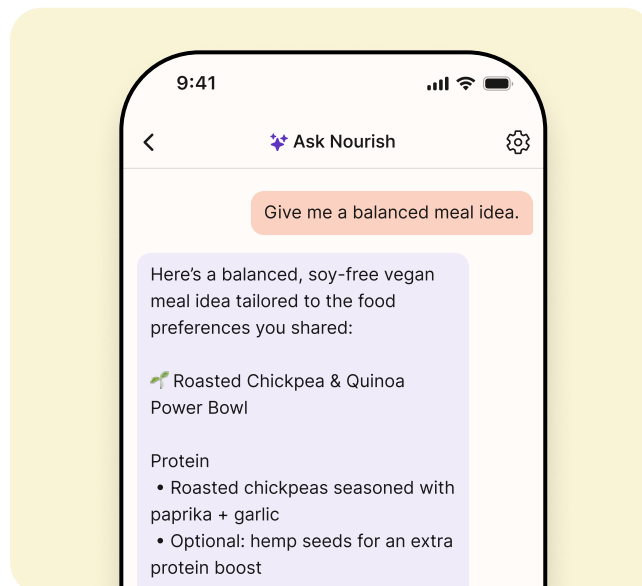
Lifestyle tracking

Patients can visualize trends in meals, hydration, and movement, enabling them to track and adjust their behaviors between sessions.



Patient AI companion (pilot)

AI-powered chat feature gives patients access to 24/7 nutrition support, enhancing dietitian care by providing personalized guidance and feedback between sessions.



AI copilot

Surfaces relevant clinical insights in real time to reduce administrative workload and help dietitians deliver more targeted, personalized care.

Verify conditions

- “Let’s jot down your current weight and blood pressure so we have a solid starting point for tracking progress.”
- “Since it’s been more than six months since your last A1C, it might be a good time to get that checked again just to see where things stand.”

AI scribe

Pre-populates charts with key information, reducing manual note-taking while preserving full autonomy for dietitians and enabling them to stay fully present during sessions.

Recording...

00:01:12

Summarizing

- Continue logging meals at least 4–5 times per week to build consistency.
- Focus on portion sizes and balanced meals (protein, fiber, healthy fats).
- (Analyzing...)

Nutrition pattern insights

Analyzes patient meal logging data to surface patterns and generate clear, actionable insights dietitians can use to deliver personalized recommendations between sessions.

Meal insights

Highlight

Grilled cod is low in calories and fat, but high in protein, which helps keep you full and supports muscle maintenance during weight loss.

Opportunity

Adding a serving of non-starchy vegetables (like steamed broccoli or a side

Integrated lab ordering

Allows dietitians to order labs directly within the Nourish portal, streamlining workflows and creating a seamless experience for both providers and patients.

Basic Panel
 \$0 ~~\$50~~

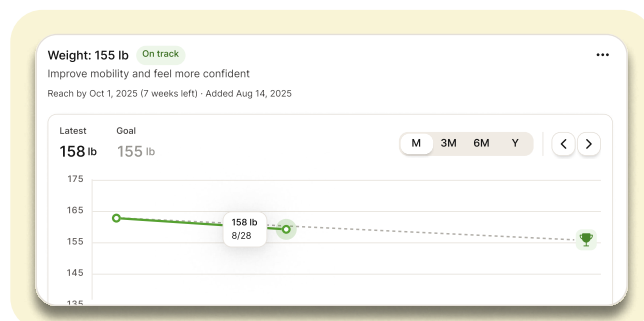
This panel is paid for by Nourish — it’s free for all patients!

Check 22 biomarkers that help you tailor your patients’ care plans to their health goals. Results typically available in less than 2 days.

Requested for Christina Bishop on Dec 29, 2025

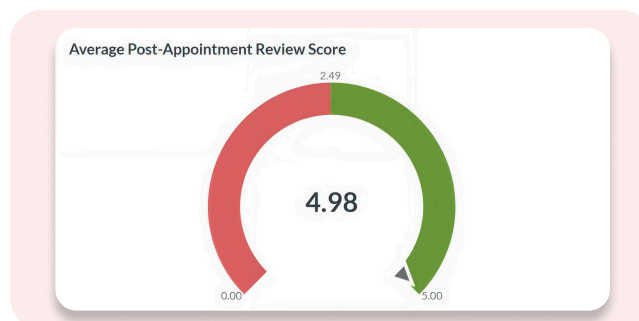
Smart goal setting

Combines labs, health history, and behavior data to intelligently suggest short- and long-term goals, refined by dietitians to drive sustained behavior change and outcomes.



Provider performance dashboard

Allows dietitians to track their performance and patient satisfaction, providing insight into quality of care expectations and encouraging a patient-centric mindset.



Outcomes and Cost Savings

In 2025, Nourish helped patients translate daily habits into measurable health outcomes. Our patients lost weight, lowered cholesterol, experienced meaningful symptom relief, and reported better mental health - resulting in real improvements in daily life.

Clinical outcomes

Reflective of real-world Nourish patient data.

Weight loss (without GLP-1s)

8% average weight loss after 12 months

62% of patients saw 5%+ weight loss after 12 months

Type 2 Diabetes and Prediabetes

1.3% average A1C reduction after 6 months

Heart health

31mg/dL average reduction in LDL cholesterol after 6 months

20mmHg average reduction in systolic blood pressure after 6 months

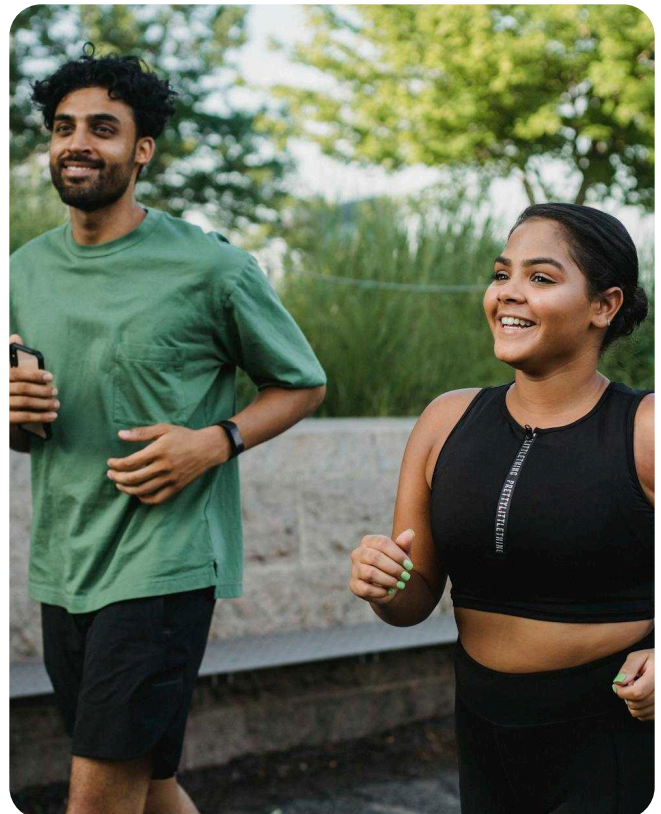
Gut health and disordered eating

67% of patients see improvements in GI symptoms

70% of patients see improvements in disordered eating behaviors



5%
average reduction in 30- and 90-day inpatient readmission rates among patients with chronic conditions



Validated cost savings

\$2,001

in annual gross savings per patient

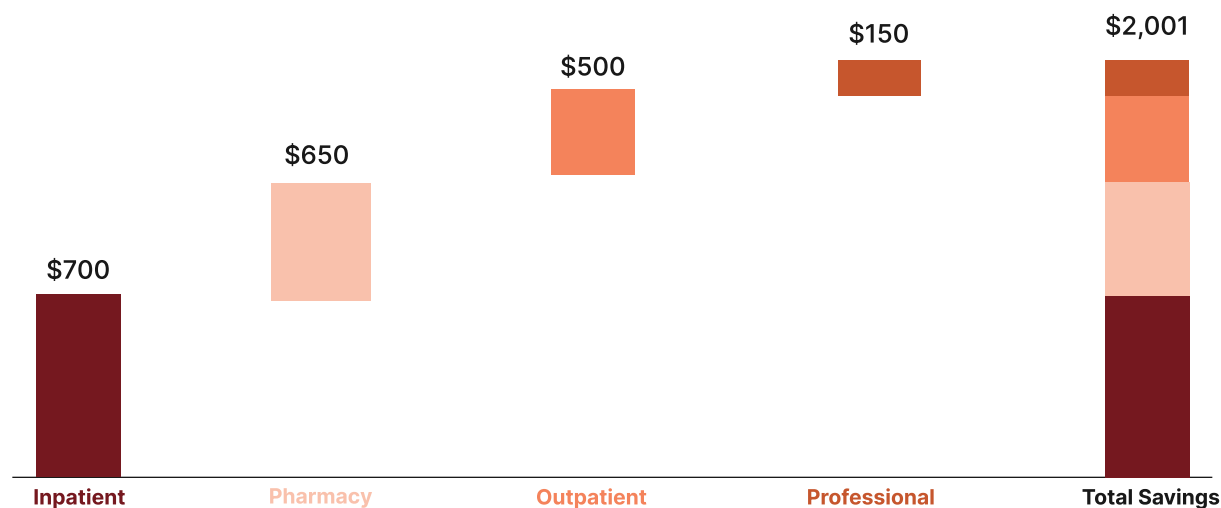
3.1x

validated ROI in Year 1

Nourish partnered with Accorded, an independent actuarial firm, to evaluate the cost savings generated by patients in the Nourish program. Using nationally representative claims data, peer-reviewed research, and real-world outcomes, the analysis validated the financial impact of nutrition-first care.

Delivering 3.1x ROI and \$2,001 cost savings in Y1

Validated by  Accorded



Clinical research

Nourish also published new clinical research in 2025, including a peer-reviewed weight loss study in the *Journal of Medical Internet Research (JMIR)* and a white paper on our GLP-1 program outcomes.



[Download Weight Loss Study \(JMIR\)](#)

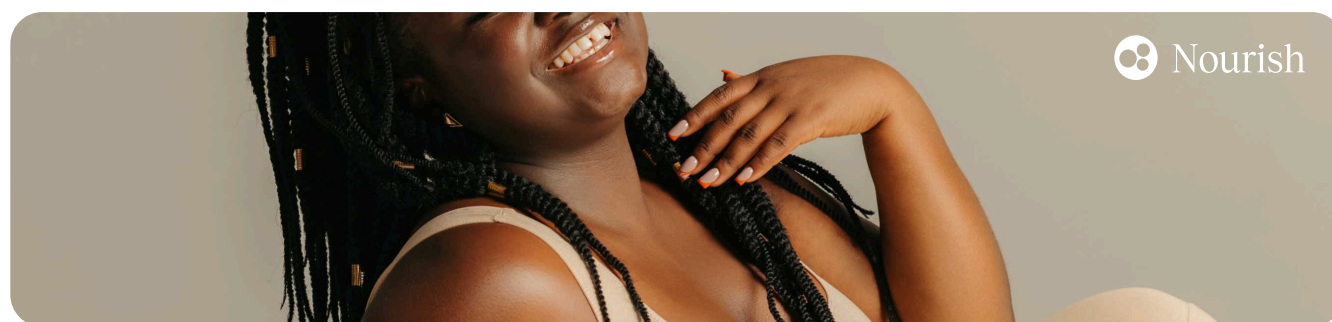


[Download GLP-1 White Paper](#)

Spotlight: The Nourish GLP-1 Program

The rapid growth in utilization of GLP-1s and other anti-obesity medications for weight management is reshaping the landscape of metabolic care. At Nourish, we view GLP-1s as a powerful clinical tool, but not a standalone solution.

Nourish's care model supports patients across the full weight-loss journey, with or without medication. Care is personalized to each patient's unique metabolic profile by pairing real clinical data with 1:1 nutrition therapy to support sustainable weight management and long-term metabolic health.



Nutrition-First Care

(Without GLP-1s)

For the majority of Nourish patients, dietitian-led care supports progress toward long-term goals without weight loss medication.

>90%

of eligible Nourish patients are supported without weight loss medication



Companion Care

(Alongside GLP-1s)

For patients using GLP-1s, Nourish supports adherence, side effect management, and sustainable weight loss, all in coordination with the prescribing provider.

33%

more weight loss on GLP-1s versus non-Nourish patients



Off-Ramp Support

(After GLP-1s)

For those transitioning off medication, Nourish helps patients successfully titrate off and sustain results via ongoing nutrition and behavior change counseling.

60%

of patients who discontinued GLP-1s found Nourish helpful in maintaining weight loss after discontinuation

Nourish Clinical Team

The Nourish Clinical Advisory Board brings together leading physicians, researchers, and clinical executives with deep expertise in nutrition science, metabolic health, chronic disease management, mental health, and obesity treatment. The Board provides guidance on Nourish care protocols and clinical approach, helping ensure Nourish meets the highest standards of clinical rigor and evidence-based care.

Clinical Advisory Board



Dr. Dana Udall

PhD in Psychology, Chief Clinical Officer

Nourish's Chief Clinical Officer, Dr. Dana Udall has 25 years of experience delivering care, scaling multidisciplinary teams, and building clinical infrastructure to measure quality. She holds a PhD from the University of Southern California and completed pre- and postdoctoral training at the University of Pennsylvania. Previously, she served as VP of Behavioral Health at Included Health and Chief Clinical Officer at Ginger and Headspace. A psychologist specializing in eating disorders, food, and body image, Dr. Udall also advises several health and technology companies, including Samsung, where she serves on the Clinical Advisory Board.



Dr. Dariush Mozaffarian

MD, MPH, DrPH

Dr. Mozaffarian is one of the world's foremost experts in nutrition science, cardiometabolic health, and food-as-medicine. He is a cardiologist, public health scientist, and Director of the Food is Medicine Institute at Tufts University. His research has shaped national dietary guidelines, federal food policy, and clinical standards for obesity, diabetes, and cardiovascular disease. He has authored more than 600 peer-reviewed publications and is widely recognized as a leading global voice on the role of nutrition in chronic disease prevention and population health.



Dr. Ajay Haryani

MD, MBA

Dr. Haryani is a board-certified, UCSF-trained Internal Medicine physician, currently serving as Assistant Professor of Clinical Medicine at Mount Sinai and CEO of Seen Medical, a modern primary care practice on the cutting edge of cardiometabolic diagnostics and therapeutics. He brings extensive clinical expertise in the management of obesity and cardiometabolic disease, as well as operational experience in scaling multidisciplinary, tech-enabled care models.



Dr. Amanda Powell

MD

Dr. Powell is a physician leader in obesity medicine and lifestyle-based chronic disease care. She serves as Chair of Lifestyle Health for Beth Israel Lahey Health and Assistant Professor of Medicine at the University of Massachusetts Chan Medical School. Dr. Powell has spent more than 15 years leading a large, multidisciplinary obesity program in Boston, where she focuses on evidence-based weight management, metabolic health, and sustainable behavior change.



Dr. Monica Berner

MD

Dr. Berner is a board-certified family physician and senior health plan executive with more than a decade of direct clinical practice. She previously served as Chief Clinical Officer at Health Care Service Corporation (HCSC) and now leads Group and Individual/Family Markets as Senior Vice President. Dr. Berner brings deep expertise in population health, care management, and improving access and outcomes for large, diverse member populations.



Dr. Kyu Rhee

MD, MPP

Dr. Rhee is the President and CEO of the National Association of Community Health Centers, and a longtime physician leader whose career spans senior roles at CVS Health, IBM, HRSA, and the NIH. He has dedicated his work to improving the U.S. health system, particularly for underserved communities.

Nourish provider network

Nourish is the largest dietitian network in the U.S., with more than 6,000 W-2 registered dietitians practicing across all 50 states. Our network reflects significant depth and diversity, spanning more than 50 clinical specialties, offering care in 20+ languages, and including clinicians with a wide range of advanced clinical degrees (MS, PhD, and others).



Kristen Kizer

RDN | Diabetes, Eating Disorders,
Fertility

“Through consistent, personalized nutrition care, I’ve seen patients make incredible progress. With regular sessions and access to lab monitoring, my patients have experienced **meaningful improvements in health markers such as A1C, cholesterol, and blood pressure**. Nourish is a powerful example of how a nutrition-first approach, ongoing support, and patient commitment can drive lasting health improvements.”



Kate Morgan

MS, RDN, LD |
Autoimmune, Diabetes,
Fertility, Gut Health

“It has been deeply meaningful to witness the ripple effect of nutrition counseling—how **individualized care positively influences families, relationships, and long-term health outcomes**. At Nourish, I am able to invest in my patients’ lives with the time and continuity needed to understand their unique health journeys, and create lasting results while helping make this level of care accessible to rural communities and beyond.”



Kristina Swanson

RDN, CPT, LDN |
Diabetes, Fertility,
General Health, Heart
Health

“I’m so proud of the growth I’ve had in motivational interviewing this year. I catch myself thinking differently about how I phrase questions for patients and trying not to jump in and set goals for them, since I know it works better when they lead the process. **Working with amazing patients and learning alongside other Nourish dietitians has helped me better understand the real roadblocks to health** and supported my growth as a dietitian.”



Christine Shibley

MS, RDN, LD, CDCES |
Anorexia, Bariatric
Surgery, Diabetes

“Nourish’s care model creates space for real, life-changing work. Being able to connect with patients week after week and build trust has been a game changer. I’m so grateful to be part of patients’ journeys as they make lifelong changes. Nourish isn’t just a job - **it’s been some of the most fulfilling work of my career.**”



John Markell

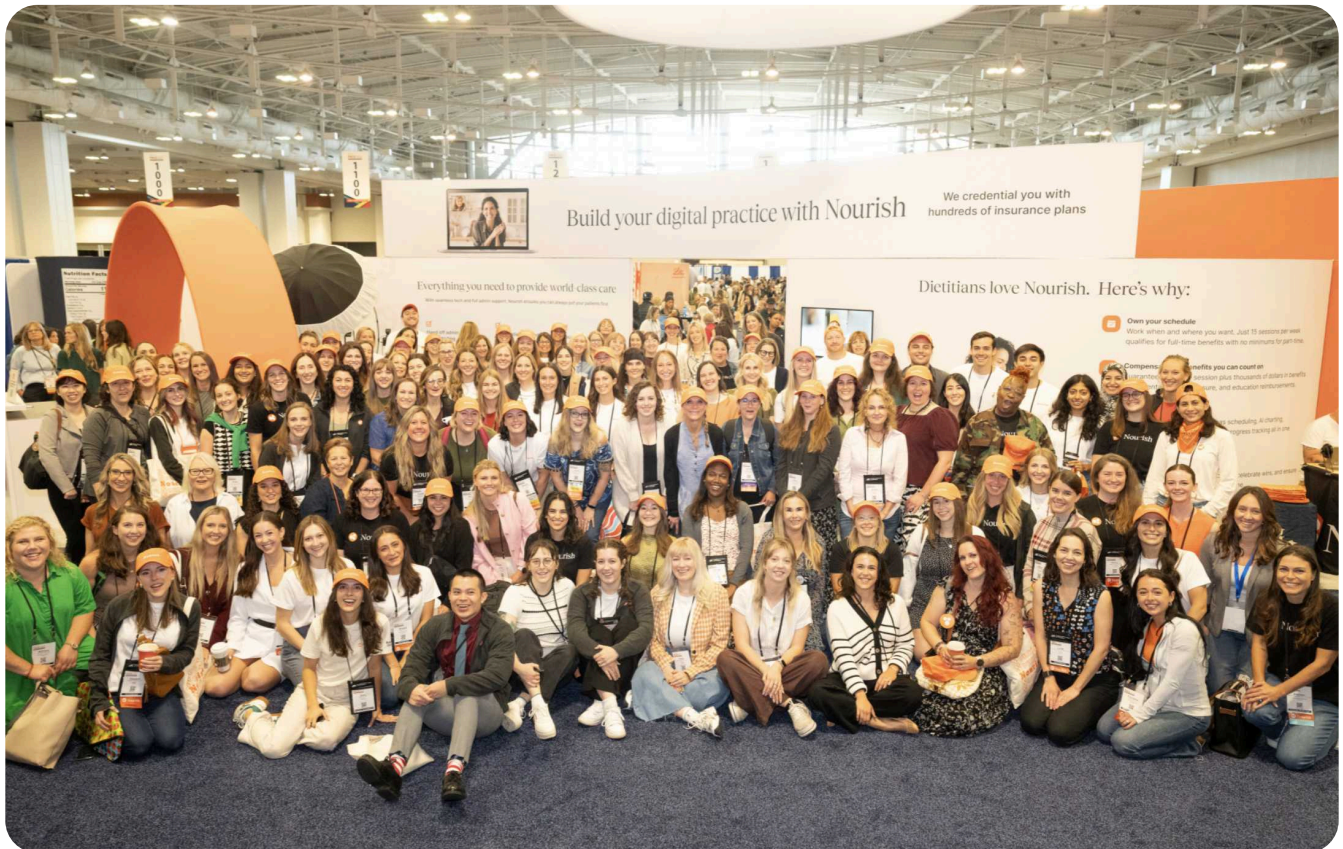
RDN, LDN, CDN, CPT | Pre-Diabetes, Type II Diabetes, Weight Management

"Nourish's approach to food journaling has been second to none in my practice. The integration of picture-based entries with automatic descriptions is as convenient as it is insightful. Delving deeper into patients' relationships with food by giving them the ability to **share valuable details like physical and mental experiences is truly empowering**. These features allow me to help patients overcome the pitfalls of dieting in pursuit of establishing a sustainable, flexible, and enjoyable lifestyle."

6,000+
Registered Dietitians

50+
Clinical specialties covered

20+
Languages supported



The Nourish Team at FNCE 2025

In October 2025, 300+ Nourish dietitians gathered at the country's largest dietitian conference in Nashville, TN to connect with peers, share learnings, and educate themselves on the latest in nutrition.

Nourish Patient Experience

The Nourish patient experience is designed to integrate seamlessly into patients' daily lives and support sustained progress. Care at Nourish is easy to access, intuitive to engage with, and built for continuity, reducing friction so patients can focus on what matters most: their health.

Seamless access to care

<5 minutes

Average time to schedule an appointment

1 day

Time to first appointment

An experience patients return to

90%

attend their scheduled appointments

81%

return for a second appointment

86%

engage with the Nourish app between sessions

Resulting in care patients trust and recommend

94%

would recommend Nourish to a friend or family member

8,000+

5-star TrustPilot reviews

90%

achieve progress towards their goals after 3 months



Patient spotlight



Bianca

GLP-1 and Weight Loss

"After entering the pre-diabetic hemoglobin A1C range, I asked my doctor to prescribe me a GLP-1. It was important to me to reduce common side effects, so I decided to start working with a Nourish dietitian on a weekly basis. Within 3 months, I exited the pre-diabetic range. A year later, **I'm down 40 lbs, have a normal A1C level, and don't experience any GLP-1 side effects.**"



Brandon

Digestive Health and Sports Nutrition

"My 'aha' moment was when my digestion stopped feeling unpredictable. I had fewer flare-ups, less discomfort after meals, and I wasn't constantly trying to guess what was causing issues. **Nourish helped me get specific; instead of hearing "eat healthy," I learned how to build a realistic diet** that supports my GI health and reduces gout flares, which was a major concern when I started."



Danna

Weight Loss and PCOS

"My dietitian is incredible. I've been working with her for over a year and we've really gotten to know each other. **The care I get feels very personalized, and I can always reach out to her if I have questions outside of my appointments.** I've been able to bring down my cholesterol by almost 40 points since we started working together."



Emily

Disordered Eating

"Working with Nourish has been wonderful. It's so helpful to have someone with the knowledge and ability to find solutions that work specifically for me. It feels like having a friend and someone cheering me on. **Nourish blends the science of food with real humanity.** It's a safe space to explore food and build healthier habits over time."



Daniel

Weight Loss and Sports Nutrition

"I'm happy I've been able to stick to a program for over a year now. **It is more of a lifestyle than a diet,** and having a dedicated dietitian has helped build rapport and make the progress discussions seamless."



Kayla

Weight Loss and Pre-Diabetes

"Having a dietitian changed my health journey by lessening a lot of the confusion I had and creating a **plan that was personalized to my lifestyle, my limitations, my goals, and what's accessible to me.** Then all I had to do was follow through on our plan!"

Health Plan and Provider Partners

160M

lives covered by Nourish

Interested in partnering with us?

[Send an email to our team](#)



Health plan partners

"After decades in the health plan space, **I've seen few organizations as effective as Nourish at creating alignment between patient needs, provider capabilities, and payer priorities.** Their care model helps to elevate the role nutrition plays in managing and reversing chronic disease, at a time when we are all becoming increasingly aware of the importance of metabolic health. For health plans seeking a trusted partner who can deliver on both outcomes and member satisfaction, Nourish is a compelling answer."

— Former President, Anthem Blue Cross California

"What impresses me most about Nourish is their ability to bridge critical gaps in care delivery while supporting members throughout their full care journey. Their approach not only addresses immediate nutrition needs, but also creates sustainable behavior change that drives long-term health outcomes. Having experienced the impact of nutrition on chronic illness personally, I recognize how **Nourish's model fills a real void in our healthcare system while creating meaningful value for both patients and plans.**"

— Former CEO, West Region, UnitedHealthcare

Provider partners

Nourish partners with local providers and health systems to deliver an integrated care experience for patients. By integrating into local care journeys rather than operating in a silo, Nourish serves as an extension of local providers' clinical teams, delivering nutrition-first care that helps close gaps and improve outcomes through a more continuous care experience.

250+

health systems referring patients

20K+

providers referring patients

180K

total provider referrals

Health system partnership spotlight



2K Providers

Nourish supports patients and providers across Primary Care, Pediatrics, OB/GYN, Gastroenterology, and Cardiology, enabling earlier access to evidence-based nutrition care and seamless coordination with TriHealth's care teams. By expanding nutrition support beyond traditional diabetes programs, Nourish helps population health teams intervene earlier, advance prevention-focused care, reverse chronic disease, and improve longitudinal outcomes.



6K Providers

Nourish was initially identified as a support resource for medical and surgical weight-loss patients, where it saw rapid adoption and strong feedback from both patients and providers, along with early indications of improved clinical outcomes. As part of Hartford HealthCare's ongoing commitment to elevating the consumer experience—wherever people encounter their system—they continually explore opportunities to collaborate with like-minded organizations that share their vision for more personalized, accessible, and convenient care.

Midi

Virtual Mid-Life Care for Women

Through its partnership with Midi, Nourish delivers personalized, wrap-around nutrition care as part of a holistic approach to mid-life women's health, including support for patients using GLP-1s. Together we demonstrate how integrated nutrition care can strengthen metabolic health, complement clinical treatment, and support women across the full continuum of care.

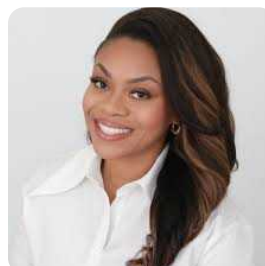
Referring provider spotlights



Ayesha Niazy

MD, DABOM | Family Practice
Center of Atlanta

"As an obesity medicine specialist, I tell my patients that relearning nutrition is an integral part of their health journey. That's where Nourish comes in. My patients are grateful they have a convenient option, and I have found their services beneficial not only for my weight loss patients but also patients who struggle with other chronic conditions. **Nourish dietitians have consistently delivered high quality nutrition support for my patients** who not only feel supported every step of the way but are also seeing real improvements in their health."



Brandi Starks

MSN, PMHNP | Village
Psychiatry, Moxie Psych &
Wellness

"As a Psychiatric Mental Health Nurse Practitioner, I believe true mental wellness comes from caring for both the mind and the body, which is why I have incorporated Nourish into my daily practice. I have been working with Nourish for over a year now, and **I am consistently impressed with the consistency, quality, level of collaboration, and attention to detail of every dietitian.** By collaborating with Nourish, I am confident that every patient is receiving an invaluable tool that supports lasting mental and physical wellbeing."

Working at Nourish

Nourish is a team of clinical, business, and technology experts who are passionate about transforming the future of healthcare. We're paving the way for millions to live healthier, longer lives by making high-quality, evidence-based nutrition care more accessible and easier to navigate. As our team grows, we remain grounded in the values that guide how we work:



Put patients first



Have that dog in you



Make work feel like
play



Do your own stunts



Think from first
principles



Work harder &
smarter



Cherish feedback



Ship fast

Interested in joining our team? See our [careers](#) page for open roles.



Nourish in the News



Nourish Raises \$70M Series B to Tackle Chronic Disease with AI-Powered Nutrition Care

Forbes

Under 30 Startup Nourish Secures \$70 Million For Its (Free) Dietitian Services



Nourish to Offer Free Lab Testing for Members to Inform Nutrition Care



Exclusive look at Nourish's New Suite of AI Tools for Patients and Providers



Fierce Healthcare: Fierce 15 of 2025



Tia Partnership

Inc.

Inc: Best in Business 2025

Inc.

Inc: Social Capital - The Best CFOs in the Business Share how they Turn High Follower Counts into Higher Valuations



Is Nourish the Future of Dietitian Care? 4 Midlife Women Share Their Honest Reviews

Looking Ahead to 2026

As we look ahead to 2026, we are energized by what's possible. The momentum we built in 2025 sets the foundation for another year focused on scaling and deepening our impact, and continuing to shape the future of dietitian-led metabolic care.

In 2026, we will focus on making care feel simpler, more personalized, and more connected, while continuing to deliver meaningful, lasting results for our patients.

Everything that lies ahead remains anchored in our mission: to improve people's health by making it easy to eat well.

To learn more, visit usenourish.com.



Nourish