



## NUTRITIONAL GUIDANCE

**Everyone who has served at sea knows how the quality of food and meals affect life on board**

One way of ensuring a happy and healthy crew is to make sure that nutritional needs are met while including cultural preferences for taste and variation in meals.



### **A healthy crew is a happy ship**

Proper nutrition is crucial for physical and mental health as well as work performance. Your crew's health and wellbeing depend a great deal on a well-managed galley and tasty, nutritious food, especially when they're at sea for months, away from loved ones.



### **Expert guidance on nutrition**

To support you with knowledge and skills on how to create healthy, tasty and varied meals that also take your crew's dietary needs and cultural preferences into consideration, we have partnered up with Manila Medical Center, to offer you:

- 1:1 consultation with a qualified dietician
- Guidance on nutrition and diets based on nationality and budget via on-call basis services including articles and seminars



**Contact our team to learn more**

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- [garrets.com](https://garrets.com)

