



Sysco's Nutrition Services offers insight on trends, research and best practices for nutrition in food service within Healthcare & Senior Living. The team of registered dietitians and nutrition experts provides a diverse suite of tools and resources to help drive your business.

WHAT WE OFFER

SYNERGY TECH SUITE® MENU MANAGEMENT

- Menu planning and best practice development
- Recipe creation
- Costing & nutrition analysis
- Product linking

NUTRITION COMMUNICATIONS

- Creation of Seasonal, Special Event & Emergency Menus
- Nutrition Education and Resources
- Nutrition publications & presentations

PRODUCT AND RECIPE IDEATION

- Recipe testing & development
- IDDSI Resources
- Vendor partnership for product ideation and recipe development
- Sysco Business Resources collaborations



WHO WE ARE

TAYLER MUSCLOW, MAN, RD | Manager, Nutrition Services



Taylor is a Registered Dietitian, with extensive experience in the retail and foodservice industries. She has a passion for the Healthcare & Senior Living sector, with a wide range of applied knowledge in the development of nutrition, health and wellness programs. Taylor is responsible for the leadership of the Nutrition Services team.

KRISTINA PARSONS, RD | Nutrition Services Consultant



Kristina is a Registered Dietitian with the College of Dietitians of Ontario and is a member of Dietitians of Canada. A graduate of McGill University, Kristina has experience in clinical nutrition research and education in the older adult population, working in both English and French. Kristina provides menu services for a wide variety of customers and works closely with vendors to bring the most up to date data in Synergy Tech Suite®.

KAITLIN CHARD, MAN, RD | Nutrition Services Consultant



Kaitlin is a Registered Dietitian with the College of Dietitians of Ontario and a member of Dietitians of Canada and the Gerontology Network. Kaitlin obtained her Masters of Applied Nutrition from University of Guelph. Kaitlin brings experience and knowledge of the daily operations of food services in long-term care. Kaitlin is the Nutrition Services IDDSI project lead, supporting customers through menu and recipe development.

EMILY DOMINGUES, NM | Nutrition Services Consultant



Emily is a Nutrition Manager with the Canadian Society of Nutrition Management. Emily is a graduate of Ryerson University with extensive background in menu systems, product knowledge, and menu development in many care and hospitality settings. Emily leads the Sysco database initiatives including the seasonal Sysco menus.

LILLIAN LAU, RD, MScAHN | Nutrition Services Consultant



Lillian is a Registered Dietitian with the College of Dietitians of Ontario and is a member of Dietitians of Canada. Lillian has a Bachelor of Applied Science in Applied Human Nutrition from the University of Guelph and a Master's of Science in Applied Human Nutrition from Mount Saint Vincent University in Halifax, Nova Scotia. She has previous experience as a LTC Clinical Dietitian and has a wealth of knowledge and experience in the Senior Living segment.

NANCY MA, NM | Nutrition Services Consultant



Nancy has a Bachelor of Applied Science in Applied Human Nutrition from the University of Guelph and is an active member of the Canadian Society of Nutrition Management (CSNM). She has a wealth of knowledge and experience in Synergy Tech Suite, Food Service Operations and the Senior Living segment.