



THE
AVIATION
NUTRITIONIST™

OPTIMAL PERFORMANCE AT ALTITUDE

Monday 23rd May 2016 / 15.45 - 16.15

Presented by: Sarah Wilson
Director & Registered Nutritionist



THE
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Departure Lounge





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Work with

ON AIR
DINING

BRITISH AIRWAYS 

Heathrow
Making every journey better



 PLANE
CATERING


en route





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Work with

BRITISH AIRWAYS



ON AIR
DINING





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Personalisation & Tailoring





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Interactive Tailoring





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Industry Examples



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Industry Examples



“Every flight is tailored to ensure seamless travel with maximum efficiency so customers can be in more meetings or locations within the shortest period of time. VistaJet ensures its fleet is available to all its customers – with guaranteed availability, no asset risk or positioning costs for Program customers”



“An experience built around you - You are the centre of the NetJets experience, and we make certain that we understand what you want from your travel. The crew will know who you are and greet you personally, and the personal touch continues on board with your preferred food and drinks, reading material, music and films.”



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Challenges around Aviation Nutrition





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Challenges around Aviation Nutrition





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Challenges around Aviation Nutrition





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Caffeine in our Diet





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In our Genes





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Food & performance





...When Flying at Altitude

- Your nutrient needs

- Your level of tolerance to lactose

- Your ideal way to eat

- How well you detoxify

- Your sensitivity to weight gain based on your fat intake

- Your antioxidant needs

- Your salt and caffeine sensitivities

- Whether you are at risk of being Coeliac or gluten sensitive

- What type and amount of exercise best suits your genetic make-up to ensure you achieve full potential



“Even though only about 1% of the population has celiac disease, gluten-free meals have had a 30% increase over previous years in what passengers are ordering. The combination of improved quality and variety of gluten-free products with better-trained chefs on gluten-free ingredients has taken these meals to new heights and flavors.”

AirCulinaire

“Over the last five years we’ve seen an increase in requests for gluten free, or meals that account for people’s allergies. There has definitely been a rise in demand for diabetic diets worldwide.”

On Air Dining

(Resource: Fly Corporate 2016)

Tailoring + Eating according to your genes
at altitude



Competitive Edge



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Eat According to your Genes...

...When Flying at Altitude



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Take off





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Contact us to make an investment in your
body that can change your life

sarah@theaviationnutritionist.com

+44 (0) 20 7205 2848

www.theaviationnutritionist.com