



PAIGE PRESTIGIACOMO, MS, RD, LD

Paige is the dedicated registered dietitian for UnitedHealth Group cafés, overseeing wellness programs and managing the recipe website **foodwithpurposeuhg.com**. She is known for inspiring others to build healthy, sustainable habits through a balanced “all foods fit” approach that makes nourishing choices both enjoyable and accessible. Her passion lies in sparking creativity in the kitchen, encouraging people to explore flavors, and connecting through food. Paige is driven by a desire to help others discover the joy in cooking and create habits that support a fulfilling, well-nourished life.

Follow along on Instagram at **@rdkitchenedition** or contact her at **paige.prestigiaco@compass-usa.com** for nutrition-related questions.

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PEOPLE AND PLANET

FOOD *with*
PURPOSE