

Closing the gap between the care plan and the dinner table

TOPICS: Care coordination & navigation | Home & community | Caregiver & family engagement



About NutriStyle



[NutriStyle](#) helps older adults eat well at home, and gives family and professional caregivers a practical way to plan, shop, and stay involved. Its caregiver nutrition program is in commercial use through AARP.

NutriStyle was founded by CEO Todd Albro, who brought his family's experience caring for his father-in-law, and Co-founder and Chief Nutrition Officer Scott Murdoch, PhD, RD, a professor of nutrition science who has trained hundreds of professional caregivers. Because an older adult's nutrition decisions rarely belong to one person, the founders built caregiving into NutriStyle's original architecture rather than adding it to an individual wellness app.



The opportunity

- Most older adults want to stay home. Seventy-five percent of adults 50 and older intend to remain in their current homes as they age.¹
- The work of keeping them there falls heavily to 63 million family caregivers, a number that grew 45% in a decade, and food sits at the center of that work.²
- Among family caregivers, 81% help with grocery shopping, 67% prepare meals as part of daily caregiving, and 55% help manage medications, food included.²
- One in three community-dwelling older adults is at nutrition risk.³



The challenge

- Only 11% of family caregivers have had any formal training for daily activities. Sixty-four percent report high emotional stress, and one in five rate their own health as fair or poor.²
- A clinician can explain the diet, but someone still has to turn that advice into meals the person will eat, check them against medications, find the food at a nearby store, and get it into the kitchen.
- That happens three times a day, and it often lands on a family member who lives hours away.
- Eating is one of the most frequent daily habits that protect health, yet it has no coordinating layer. It falls between the clinic, the family, and the grocery store.



The approach

- **A shared account for the whole care relationship.** With the care recipient's permission, family members and professional caregivers (dietitians, care managers, and home-care staff) join the same account. The older adult keeps their preferences and choice, while helpers craft the plan with their input, then see, adjust, and act on it from across town or across the country. A family member can plan meals, pay, and coordinate delivery without rebuilding the plan each week.
- **Personalized, safe plans.** The NutriStyle Nutrition Intelligence Engine™ turns a health profile, medications, goals, preferences, and available health data into a personalized meal plan based on the Dietary Guidelines for Americans, Dietary Reference Intakes, and proprietary data. It proactively avoids potentially negative food and medication interactions.
- **Real store inventory.** Every item links to what the preferred local grocer actually carries, including national, store, and specialty brands. The list works in store, for pickup, or for Instacart or other delivery.
- **Clinical time, scaled.** Dietitians work on the same platform, and plan building and grocery translation are automated, so their hours go to judgment and counseling.
- **Fits existing infrastructure.** Partners deploy NutriStyle as a hosted or white-label app, or through an API, with no build required. Every plan follows federal dietary standards under dietitian oversight.

For a father-in-law like Todd's, a daughter two states away could build a week of meals around foods he already liked, add the protein and vegetables he was missing, and send the order to his local store.

“After my mother-in-law died, my father-in-law, a farmer in Idaho, was left to fend for himself. My wife and her sister took on the task of helping look after him, including what he was eating. A normal day was getting coffee and a sweet roll for breakfast, maybe having lunch at the senior center, and then opening and eating a can of peaches for dinner. It was a constant struggle to try to help him eat better and a constant source of worry for the family, because it was a daily challenge.”

— Todd Albro, CEO and Co-Founder, NutriStyle



The impact

- ✓ **17%** average rise in diet-quality scores among 39 completers of a six-month food-as-medicine feasibility study with Hy-Vee, led by registered dietitians. The Academy of Nutrition and Dietetics selected NutriStyle for the study. All completers significantly increased nutrition literacy, weight fell an average of 4.4 pounds, and average systolic blood pressure improved.⁴
- ✓ **81%** of study participants who started with excessive energy intake improved, as did 88% of those with excessive carbohydrate intake.⁴
- ✓ **40%+** gain in dietitian productivity in an internal analysis of more than 250 dietitians.⁵
- ✓ **769,000** active member interactions logged by the caregiver nutrition program through AARP in the 18 months ending June 30, 2026, with 266,000 people using NutriStyle's Recipe Analyzer.⁵

These results validate the nutrition model but were not measured in older adults aging in place.

Sources

¹ AARP. "2024 Home and Community Preferences Survey." 2024.

<<https://www.aarp.org/pri/topics/livable-communities/housing/2024-home-community-preferences/>>

² AARP and National Alliance for Caregiving. "Caregiving in the US 2025." 2025 (IADL figures from Figure 18).

<<https://doi.org/10.26419/ppi.00373.001>>

³ DiMaria-Ghalili RA, et al. "Prevalence of Malnutrition in a National Sample of Older Adults Residing in Community or Residential Care: NHATS 2017." Innovation in Aging, 2020;4(Suppl 1):793. <<https://doi.org/10.1093/geroni/igaa057.2874>>

⁴ Long JM, Yoder A, Woodcock L, Papoutsakis C. "Impact of a Registered Dietitian Nutritionist–Led Food as Medicine Program in the Food Retail Setting: A Feasibility Study." J Acad Nutr Diet, 2024 (single-arm feasibility; results among completers; not an aging-specific population). <<https://doi.org/10.1016/j.jand.2024.07.007>>

⁵ NutriStyle first-party analytics. Dietitian beta analysis; AARP program data, 18 months to June 30, 2026.