**Name**: Amber Parisie, RDN, CSR

**Email**: parisiea@newdaynutrition.com

**Phone Number**: (669) 236-5997

**Address**: 393 Blossom Hill Rd. Suite 210B, San Jose, CA, 95123

**Website**: <https://www.newdaynutrition.com/>

**Instagram**: @NewDayNuytritionLLC

**LinkedIn**: @NewDayNuytritionLLC

**Twitter**: @NewDayMNT

**Facebook**: @NewDayNuytritionLLC

**Specialties**: Chronic kidney disease, diabetes, hypertension, plant-based eating

**Insurance** **Accepted**: Medicare Part B, self-pay, credit card, cash, or check with ability to provide superbill for possible insurance reimbursement.

**Availability by State**: AZ, CA, CO, CT, IN, MA, MI, NY, PA

Services Offered and Modality: Individual counseling and telehealth using video and telephone

**Professional Bio**:

Amber has ten years of experience working one-on-one with people living with chronic health conditions to help them set and meet health and lifestyle goals. She uses a person-centered approach with a focus on shared decision making for setting goals, monitoring, and evaluating progress. She takes the time to meet a person where they’re at to individualize care.

For more than five years, Amber was an integral part of an interdisciplinary team providing compassionate dialysis care and nutrition support to people living with kidney disease at Satellite Healthcare. Before joining Satellite Healthcare, she provided nutritional counseling and support to people with a range of health conditions living in a skilled nursing facility. She also served as a Health Educator providing weight management coaching for Kaiser Permanente Santa Clara.

She earned her Bachelor of Science in Dietetics from the University of Northern Colorado and is both a registered dietitian nutritionist (RDN) and a board-certified specialist in renal nutrition (CSR). Amber is working towards becoming a Certified Diabetes Care and Education Specialist (CDCES).

Amber enjoys spending time with her family, cooking, gardening, and heading to the beach any chance she gets.