

## **Sara Prato**

Name: Sara Prato

Credentials: MS, RDN, CD, CSR

Email: sara@theckddietitian.com

Phone Number (719) 445-6400

Address: Colorado Springs, Colorado

Professional Links:

Website: <https://theckddietitian.com>

Instagram: @the\_ckd\_dietitian

Facebook: <https://www.facebook.com/the.ckd.dietitian>

Specialties: Chronic Kidney Disease, Diabetes, Heart Disease, Hypertension, Weight Management, Plant-Based Nutrition.

Insurance Accepted: Private Pay with superbills upon request. HSA and FSA payments accepted.

Availability by State: AZ, CA, CO, MO, VA, WA. Open to licensure in new states, reach out to see if we can work together!

Services Offered and Modality: Individual nutritional counseling, telehealth, group classes.

Professional Bio:

Sara is a Registered Dietitian Nutritionist, and Certified Specialist in Renal Nutrition (CSR). Sara has worked in a variety of clinical and community settings over the past 14 years. Her specialties include individual nutrition counseling, and chronic disease management. Sara is passionate about engaging the community in healthy living and providing individuals with the necessary tools to make positive lifestyle changes. For the past 12 years Sara has worked as a Renal Dietitian, working as a dialysis dietitian, kidney transplant dietitian and most recently as a chronic kidney disease (CKD) dietitian. Sara has the unique experience of working with patients and their families throughout their journey with kidney disease. Sara meets individuals where they are and offers guidance to help them reach their goals. In her free time, she enjoys spending time with family and friends, cooking, hiking, yoga, and traveling. She looks forward to working with you.