

Meet the City of Baltimore's Nutritionist



Karen K. Fiorenza, MPH, RDN, CHES

Karen is a Registered Dietitian Nutritionist (RDN) and Certified Health Education Specialist (CHES). She also holds a Master of Public Health degree with an emphasis in Integrative Health, is certified in Adult Weight Management, and has 20+ years of experience in the Nutrition Education and Wellness Promotion field.

Karen is passionate about nutrition and is committed to helping City of Baltimore employees achieve optimal nutritional status and overall good health and wellbeing. Her specialties include, but are not limited to, weight management, diabetes, cardiovascular disease, eating disorders, and wellness coaching.

Karen can:

- Assist with lifestyle related goals by promoting positive healthful and sustainable changes.
- Improve athletic performance, weight management success, and chronic disease prevention/reversal.
- Address any dietary concerns or special needs including food allergies.
- Provide tips on how to make healthy choices when dining out or cooking at home.
- Address any nutrition related questions, comments, or concerns you may have.

Email: nutritionist@baltimorecity.gov to set up a free one on one nutrition consultation or to request a nutrition related presentation/workshop for your agency!

All consults/presentations being done virtually until further notice

