

Katie Spada RDN, LDN



After earning her bachelor's degree in Human Nutrition and Dietetics from The Ohio State University, Katie went on to complete her dietetic internship through Henry Ford Hospital in Detroit, Michigan. Shortly after completion of her internship, Katie sat for and passed her registered dietitian credentialing boards, and began working at University Medical Center as a clinical dietitian. In her current role in the hospital, Katie works mostly with the pediatric and neonatal populations. Additionally, she is a graduate student and master's degree candidate through Northeastern University working towards completion of her Masters in Nutrition with a concentration in Sports and Fitness. Outside of her role as a clinical dietitian, Katie is the founder of Spada Strong Nutrition LLC, a nutrition coaching business focused on helping former athletes with their nutrition in life after sport. Katie competed as a synchronized swimmer for 11 years, earning spots on 3 USA National Teams, as well as a scholarship position at The Ohio State University. During her time at Ohio State, Katie was fortunate enough to be a part of 2 National Title Teams, and serve as team captain during her Junior and Senior season. Katie has a passion for helping others learn the fundamentals of nutrition, heal their relationship with food, and be able to fuel themselves for success, guilt-free!

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