

Kate Moran



Kate Moran RD, LDN is the team dietitian for the Minnesota Twins baseball Organization. She is based out their Player Development Academy in Fort Myers, Florida. Her focus is nutrition education through individual counseling, plate coaching and group presentations with both major and all minor league affiliates. She regularly educates players, coaches, trainers and staff on food and nutrition topics through continuing education via email, affiliate visits and annual organization meetings.

Kate works with SodexoMAGIC, the Academy's foodservice provider, to prioritize culinary advancements with menu development and meal logistics for home and away games. Likewise she works with Katie Cavuto on behalf of the Philadelphia Phillies, at the newly opened Dominican Republic Academy. Kate was the winner of the 2016 Sodexo Service Spirit Award and was elected to be the Customer Service Excellence Regional Ambassador for her continued efforts driving client satisfaction. She was named the Make It Mindful Dietitian, collaborating with celebrity nutritionist Ellie Kruieger, launching a national client driven program that will create new healthy recipes for Sodexo to implement globally.

In addition to her full time job with the Twins, in February 2016 Kate launched her private practice and blog, The Educated Plate where she offers nutrition counseling, media, corporate wellness and public speaking services. She regularly blogs and contributes to media about healthy recipes, travel and trending food and nutrition topics.

She has over 10 years of nutrition & foodservice industry experience, working as a student, intern and dietitian for hospitals, non-profit organizations, higher education, restaurants and bakeries.

Kate has used social media professionally in dining environments to advertise the menu, nutrition information, special events, promotions and discounts to improve customer experience and successfully increase profitability. Today, she uses these platforms as a leading way to communicate with Twins players in addition to operate and drive business through her private practice.