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Cara is a registered dietitian nutritionist based in New York, NY. Her special interests include oncology nutrition, plant-based diets, and weight management. She has served as an outpatient nutritionist at Memorial Sloan Kettering Cancer Center's Evelyn H. Lauder Breast Center since 2007. Cara is also a certified yoga teacher. Cara speaks on Nutrition and Weight Management; Plant-based diets. Speaks to either lay or health care professional audiences.