

Meet Our Provider



Wilda Souffrant, MS, RDN, CDN
Nutrition

Biography

Wilda Souffrant offers culturally appropriate nutrition counseling and provides patients with community resources to help them reach their wellness goals. She is known for her compassion and dedication to her patients' well-being. She received her Masters of Science in Nutrition & Dietetics from Queens College, City University of New York, where she also completed her Dietetic Internship.

Areas of Focus

- Chronic diseases (Diabetes, hypertension, chronic kidney disease, cardiovascular diseases)
- Gastrointestinal (GI) disorders (Irritable Bowl Syndrome, Crohn's Disease)
- Malnutrition and food insecurity
- Obesity and weight management (including weight loss medication and bariatric surgery)
- Pediatric nutrition
- Women's health (prenatal, Polycystic Ovarian Syndrome, fertility, peri/postmenopausal)

Languages

English



Locations:

📍 495 Beach 20th Street
Far Rockaway, NY 11691

☎ 718-EHS-DOCS (718-347-3627)

📍 19-09 Plainview Avenue
2nd Floor
Far Rockaway, NY 11691

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