

# Holiday Hints: The 3 Biggest Kidney Disease Diet Mistakes People Make



Presented by Jessianna Saville, MS, RDN, CSR, LD, CLT

Join us for this dynamite webinar to learn the three biggest mistakes people with kidney disease make during the holidays with their diet and how to avoid. We'll go over our best tips to make your food go from "blah" to "hurrah" and give you all the tools you need for your best holiday tips this season.

Join the call:

**Date: Tuesday, December 17, 2019**

**Time: 2:00 pm ET, 1:00 pm CT, 12:00 pm MT, 11:00 am PT**

**Dial: 877-399-5186**

**Enter Meeting Code: 433 459 5474**

About the Presenter:

Jessianna Saville is a registered dietitian, speaker, and blogger about renal nutrition at [kidneyrd.com](http://kidneyrd.com). She has spent the last 10 years working specifically with people with kidney disease—both in dialysis and pre-dialysis. She currently works privately with clients to help them slow the progression of chronic kidney disease through nutritional modification and to understand the often confusing renal diet. She blogs about livable and lovable kidney-friendly food and renal-nutrition research. In her free time she plays with her 3 young children, loves to cook and try new plant-based recipes, and get as much outdoor sunshine as possible.