



# Plant Based Diets and Kidney Disease

## Who this can help and what you need to know

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

### Key Points:

1. Who can benefit from a plant-based diet. Who should not eat a plant-based diet
2. How to safely implement a plant-based diet whether you're on dialysis or not.
3. What does it look like to eat a plant-based diet

### About the Presenter:

**Jessianna Saville,**  
MS, RDN, CSR, LD, CLT,  
is a registered dietitian,  
who works with dietitians,  
as well as patients who  
are at various stages  
of kidney disease.

Visit her website at  
[www.KidneyRD.com](http://www.KidneyRD.com)



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June 24, 2021



**12:30pm ET**