



Calories for losing, maintaining or gaining weight

Presenter: Maria Eugenia Rodríguez-León, RD

About the presenter:

Maria Eugenia Rodríguez-León is a registered dietitian and board certified renal nutrition specialist with 14 years of experience in the kidney space. She lives in Puerto Rico and owns a virtual private practice where she works with Spanish-speaking adults who live with CKD to help them slow kidney disease progression. She has worked with local and national organizations to educate Hispanics about nutrition and kidney health.

Objectives:

1. Describe where do calories come from
2. Explain how many calories do you need
3. Discuss strategies to achieve your goal