

HEALTHY FATS for heart health

Presenter: Maria Eugenia Rodríguez-León, RD

Objectives:

1. Describe a healthy healthy diet
2. Explain the effect of different types of fats to our health
3. Give examples on how to use healthy fats in our diet

*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.*