

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.