

Fiber: Your Ally in Kidney Care

Presenter: Maria Eugenia Rodríguez-León, RD

Objectives:

1. Explain benefits of fiber
2. Recommended daily fiber intake for adults
3. Foods high in fiber as part of the kidney 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.*



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