

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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September 28, 2023