

# Navigating the Nutrition Label for Kidney Health

Presenter: Maria Eugenia Rodríguez-León, RD

## Objectives:

1. Learn how to read the nutrition facts
2. Enhance your food choices according to your specific dietary needs
3. Decoding the nutrition claims on the label

*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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