

# Optimizing the Renal Diet with Fruits and Vegetables



Presenter: Maria Eugenia Rodríguez-León, RD

## Objectives:

1. Review the importance of eating enough fruits and vegetables as part of a kidney-friendly diet
2. Explore fresh, canned and frozen fruit and vegetables alternatives
3. Discuss strategies to incorporate more fruits and vegetables into your diet

*About the presenter:  
Maria Eugenia Rodríguez-León is a registered dietitian and board certified renal nutrition specialist with 15 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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