

Ask the Experts: Q&A with Renal Dietitians

Session Time	March 22 nd , 2023 from 11:15 am to 12:15 pm ET
Session Description	Renal dietitians are experts in diet and nutrition, specifically for people living with kidney disease. They provide guidance needed to make healthy food and fluid choices every day, while also helping you create a meal plan that best suits your nutritional needs. Hear from two renal dietitians about the importance of personalized kidney nutrition, what to keep in mind when shopping at a grocery store or dining at restaurants, and how you can find a renal dietitian in your area. Attendees will also have an opportunity to ask the speakers questions about kidney-friendly eating.

Moderator: Ryan Woolley, MSPH, RDN, Director of Public Education, American Kidney Fund

Speakers:

Melanie Betz, MS, RD, CSR, CSG, Founder and CEO, The Kidney Dietitian

Kathy Wong, RDN, Registered Dietitian Nutritionist, DaVita Kidney Care

Takeaway Resources:

- ✓ [AKF – Kidney Kitchen](#)
- ✓ [AKF – Meet Your Treatment Team: Renal Dietitian](#)
- ✓ [AKF – Kidney Friendly Eating Plan](#)
- ✓ [AKF – Healthy Eating & Activity](#)