

Eating Through the Stages of Kidney Disease

Session Time	March 22nd, 2023 from 12:45 PM- 1:45 PM EST
Session Description	Healthy eating is a critical component of maintaining optimal health outcomes for someone living with kidney disease. There are many elements of a kidney-friendly food and fluid plan and learning how to make healthy choices can feel overwhelming. In this session, a pair of dietitians will provide an overview of key considerations to refer to when developing a kidney-friendly food and fluid plan for people with all stages of CKD.
Key Learning Objectives	<ol style="list-style-type: none"> 1. Discuss the impact diet has on health outcomes for a person living with CKD 2. Provide an overview of eating recommendations for the various stages of CKD and share how this can look different for everyone 3. Empower patients to partner with their healthcare team to discuss an eating plan that works best for them

Moderator: Melanie Paris, M.A., M.P.H., Senior Director of Strategic Partnerships and Kidney Disease Education, American Kidney Fund

Speakers:

- Amanda Lane, MS, R, CDCES, Renal Dietitian, Healthful Lane Nutrition, LLC
- Maria Rodriguez, MS, RD, CSR, LND, Renal Dietitian

Takeaway Resources:

- ✓ [AKF – Kidney Kitchen](#)
- ✓ [AKF – Kidney Kitchen Pro](#)
- ✓ [The Cooking Doc](#)
- ✓ [AKF – Healthy Eating with Kidney Disease](#)