



Happy National Nutrition Month!



During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Discover the Power of Nutrition." Nutrition has the power to help you thrive. The food and beverage you choose daily can help fuel your bodies everyday. Learn how to access healthy foods in your area, and build healthy habits into your day to help you feel great now and in the future.



A registered dietitian nutritionist can help guide you with information driven by science and boost your confidence when it comes to food and health.

What Can My Dialysis Dietitian Do For Me?

- Work as part of your dialysis Inter-Disciplinary Team to maximize your individualized care
- Review your lab work and make individual recommendations and adjustments to your diet and bone medications
- Recommend therapeutic diets in consideration of your cultural preferences and changes in treatment based on your nutritional needs in consultation with your physician.
- Counsel you and your family/caregiver on your prescribed diet and monitor your adherence and response to diet therapy.
- Refer you for assistance with nutrition resources such as financial assistance, community resources or in-home assistance.
- Answer any questions you may have regarding your nutritional status, bone management labs, and fluid status.

