



Melanie Betz MS, RD, CSR, CSG, FAND is a Registered Dietitian who specializes in kidney stones. After working in the Section of Nephrology at the University of Chicago, she founded The Kidney Dietitian, an online platform to help people prevent kidney stones with food. Her approach to kidney stone prevention is science-based and personalized - as no kidney stone and no person is the same. She is passionate about helping kidney stone formers enjoy eating, as well as preventing kidney stones.

She has published her research investigating patient knowledge and adherence to renal diets, plant-based diets in kidney disease, and the role of nutrition in kidney stone prevention. As a leader in the field, she is on the board of the Renal Dietetic Practice Group, National Kidney Foundation of Illinois, and the Dietitian Advisory Group for the National Kidney Fund. You can find her at www.thekidneydietitian.org.

The Kidney Dietitian - Your Expert for Kidney Stone & CKD Nutrition

Learn how to eat, live and cook specific to your kidney health. Discover tasty kidney friendly recipes you'll be dying to try! www.thekidneydietitian.org and on Instagram @the.kidney.dietitian.