



**AnnaMarie Rodriguez, MS, RDN, LD,
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Bio: *Annamarie Rodriguez has almost 30 years of experience in a vast array of settings surrounding chronic diseases and specifically kidney disease, both CKD and ESKD. She owns Nutrition Directions, LLC providing dietitian/nutrition consulting services and is dedicated to serving the community to advocate for health equity to advance preventative measures and decrease the incidence and progression of chronic disease. She has a Master's in Health and Wellness Management, is a Certified Lifestyle Medicine Professional, and is a Licensed Food for Life Instructor. She believes that each person is on their own personal "food journey" and the direction of nutrition care is personalized, empowering patients to sustainable life changes. She looks forward to partnering with her patients on their food journey to find the direction of nutrition that is just right for them. Annamarie focuses on a patient centered integrative nutrition care through a holistic wellness approach that embraces the six pillars of Lifestyle Medicine: nutrition, physical activity, restorative sleep, stress management, avoidance of high-risk substances, and positive social connections. She focuses on meaningful and personal realistic changes that deliver significant results that optimize quality of life and well-being. Annamarie is an avid volunteer with dietetic practice groups, her state affiliate, the Academy, and her community. Outside her profession, she loves gardening, cooking, nature, travel, and her dogs (since her houseful of kids are grown!). She thrives on staying physically and mentally busy, loves hiking in state and national parks, and kayaking.*

Areas of Expertise: Plant-based nutrition & CKD, Nutrition Support & CKD, CKD-MBD, Adherence & Health Literacy, Health & Wellness Management, Weight Management, Lifestyle Medicine, Cooking Demos

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