

Melanie V. Betz MS, RD, CSR, LDN, FNKF, FAND  
The Kidney Dietitian | Melanie Betz Nutrition LLC  
Founder & CEO  
Chicago, IL  
melanie@thekidneydietitian.org

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## EDUCATION

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2011 MS in Clinical Nutrition  
Rush University  
Chicago, IL

2011 Dietetic Internship  
Rush University Medical Center  
Chicago, IL

2009 BS in Dietetics, Specialization in Health Promotion  
Michigan State University  
East Lansing, MI

## PROFESSIONAL EXPERIENCE

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2020-present Founder & CEO  
Melanie Betz Nutrition, LLC | The Kidney Dietitian  
Chicago, IL

2023-present Research Consultant  
University of Alabama at Birmingham | Department of Urology

2017-2022 Chronic Kidney Disease Nutrition & Education Specialist  
University of Chicago | Section of Nephrology  
Chicago, IL

2020-2023 Consultant  
Otsuka Pharmaceuticals

2020-2021 CKD Nutrition Consultant  
Livongo/Teladoc

2016-2017 Dietitian  
US Foods, Rosemont, IL

2012-2016 Senior Clinical Dietitian & Faculty Member  
Rush University Medical Center, Chicago, IL

2011-2012 Consultant Dietitian  
Roche Dietitians, Chicago, IL

## CERTIFICATIONS & LICENSURE

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2011	Registered Dietitian Commission on Dietetic Registration #1014279, registered through 2027
2011	Licensed Dietitian Nutritionist Illinois Department of Financial & Professional Regulation #164005513, licensed through 2027
2023	Fellow of the Academy of Nutrition & Dietetics
2024	Fellow of the National Kidney Foundation
2020	Certified Specialist in Renal Nutrition (CSR) Commission on Dietetic Registration Registered through 2030
2013-2023	Certified Specialist in Gerontological Nutrition (CSG) Commission on Dietetic Registration
2024	Media Trained Dietitian Master the Media Certification Program
2015	Trained Item Writer Commission on Dietetic Registration (CDR)
2014	Graduate Molly Kellogg's Counseling Intensive for Nutrition Professionals

## PUBLICATIONS

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### Peer Reviewed Publications

2025	<b>Betz M.</b> Highlights from American Society of Nephrology 2024: Optimization of Dietary & Behavioral Strategies for Kidney Stone Prevention. <i>Renal Nutrition Forum</i> . 2025;44(1):9-11.
2025	<b>Betz M.</b> Kidney Stones in Short Bowel Syndrome: Causes and Preventative Measures. <i>Practical Gastro</i> . 2025;XLIX(5).
2024	<b>Betz M.</b> Registered Dietitian Nutritionists Can Help Prevent Kidney Stones. <i>Nephrology Times</i> . October 2024.
2023	Patel J., Kalantar-Zadeh K., <b>Betz M.</b> , Joshi S. A Low-Protein, Plant-Dominant Gluten-Free Diet for Immunoglobulin A Nephropathy and Focal Segmental Glomerulosclerosis. <i>Advances in Kidney Disease and Health</i> . 2023;30(6):517-522.

- 2023 **Betz M.**, Dietitians in Multidisciplinary Stone Clinics: Evidence and Barriers to Their Implementation. *AUA News*. Published Online May 2023.
- 2023 Prest M., **Betz M.**, Introduction to Social Media Platforms for Dietitians. *Renal Nutrition Forum*. 2023;42(2):7-11.
- 2022 **Betz M.**, Nemecek K., Zisman A. Patient Perception of Plant Based Diets for Kidney Disease. *J Renal Nutr*. Sep 22;S1051-2276(22)00165-0.
- 2022 **Betz M.**, Penniston KL. Primary Contributors to Dietary Acid Load in Patients with Urolithiasis. *J Renal Nutr*. Jun 22;S1051-2276(22)00107-8.
- 2022 **Betz M.**, Nemecek K., Zisman A. Plant Based Diets in Kidney Disease: Nephrology Professionals Perspective. *J Renal Nutr*. 2022;32(5):552-559.
- 2022 **Betz M.**, Coe, F., Chapman, A. Agreement of Food Records and 24-Hour Urine Studies in Clinical Practice. *J Renal Nutr*. 2022;32(1):P51-57.
- 2022 **Betz M.** Whole Diet Approach to Calcium Oxalate Kidney Stone Prevention. *J Renal Nutr*. 2022;32(1):e11-e17.
- 2021 **Betz M.** Enteral Nutrition and Risk of Kidney Stones. *Support Line*. 2021;43(5):4-8.
- 2021 **Betz, M.**, Steenes, A., Peterson, L., Saunders, M. Knowledge of Renal Diet Restrictions in Patients with Non-Dialysis Dependent Chronic Kidney Disease Stages 3-5. *Renal Soc Australas J*. 2021;17(1):24-33.
- 2021 **Betz, M.** MNT in a Virtual World: A Renal Dietitian's Perspective. 2021. *J Ren Nutr*. 2021;31(5):541-542.
- 2020 **Betz, M.**, Steenes, A., Peterson, L., Saunders, M. Knowledge Does Not Correspond to Adherence of Renal Diet Restrictions in Patients with CKD Stage 3-5. *J Ren Nutr*. 2021;31(4):351-360.
- 2020 **Betz, M.** Nutrition for Autosomal Dominant Polycystic Kidney Disease. *Renal Nutrition Forum*. 2020;39(2):3-7.
- 2019 **Betz, M.**, Chapman, A. Autosomal Dominant Kidney Disease Patients Are Not Meeting Nutrition Recommendations. *Renal Nutrition Forum*. 2019; 38(1):3-5.
- 2016 **Betz, M.** The MIND Diet May Help Prevent Alzheimer's and Cognitive Decline. *The Spectrum*. Winter 2016.
- 2015 Tan, C., Holland, S., Tangney C., **Betz, M.**, Mozer, M., Sarcinella, K., Rasmussen, H. Change in Knowledge of and Adherence to Dietary Sodium Restrictions in Heart Failure Patients after Education by a Registered Dietitian. *The FASEB Journal*. 2015;29(S1):264.1.
- 2015 **Betz, M.** The MIND Diet May Oppugn Cognitive Decline. *Today's Geri Med*. 2015;8:24.

- 2015 Brown B., Roehl K., **Betz M.** Enteral Nutrition Formula Selection: Current Evidence and Implications for Practice. *Nutr in Clin Pract.* 2015; 30:652-659.
- 2015 **Betz. M.**, Uzueta A., Rasmussen H., Gregoire M, Vanderwall C., Witowich G. Knowledge, use and perceptions of probiotics and prebiotics in hospitalized patients. *Nutr & Diet.* 2015;72:261-266.

### Book Contributions

- 2019 **Betz, M.** (2019). Nutrition Support and End-of-Life Considerations for the Older Adult. In *Nutrition for the Older Adult* (Third Ed) (pp. 515-539). Burlington, MA: Jones & Bartlett Learning.

## **ACADEMIC PRESENTATIONS**

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### Oral Presentations

- 2026
- Emotional Impact of Kidney Nutrition: More Than What You Eat. National Kidney Foundation Spring Clinical Meeting. New Orleans, LA. May 2026.
  - Beyond Clinical Dietetics: How and why to build an online business as a registered dietitian. Georgia Council on Renal Nutrition. Atlanta, GA. April 2026.
  - What Every RDN Needs to Know About Kidney Stones. Georgia Council on Renal Nutrition. Atlanta, GA. April 2026.
  - What Every RDN Needs to Know About Kidney Stones. California Academy of Nutrition & Dietetics. Virtual. April 2026.
  - What Every RDN Needs to Know About Kidney Stones. Texas Academy of Nutrition & Dietetics. Houston, TX. April 2026.
  - What Every RDN Needs to Know About Kidney Stones. Canadian Association of Nephrology Dietitians. Virtual. February 2026.
- 2025
- Emotional Impact of Kidney Nutrition: More Than What You Eat. National Kidney Foundation Spring Clinical Meeting. Boston, MA. May 2025.
  - Diet “Do’s” & Don’ts” for Kidney Stones. National Kidney Foundation Spring Clinical Meeting. Boston, MA. May 2025.
  - Beyond Oxalate: Holistic Nutrition for Stone Prevention. National Kidney Foundation Spring Clinical Meeting. Boston, MA. May 2025.

- Cardiorenal Metabolic Syndrome: What RDNs Need to Know. Diabetes Dietetic Practice Group. Virtual. February 2025
- What All Dietitians Need to Know About Kidney Stones. Nutritionist-Dietitians' Association of the Philippines. Virtual. February 2025.
- Rethinking the “Renal Diet” in Healthcare Facilities. Dietitians in Healthcare Communities Dietetic Practice Group. Virtual. February 2025.
- Nutrition Therapy: Updates for CKD. Dietitians in Healthcare Communities of New Jersey. Virtual. January 2025

2024

- Nutrition Updates for CKD & the Role of Plant-Based Diets. Becky Dorner & Associates. Virtual. December 2024.
- Kidney Stones Diet Management. Wisconsin Council on Renal Nutrition. Madison, WI. November 2024.
- Cracking the Code: Personalized Nutrition for Kidney Stone Prevention. Michigan Council on Renal Nutrition. Virtual. November 2024.
- Optimization of Dietary & Behavioral Strategies for Kidney Stone Prevention. American Society of Nephrology Kidney Week. San Diego, CA. October 2024.
- Dietary Potassium: Effects on Serum Levels & Overall Health. American Society of Nephrology Kidney Week. San Diego, CA. October 2024.
- What Every Dietitian Should Know About Kidney Stones. Advocate Healthcare Dietitian Symposium. Palatine, IL. September 2024.
- Kidney Stone Nutrition: So Much More Than Oxalate. Academy of Nutrition & Dietetics Webinar. June 2024.
- Risky Weight Loss Tactics That Can Cause Kidney Stones. Weight Management Dietetic Practice Group Webinar. June 2024.
- Nutrition Updates for CKD & the Role of Plant Based Diets. Diabetes Dietetic Practice Group. Webinar. May 2024.
- Managing Hyperkalemia in CKD with Updated Guidelines & Medications. Michigan Academy of Nutrition & Dietetics. Ann Arbor, MI. April 2024.
- Plant Based Diets in Chronic Kidney Disease. Massachusetts Executive Office of Elder Affairs. Virtual. March 2024.
- Individualized Nutrition for Kidney Stone Prevention. Pacific Northwest Renal Nutrition Association. Virtual. February 2024.

- Beyond Bananas Potassium Management in Chronic Kidney Disease. Illinois Valley Dietitians. Virtual. January 2024

## 2023

- Kidney Stone Nutrition: So Much More Than Oxalate. National Kidney Foundation of Illinois Interdisciplinary Conference. Chicago, IL. October 2023.
- Alkaline Diets & Consideration in CKD. Illinois Council on Renal Nutrition. Lombard, IL. May 2023.
- Alkaline Diets & Consideration in CKD. National Kidney Foundation Spring Clinical Meeting. Austin, TX. April 2023.
- Benefits of Plants for CKD. OneOp Webinar. Virtual. March 2023.
- Consumption of Whole Grains and of Fruits & Vegetables, But Not Fruits or Vegetables Alone, is Associated with Higher Urinary Citrate Excretion. Research on Calculus Kinetics (ROCK Society) Annual meeting. Boston, MA. February 2023.

## 2022

- Protein, CKD & Older Adults: What to do? Maryland Dietetics in Health Care Communities. Virtual. October 2022.
- Improved Outcomes in CKD with a Plant Forward Approach. West Suburban Academy of Nutrition & Dietetics. Virtual. October 2022.
- Individualized Nutrition for Kidney Stone Prevention. Nebraska Academy of Nutrition & Dietetics Annual Conference. Virtual. April 2022.
- Protein, CKD & Older Adults: What to do? Healthy Aging Dietetic Practice Group. Virtual. March 2022.

## 2021

- Beyond Bananas: Nutritional Management of Potassium in CKD. Renal Grand Grounds, Section of Nephrology, University of Chicago, Chicago, IL. December 2021.
- Success Stories: Reaching Aging Populations. Healthy Aging Dietetic Practice Group Virtual Conference. May 2021.
- Nutrition as a Main Intervention to Delay Dialysis. Illinois Council on Renal Nutrition Spring Clinical Meeting. Virtual. May 2021.
- Nutrition as a Main Intervention to Delay Dialysis. National Kidney Foundation Spring Clinical Meeting. Virtual. April 2021.

2020

- KDOQI Diet Guidelines Update & Plant Based Diets in CKD. Chicago Dietetic Association. Virtual. September 2020.

### Poster Presentations

- 2026 Van Arsdale S., **Betz M.** Low Oxalate Diets: A Case Highlighting the Danger of Over-Restriction. National Kidney Foundation Spring Clinical Meeting, New Orleans, LA. May 2026.
- 2025 **Betz M.** Dietitian-Led Kidney Stone Prevention Course Improves 24-Hour Urine Collections. Poster presentation at the Research on Calculus Kinetics (ROCK Society) Annual meeting. Milwaukee, WI. January 2025.
- 2024 **Betz M.** Penniston K. Participants in a Kidney Stone Education Class Have Narrow Knowledge of Kidney Stone Nutrition. Poster presentation at the Research on Calculus Kinetics (ROCK Society) Annual meeting. Minneapolis, MN. January 2024.
- 2022 **Betz M.**, Penniston K. Despite Higher Oxalate Content, Whole Grains Should Be Encouraged in Patients with a History of Calcium Oxalate Kidney Stones. Poster presentation at Food and Nutrition Conference & Expo 2022.
- 2021 **Betz M.** Time Spent Verifying & Private Insurance Plan Coverage of MNT for CKD. Poster presentation at Food and Nutrition Conference & Expo 2021.
- 2021 **Betz M.**, Saunders M. Dietary Potassium Does Not Correspond to Hyperkalemia. Poster presentation at National Kidney Foundation's Spring Clinical Meeting 2021.
- 2021 **Betz M.**, Nemecek K., Zisman A. Perception of Plant Based Diets for CKD. Poster presentation at National Kidney Foundation's Spring Clinical Meeting 2021.
- 2020 **Betz M.**, Coe, F. Correlation Between Dietary Components Measured in 24-Hour Urine Tests and Food Records in Nephrology Patients. Poster presentation at Food and Nutrition Conference & Expo 2020.
- 2020 **Betz M.**, Steenes A., Peterson L., Saunders M. Knowledge Difference of Renal Diet by Socioeconomic & Clinical Factors in a Non-Dialysis CKD Population. March 2020. Poster presentation at National Kidney Foundation's Virtual Spring Clinical Meeting 2020.
- 2019 **Betz M.**, Steenes A., Peterson L., Saunders M. Knowledge of Sodium, Potassium & Phosphorus in Patients with Non-Dialysis Dependent Chronic Kidney Disease Stages 3b-5. October 2019. Poster presentation at Food and Nutrition Conference & Expo 2019.
- 2018 **Betz M.**, Chapman A. Description and Variability of Dietary Intake in Patients with Autosomal Dominant Polycystic Kidney Disease. October 2018. Poster presentation at Kidney Week; American Society of Nephrology 2018.

- 2018 **Betz M.**, Chapman A., Peterson S. Patients with Autosomal Dominant Polycystic Kidney Disease Are Not Meeting Nutrition Recommendations. October 2018. Poster presentation at Food and Nutrition Conference & Expo 2018.
- 2015 **Betz M.V.**, Peterson S., Sowa D. Relationship between Subjective Global Assessment and Functional Independence Measurements among Acute Rehabilitation Patients. October 2015. Poster presentation at Food and Nutrition Conference & Expo 2015.
- 2015 **Betz M.**, Peterson S., Sowa D. Improved Calorie and Protein Intake Following Implementation of Formed Pureed Foods. February 2015. Poster presentation at Clinical Nutrition Week 2015.
- 2013 **Betz M.**, Coltman A., Peterson S., Andrews A., Walrath M., Roehl K., Bacon C., Sowa D. Predictors of Poor Oral Intake in Hospitalized Geriatric Patients. October 2013. Poster presentation at Food and Nutrition Conference & Expo 2013.
- 2012 **Betz M.**, Uzeta A., Rasmussen H., Gregoire M., Vanderwall C, Witowich G. Knowledge, Use and Perceptions of Probiotics and Prebiotics in Rush University Medical Center Patients. Poster presentation at Food and Nutrition Conference & Expo 2012.

## HONORS & AWARDS

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- 2026 Susan C. Knapp Excellence in Education Award | Spring Clinical Meeting | National Kidney Foundation
- 2020 Margaret Dullea Simko Award for Excellence | Food & Nutrition Conference & Expo | Academy of Nutrition & Dietetics

## PROFESSIONAL VOLUNTEER SERVICE

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### Renal Practice Group, Academy of Nutrition & Dietetics

2024-present: Chair-Elect/Chair/Past-Chair

2022-present: Secretary

### National Kidney Foundation

2026 – present: Co-Chair, Dietitian Program Planning Committee Member; Spring Clinical Meetings

2023 – present: Dietitian Program Planning Committee Member; Spring Clinical Meetings

2023: Project Chronic Kidney Disease ECHO Project, Illinois/Iowa

### National Kidney Foundation of Illinois

2021-present: President-Elect/President/Past-President; Illinois Council on Renal Nutrition

2020-present: Professional Advisory Board Member

2019-2022: Guest on “Kidneys in the Kitchen” video series

### American Kidney Fund

2022-present: Dietitian Advisory Group Member

International Consortium for Health Outcomes Measurement  
2024 – present: Kidney Stone Set Work Group Member

FoodFacts.org  
2025-present: Advisory Board Member

Healthy Aging Dietetic Practice Group, Academy of Nutrition & Dietetics  
2019-2022: Chair-Elect/Chair/Past-Chair  
2017-2019: Communications Director  
2015-2016: Secretary  
2014-2015: Social Media Coordinator

Southside Healthy Aging Resource Experts (SHARE Network)  
2018-2022: Senior nutrition and health group lectures

Accreditation Council for Education in Nutrition and Dietetics (ASCEND)  
2021-2022: Site Reviewer

## **PROFESSIONAL MEMBERSHIPS**

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2007 – present	Academy of Nutrition and Dietetics
2018 – present	Renal Dietitians Practice Group
2018 – present	National Kidney Foundation
2018 – present	Illinois Council on Renal Nutrition
2009 – present	Illinois Dietetic Association
2014 – present	Healthy Aging Dietetic Practice Group
2018 – 2022	American Society of Nephrology