

The PRONA Paper

From the Chair

Hello PRONA members – both new and old!

We are excited to be heading into August, where we will be welcoming new board members – including their fresh ideas and enthusiasm! We are lucky to have a group like PRONA where we can share our passion for our craft of pediatric renal nutrition. I am excited to see what our new officers bring to the group and the new ideas they have.

I am also excited to “turn over the reins” to Christine Benedetti as your new chair. Despite just having her fourth child, she is an organizational wizard that will continue to refine our group and its structure. Maggie Murphy will be learning the chair ropes under her as our new chair-elect. I intend to support our incoming officers and, especially, chair position as the past chair, but am excited to now focus my PRONA energies on finishing projects and growing our resources.

Just a reminder that committee work is a great way to enhance the resources that we all can share as a group as well as boost your resume and work with some great people. Big or small – all contributions are appreciated.

Here’s to wishing you a no-formula-recall, no-DME issues, adequate-staffing, late summer and fall!

~Chris Nelms, Outgoing PRONA Chair

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Upcoming Events

- Aug 1, 2023:** PRONA fiscal year begins
- Aug 2023:** Board Meeting - TBD
- Sept 2023:** Membership Meeting - TBD
- Sept 7, 2023:** Nutrition Health Literacy and Food Insecurity Webinar
- Sept 15, 2023:** Mentorship Program Applications Due
- Oct 25-26, 2023:** 12th Annual Transplant Nutrition Conference (NATCO)

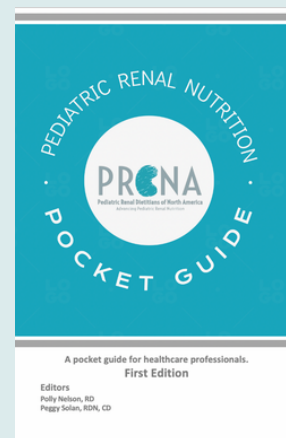


T-SHIRTS

It's official! PRONA T-shirts are available for sale on our website. Purchase your own PRONA Pride apparel at <https://www.prona.info/shop>

Pocket Guide Updates

The Pocket Guide is currently in press! All content contributors will receive an initial copy, then all members will receive the guide by the end of the year. The completed digital guide (PDF) is available on our website for your use now: <https://www.prona.info/members-only-content>.



Microwave Tostada

INGREDIENTS

- 1 6" corn tortilla
- 1/2 cup Black or pinto beans, canned no salt added
- 1/4 tsp Garlic powder, salt-free
- 1/4 tsp Ground cumin
- 1/4 tsp Chili powder, salt-free
- 1/4 Avocado, mashed
- 2 Tbsp Greek yogurt, plain
- 1 sprig Cilantro, chopped
- 1 Lime wedge

DIRECTIONS

1. Place tortilla on a microwave-safe plate and microwave at full power for 1 minute. Flip the tortilla and heat another 30 seconds. Let cool - it will crisp up as it rests.
2. In a bowl, mix together the beans, garlic powder, cumin and chili powder.
3. Top the tortilla with the bean mixture, avocado, and yogurt.
4. Sprinkle with the cilantro and spritz with the lime before eating.

Variations: You can use white beans, chopped fresh tomatoes, and shaved zucchini for a Greek tostada. Or go sweet with silken tofu, yogurt, and a sprinkle of cinnamon and sugar for a churro tostada.

Nutrition Facts

Servings: 1

Amount per serving	
Calories	345
	% Daily Value*
Total Fat 12.1g	16%
Saturated Fat 4.1g	20%
Cholesterol 10mg	3%
Sodium 105mg	5%
Total Carbohydrate 35g	13%
Dietary Fiber 9g	32%
Total Sugars 9.8g	
Protein 26.7g	
Vitamin D 0mcg	0%
Calcium 267mg	21%
Iron 2mg	12%
Potassium 849mg	18%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Meet our Board

Christina Nelms, MS, RDN, LMT
Chair

Christine Benedetti, MS, RDN, CSR, CCTD, LD
Chair Elect

Mary Ann McMaster, BSc, RD
Past Chair

Vicki Vitale, MS, RDN, LD
Secretary

Morgan Bily, MPH, RDN, LD
Treasurer

Vishal Bagchi, MBA, RD, LD
Member-at-Large

Committee Contacts

Clinician Resource

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Guideline Development

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Research & Data Sharing

currently inactive

Promotion & Networking

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Public Policy

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*members interested in participating may
contact our Committee Chairs

Upcoming Webinar & CEU Event

Join us virtually, **September 7th, 2023** from 1:00-2:00pm (EST)
as Morgan Bily, MPH, RDN, LD talks about

Nutrition Health Literacy and Food Insecurity in Pediatric Renal Disease!

Free for members & \$20 for non-members.

Register here: <https://forms.gle/U3NC8RSDMPWjGjtn7>

Our prior webinars remain available on our website at:

Members: <https://www.prona.info/clinician-resource-folder>

Non-members: <https://www.prona.info/shop>

Advocacy

Our website has a new advocacy page with lots of recommendations on where you can start to make a difference for our patients and our field. We will continue to update it as needed.

<https://www.prona.info/advocacy>

Membership

Join PRONA! Easy joining & renewal on our website:

<https://www.prona.info/become-a-member>

Membership is active for a full 12 months at
\$40 USD / \$52.98 CAD annually. Payment may be made via
PayPal or Credit Card.

Think your membership has lapsed? **Emails went out to all expired members on June 15th. PRONA is now a 501(c)(3) so all membership purchases as of April 18, 2023 are tax deductible.** If further questions, contact Lesley Perez at
lesley.perez@albertahealthservices.ca or
prona.dietitians@gmail.com

Board Election Results

Congratulations to our newly elected Board members! Learn all about them below.
They will assume their position from **August 1, 2023 - July 31, 2024**

Chair Elect

Maggie Murphy, PhD, RD, LD, FAND

Maggie is an Assistant Professor in the division of Pediatric Nephrology at the University of Kentucky Children's Hospital. She has been a pediatric renal dietitian for 7 years and has an active research program as well. Current research projects include investigating the role of environmental exposures in the development of cardiovascular and renal disease in children, prevention of nephrolithiasis recurrence, and mindful eating as a strategy to reduce cardiovascular risk in adolescents with obesity. Her educational background includes a PhD in Pharmacology and Nutritional Sciences, MS in Dietetics Administration from the University of Kentucky, and B.S. in Food Science and Human Nutrition from the University of Florida. She currently serves on the Academy of Nutrition and Dietetics Scientific Integrity Principles committee and has previously served as President, Delegate, Treasurer and State Policy Representative for the Kentucky Academy of Nutrition and Dietetics. She loves being a Mom to her 16 month-old son Will and her 2 golden retrievers and running as a family at local races within her hometown Lexington, Kentucky.

Treasurer

Lisa Keung, RD

Lisa is currently a senior clinical dietitian at UCSF Benioff Children's Hospital with over a decade of clinical experience. Her focus is outpatient renal care - CKD, transplant and dialysis but recently shifted to outpatient dialysis. Lisa enjoys working on a multidisciplinary team and collaborating with team members to provide excellent comprehensive patient care.

Secretary

Victoria Vitale, MS, RDN, LD

Vicki is a pediatric clinical dietitian at Akron Children's Hospital. She has been a pediatric dietitian for over 21 years covering multiple areas and has been involved in renal nutrition for about 14 years. She works with a variety of renal patients in both the inpatient and outpatient settings. With her passion for education and furthering the field, she is the intern/student coordinator for the nutrition department. She has been a member of PRONA since the beginning and is looking forward to serving a more active role on the board in the position of secretary. Outside of work she enjoys spending time with her husband, 2 children and her dog, running and cooking/baking. Vicki is our current secretary.

Member at Large

Kim Hobson, RD, LD

I have over 20 years of experience as a dietitian. I have been a pediatric renal dietitian at Children's Healthcare of Atlanta for 3 years and work with both inpatients and outpatients. I started my career working at Texas Scottish Rite Hospital for Children (TSRH) in Dallas, Texas where I primarily worked with children who had spina bifida. I left TSRH in 2006 to raise my boys but continued working PRN/PT in a variety of clinical positions caring for adult patients. I left the clinical nutrition setting for about 4 years and spent time working on menu development for a small nutrition software company in Dallas and later returned to TSRH to manage their CBORD database. A family move to Atlanta in 2019 provided me the opportunity to return to pediatrics. I have loved returning to the world of pediatric nutrition and learning about kidney disease in children. Serving as Member at Large for PRONA would allow me to become more involved in the organization and help continue its growth as a resource for pediatric renal dietitians. I would also like the opportunity to network with other renal dietitians in the pediatric renal nutrition community.

Congratulations

to our
2023 Pediatric Renal Dietitian
of the Year Award winner

**Christine Benedetti,
MS, RDN, CSR, CCTD, LD**

Check out our [Awards](#) page for
full details!

Social Media Updates

Join our PRONA
group on
[LinkedIn!](#)

We have a new
[Facebook](#) group
too! Join us today
to keep up to date.

