DaVita.com Kidney Blog Helps Kidney Patients Find Fun Ways to Celebrate Holidays and Tips for Eating Healthy

DaVita Inc., a leading provider of kidney care services for those diagnosed with chronic kidney disease (CKD) and kidney failure, today announces a webblog called Kidney Diet Tips (www.davita.com/blogs) dedicated to helping people with chronic kidney disease find kidney-friendly recipes and news articles to better their health. In celebration of Valentine's Day, DaVita® dieticians posted menus and other ideas on what types of delicious, yet low-potassium, low-phosphorus and low-sodium foods kidney patients can eat and share with the one they love.

(Logo: http://www.newscom.com/cgi-bin/prnh/20020729/DAVITALOGO)

Diet is an integral part of managing chronic kidney disease and ensuring patients' overall health and quality of life. Because the kidneys can no longer filter and eliminate waste products and excess fluid, kidney diets are focused on maintaining adequate nutrition and keeping minerals and

electrolytes in balance. DaVita.com's Kidney Diet Tips blog provides tips on what to eat on the kidney diet along with links to tasty kidney-friendly recipes on www.davita.com/recipes. A DaVita renal dietitian posts tips and recipes on the site each week to help patients manage their special diet needs, while still enjoying foods they can eat.

This Valentine's Day DaVita dietitian, Sara Colman, offers kidney disease patients a menu for eating at home and also provides the following advice for those who want to celebrate Valentine's Day at a restaurant:

-- Make dinner reservations. A long wait and hunger contributes to less control over food choices.
-- Study the menu online before going to the restaurant.
-- Request no added salt to food and sauces or gravies on the side if possible.
-- Bring your phosphorus binders (pills which help reduce the amount of phosphorus absorbed into the bloodstream).
-- Share an entree or dessert to help stay within your kidney diet goals or take a portion home.
-- Enjoy the ambiance and special meal instead of focusing on food too much.
-- If you are on limited liquids, choose your favorite beverage and stick to one small portion.

Debbie Benner, MA, RD, CSR, and National Director Nutrition Services says, "The blog is just another way patients can interact and find the resources they need to live an enjoyable healthy life on dialysis."

In addition to Kidney Diet Tips, DaVita.com features another blog called Kidney Postings with the latest articles on kidney disease and dialysis. The purpose of the information is to keep patients informed and educated, bettering their outcomes and overall understanding of chronic kidney disease.

For more information or to visit the DaVita.com blogs, please visit www.davita.com/blogs

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About DaVita Inc.

DaVita Inc., a FORTUNE 500® company, is a leading provider of kidney care in the United States, providing dialysis services and education for patients with chronic kidney failure and end stage renal disease. DaVita manages more than 1,400 outpatient facilities and acute units in more than 700 hospitals located in 43 states and the District of Columbia, serving approximately 110,000 patients. As part of DaVita's commitment to building a healthy, caring community, DaVita develops, participates in and donates to numerous programs dedicated to transforming communities and creating positive, sustainable change for children, families and our environment. For more information about DaVita, its kidney education materials, and its community programs, please visit www.davita.com.

About DaVita.com

DaVita.com is the premier online resource for information on dialysis and chronic kidney disease. From informative articles and animated learning modules to recipes for the renal diet and other useful tools, DaVita.com continues to update information to website visitors. Educational tools include information on kidney function, dialysis procedures, dialysis modalities and special features such as the Discussion Forum, dialysis center locator, GFR Calculator and more.

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