

DaVita Kidney Care Offers Fall Cookbook

New Kidney Friendly Recipes Available

DENVER, Oct. 6, 2014 [PRNewswire-USNewswire/](#) -- [DaVita Kidney Care](#), a division of DaVita HealthCare Partners (NYSE: DVA) and a leading provider of kidney care services announced the availability of its fall cookbook, a collection that incorporates recipes with fall fruit and vegetables as well as whole grains that can be included in kidney diet recipes.

"As days and evenings become chilly, cravings for warm, hearty dishes increase," said Sara Colman, RDN, CDE, manager for DaVita.com nutrition. "The change of season gives kidney patients a chance to incorporate new recipes for the season into their meal plans."

The fall recipe book is part of the DaVita Kidney Care [Health Portal](#) and [DaVita Diet Helper](#) campaign to increase awareness of these health management tools. DaVita Kidney Care patients who register for the Health Portal from September through the end of the year will receive a copy of the cookbook.

The cookbook is also free and available to download from DaVita.com on Oct. 6, 2014. Some top recipe suggestions are below.

- Individual Frittatas
- Easy Turkey Sloppy Joes
- Turkey, Wild Rice and Mushroom Soup
- Beef Stew with Carrots and Mushrooms
- Apple Cake

An estimated 20 million U.S. adults have chronic kidney disease (CKD), which can progress to end stage renal disease (ESRD). Most are unaware of their condition, as the disease is often symptomless until the kidneys fail. Groups at highest risk for ESRD include those with diabetes or hypertension, as well as older adults, African Americans, Hispanics and Native Americans.

To find out more about DaVita Kidney Care, call 1-800-400-8331 or visit [DaVita.com](#)

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