DaVita.com Provides Easy Recipes to Plan Your Father's Day Dinner

DaVita Offers Nearly 600 Kidney-Friendly Recipes to Meet Kidney Care Needs for Dads with CKD

DaVita Inc. , a leading provider of kidney care services for those diagnosed with chronic kidney disease (CKD), offers fathers and their families the opportunity to enjoy their favorite foods for their Father's Day dinner with nearly 600 kidney-friendly recipes available on DaVita.com.

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

Diet is an integral part of managing chronic kidney disease and ensuring overall health and quality of life for kidney patients. Because their kidneys can no longer filter and eliminate waste products and excess fluid, kidney patients' diets are focused on maintaining adequate nutrition and keeping minerals and electrolytes in balance. The recipes available at DaVita.com are labeled and easy to distinguish for the unique condition of the user - CKD non-dialysis, Dialysis and Diabetes.

Living with CKD for more than two years, Terry Dalme of Sparks, NV has found the recipe section on DaVita.com to be a useful resource for managing a kidney-friendly diet and lifestyle. Food has always been a difficult issue for him, as with most people on a restricted kidney diet. There is a plethora of kidney-friendly recipe options to plan and make a healthy Father's Day dinner without sacrificing flavor.

Dalme took charge of his diet through recipes available on DaVita.com and with the assistance and guidance of Christie Giordano, dietitian at DaVita Sparks Dialysis Center. "Terry is the cook in the family, and the kidney-friendly diet recipes have made a positive impact on his health," Giordano said. "DaVita's ongoing education and specialized training for dietitians and their teammates help ensure that patients receive consistently high-quality care so they can live healthier lives."

"The recipes are very tasty and I never feel deprived of my favorite foods - you truly can modify any dish to meet your kidney diet needs," Dalme said. "The site is extremely user-friendly - it's easy to navigate and new recipes are added every week. I look forward to my Father's Day dinner with my family, knowing that everyone will be satisfied with time spent with family and good food."

Dalme's favorite recipes on DaVita.com are Jambalaya with Rice, Shrimp Quesadilla and the Easy Low-Phosphorus Fudge. All are low in sodium, potassium and phosphorus, making them a great choice for nearly anyone with kidney disease.

More than 18,000 registered users receive Recipe Alerts, a monthly email featuring newly posted recipes at DaVita.com. The site also offers DaVita Diet Helper™ - an interactive online tool to create customized diet plans.

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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. Recognized as the only FORTUNE 500® company on WorldBlu's annual List of Most Democratic Work Places™, DaVita manages more than 1,475 outpatient facilities and acute units in more than 700 hospitals located in 43 states and the District of Columbia, serving approximately 114,000 patients - nearly one-in-three of all dialysis patients in the United States. 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.

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