DaVita Offers Collection of Holiday Recipes for a Kidney-Friendly Diet

DaVita Holiday Kidney Diet Delights Cookbook Available at No Cost

DENVER--(BUSINESS WIRE)--Nov. 25, 2013-- DaVita®, a division of DaVita HealthCare Partners Inc. (NYSE:DVA) and a leading provider of kidney care services, announced a collection of recipes sure to satisfy kidney-friendly diets and taste buds this holiday season. The “DaVita Holiday Kidney Diet Delights” cooking collection includes nine kidney-friendly recipes submitted by DaVita dietitians and is available for download at no cost at DaVita.com/cookbook.

“Because of the extensive array of food, the holidays can be difficult when an individual or a member of their family is following a kidney diet,” said Sara Colman, registered dietitian with DaVita. “We put together this holiday cooking collection because it provides kidney-friendly recipes that will make holiday meal planning a breeze.”

People with chronic kidney disease must control their protein, phosphorus, sodium, potassium and fluid intake. Diet tips found in the cooking collection provided by Colman and other DaVita dietitians can help patients stay healthy while navigating holiday get-togethers centered on food and drink.

In addition to the downloadable holiday cooking collection, DaVita also provides nearly 30Thanksgiving recipes on DaVita.com including salads, mashed potatoes, stuffing, desserts and hot holiday cider. For those looking for a tasty kidney-friendly treat, DaVita offers a recipe for pumpkin layer cheesecake which has been modified for the kidney diet, is diabetes-friendly and tastes great.

A collection of more than 800 recipes can be found on DaVita.com along with other no-cost downloadable cooking collections that feature kidney- and diabetes-friendly recipes.

Sign up for myDaVita.com at DaVita.com/register to get monthly DaVita Recipe Alerts that feature DaVita’s newest kidney-friendly recipes.

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About DaVita

DaVita is the dialysis division of DaVita HealthCare Partners Inc., a Fortune 500® company that, through its operating divisions, provides a variety of health care services to patient populations throughout the United States and abroad. A leading provider of kidney care in the United States, DaVita delivers dialysis services to patients with chronic kidney failure and end stage renal disease. DaVita strives to improve patients’ quality of life by innovating clinical care, and by offering integrated treatment plans, personalized care teams and convenient health-management services. As of Sept. 30, 2013, DaVita operated or provided administrative services at 2,042 outpatient dialysis centers located in the United States serving approximately 166,000 patients. The company also operated 66 outpatient dialysis centers located in 10 countries outside the United States. DaVita supports numerous programs dedicated to creating positive, sustainable change in communities around the world. The company’s leadership development initiatives and social responsibility efforts have been recognized by Fortune, Modern Healthcare, Newsweek and WorldBlu. For more information, please visit DaVita.com.

Source: DaVita

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