DaVita Supports Kidney-Friendly Holiday Meal Planning

DaVita Dietitians Share Traditional Recipes Modified for Kidney Disease Patients

DENVER--(BUSINESS WIRE)--Dec. 5, 2012-- DaVita®, a division of DaVita HealthCare Partners Inc. (NYSE: DVA) and a leading provider of kidney care services, is offering new recipes and educational tips for kidney patients to help them have a healthy and delicious holiday season.

A wide range of diet information and more than 800 recipes are available on the DaVita® website. DaVita's Kidney Diet Tips blog also offers support and diet advice, and DaVita's downloadable holiday cookbook provides special recipes for the season.

People with kidney disease must follow a special diet to help compensate for their declining or nonexistent kidney function. Patients with chronic kidney disease (CKD) or end stage renal disease (ESRD) must modify their protein, phosphorus, potassium, sodium and fluid intake, which can be very difficult with the temptations and traditional meals served over the holidays.

"Eating right around the holidays can be difficult, but it's especially important if you have kidney disease," said DaVita Dietitian Sara Colman. "At DaVita, we're here to help make the kidney diet a little easier and tastier for those with kidney disease."

DaVita.com includes a diet and nutrition section with articles such as "4-day Kidney Diet Menu for a Busy Holiday Season" and a kidney recipe section with many holiday recipes and features like a kidney-friendly cranberry recipe collection. DaVita's popular holiday cookbook is back this year and available to download at no cost by visiting DaVita.com/Cookbook and registering on the site.

DaVita.com also offers DaVita Diet Helper™, an online tool that helps those with CKD or ESRD plan menus, make shopping lists and track nutritional intake.

For more holiday, special occasion and everyday recipes, visit Davita.com/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 ofSeptember 30, 2012, DaVita operated or provided administrative services at 1,912 outpatient dialysis centers located in the United States serving approximately 150,000 patients. The company also operated 24 outpatient dialysis centers located in five 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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