DaVita Releases 13 Kidney-Friendly Apple Recipes

Hundreds of kidney-friendly recipes available at DaVita.com

DENVER--(BUSINESS WIRE)--Dec. 2, 2012-- DaVita®, a division of DaVita HealthCare Partners, Inc. (NYSE: DVA) and a leading provider of kidney care services, released 13 apple-based recipes to celebrate the season and the many varieties of this healthy, delicious fruit.

The 13 new recipes include desserts, side dishes and salads, from classic Apple Pie to Apple Cranberry Slaw with Celery Seed Dressing.

"There may be some truth to the old saying, 'An apple a day keeps the doctor away,'" said Sara Colman, a registered dietitian at DaVita. "Apples are packed with antioxidants, and several research studies have found that apples can lower the risk of heart disease and stroke."

Colman says apples are also beneficial for people with kidney disease who follow a low-potassium diet-one medium apple contains only 158 mg of potassium and almost 4 grams of fiber, and apples arrive naturally in their own 100-calorie packages.

The recipes can be found on DaVita's website at DaVita.com. Hundreds of kidney-friendly recipes are available on DaVita.com, including a no-cost downloadable cookbook for those with diabetes and a kidney-friendly cookbook for those with CKD or end stage renal disease (ESRD).

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.

DaVita, DaVita Diet Helper and DaVita HealthCare Partners are trademarks or trademarks of DaVita Healthcare Partners Inc. All other trademarks are the property of their respective owners.

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

DaVita
Lauren Moughon
Office: (303) 876-6612
Mobile: (206) 724-3826
Lauren.Moughon@DaVita.com

---

https://davita.mediaroom.com/press-releases?item=122857