

# DaVita Kidney Care Releases Free Kidney-Friendly Cookbook

## Fresh Spring Recipes and Kidney-Friendly Tips Have Arrived

DENVER, April 7, 2016 /PRNewswire/ -- [DaVita Kidney Care, a division of DaVita HealthCare Partners Inc.](#) (NYSE: DVA) and a leading provider of kidney care services committed to improving the quality of life for those diagnosed with chronic kidney disease (CKD), today announced the launch of its spring cookbook, a fresh collection of recipes that includes seasonal fruits, vegetables and whole grains that align with kidney-friendly diets.

To download the Today's Kidney Diet: Fresh Spring Recipes cookbook for free, visit [DaVita.com/Cookbook](#). In addition to recipes, the spring cookbook includes spring-cleaning tips for the kitchen, a list of the best kidney-friendly vegetables to plant in a spring garden and a Quick Reference Guide that will help people choose the right foods for their stage of kidney disease.

"Spring is a season of renewal. There is no better way to renew and refresh your nutrition this season than with these fresh, kidney-friendly recipes," said Sara Colman, RDN, CDE, manager for [DaVita.com](#) nutrition. "I encourage all of my kidney patients to take advantage of the wonderful flavors of the season and bring some of these recipes into their weekly meal rotation."

The cookbook's featured recipes include:

- [Strawberry and Goat Cheese Spring Salad](#)
- [Spaghetti-Basil Frittata](#)
- [Citrus Salmon](#)
- [Red Wine Vinaigrette Asparagus](#)
- [Berries Napoleon](#)

Recipes and kidney-friendly diet tips can also be found on the DaVita® Kidney Diet Tips blog at [blogs.davita.com](#).

Those with kidney disease can also take advantage of [DaVita Diet Helper](#)™—an easy-to-use meal planning tool that tracks phosphorus, potassium and sodium levels. It also features more than 1,000 recipes that are kidney-and diabetes-friendly.

More than 31 million Americans have kidney disease, which can progress to end stage renal disease. Most are unaware of their condition, as the disease is often symptomless until its late stages. Individuals at higher risk for kidney disease include those with diabetes or hypertension, as well as adults age 65 and older, African Americans, Hispanics and Native Americans.

## About DaVita Kidney Care

DaVita Kidney Care is a 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 dialysis services in the United States, DaVita Kidney Care treats patients with chronic kidney failure and end stage renal disease. DaVita Kidney Care 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 Dec. 31, 2015, DaVita Kidney Care operated or provided administrative services at 2,251 outpatient dialysis centers located in the United States serving approximately 177,000 patients. The company also operated 118 outpatient dialysis centers located in 10 countries outside the United States. DaVita Kidney Care 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](#).

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