

DaVita Celebrates National Pumpkin Day with Kidney-Friendly Pumpkin Recipes

ST. LOUIS, Oct. 26, 2016 /PRNewswire/ -- [DaVita Kidney Care](#), a division of DaVita Inc. (NYSE: DVA), a leading provider of kidney care services in the United States, celebrates Oct. 26 as [National Pumpkin Day](#) by sharing premium, kidney-friendly recipes in the spirit of the season.

"Dialysis patients must steer their diet in the direction that is healthiest for them in order to control phosphorus, potassium and sodium levels and better manage their kidney disease," said Sara Colman, RDN, CDE and manager for DaVita.com nutrition. "There is no better way to do this than embrace the tastes of the season and indulge in delicious, kidney-friendly pumpkin treats."

Pumpkin themed recipes include:

- [Easy Pumpkin Cheesecake](#)
- [Pumpkin Chili](#)
- [Pumpkin Scones](#)
- [Pumpkin Cranberry Bread](#)
- [Pumpkin Cheesecake Bars](#)
- [Frost on the Pumpkin Pie](#)
- [Pioneer Pumpkin Bread](#)
- [Pumpkin Pie Oatmeal](#)

Recipes and kidney-friendly diet tips can also be found on the DaVita Kidney Diet Tips blog at [Blogs.DaVita.com](#) and on Pinterest at [Pinterest.com/DaVitaPins](#).

Those with kidney disease can 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 pre-existing 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 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 June 30, 2016, DaVita Kidney Care operated or provided administrative services at 2,293 outpatient dialysis centers located in the United States serving approximately 185,000 patients. The company also operated 127 outpatient dialysis centers located in 11 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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