DaVita Kidney Care Serves Up 'Home-Cooked Holidays' Cookbook

DENVER, Dec. 13, 2017 /PRNewswire/ -- DaVita Kidney Care, a division of DaVita Inc. (NYSE: DVA), a leading provider in kidney care services, released its "Today's Kidney Diet: Home-Cooked Holidays" cookbook just in time for the holidays.

The cookbook highlights 14 kidney-friendly holiday recipes that capture the essence of the holidays through nostalgic and festive flavors. From Fresh Herb Cranberry Stuffing to Spiced Eggnog, the recipes tout maximum flavor and high-quality protein yet lower levels of sodium, potassium and phosphorus to provide adequate nutrition to help dialysis patients feel their best and improve their quality of life.

"Our dietitian team curated the 'Home-Cooked Holidays' cookbook to help people with kidney disease eat their favorite holiday foods without sacrificing tradition, taste or their treatment plans, which include lifestyle changes such as maintaining a kidney-friendly diet," said Sara Colman, RDN, CDE and manager for DaVita.com nutrition.

The cookbook also includes tips for holiday food swaps.

To download the free "Today's Kidney Diet: Home-Cooked Favorites" cookbook, visitDaVita.com/FreeCookbook. The cookbook includes the Today's Kidney Diet: Quick Reference Guide, which has information to help people choose the best foods for their stage of chronic kidney disease. This guide provides tips that are for informational purposes only and is not a substitute for professional medical or diet advice provided by a physician or dietitian.

Recipes and kidney-friendly diet tips can also be found on the DaVita Kidney Diet Tips blog atBlogs.DaVita.com and on Pinterest at Pinterest.com/DaVitaPins.

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

More than 30 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 Sept. 30, 2017, DaVita Kidney Care operated or provided administrative services at 2,470 outpatient dialysis centers located in the United States serving approximately 196,000 patients. The company also operated 230 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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