DaVita Celebrates National Nutrition Month with Online Kidney Diet Resources

DENVER, March 6, 2018 /PRNewswire/ -- DaVita Kidney Care, a division of DaVita Inc. (NYSE: DVA), a leading provider in kidney care services in the United States, celebrates National Nutrition Month by sharing kidney-friendly recipes, diet tips and online tools.

"Having access to supportive diet and nutrition resources help make meal planning much easier, which helps improve the quality of life for those suffering from kidney disease," said Sara Colman, RDN, CDE Manager of DaVita.com Nutrition.

Diet and nutrition play an integral role in managing kidney health, as those with kidney disease may require adjustments in sodium, potassium and phosphorus intake. DaVita offers several tools to help those living with kidney disease be able to enjoy the foods they love.

DaVita recently released the "Today's Kidney Diet: Best Breakfast Recipes" cookbook, which includes a number of healthy options for everyone including avocado toast, blueberry muffins and oatmeal custard. Every recipe is tailored to those with kidney disease, but is also for all to enjoy. To download DaVita's cookbook collections for free, visit DaVita.com/FreeCookbook.

The DaVita Diet Helper™ online tool allows users to plan kidney-friendly meals and track their diet to help them adhere to important nutrition levels. It features more than 1,000 recipes that are kidney-and diabetes-friendly. The DaVita Diet Helper also has several features such as the online Shopping List, Dining Out Guide and Fluid Tracker to help people stay on top of their goals.

Additional 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.

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 Dec. 31, 2017, DaVita Kidney Care operated or provided administrative services at 2,510 outpatient dialysis centers located in the United States serving approximately 198,000 patients. The company also operated 237 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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