New Holiday Cookbook Addresses Diet and Nutrition Needs of Those with Kidney Disease

DaVita Kidney Care releases 'Holiday Gatherings' Cookbook

DENVER, Nov. 19, 2018 /PRNewswire/ -- DaVita Kidney Care, a division of DaVita Inc. (NYSE: DVA), a leading provider of kidney care services in the United States, released its "Today's Kidney Diet: Holiday Gatherings" cookbook, a recipe collection of kidney-friendly holiday classics, to help those managing kidney disease access simple, delicious meals that support kidney health.

"We specifically curated this cookbook to help patients with kidney disease savor and enjoy the holidays, while following their treatment plans and self-managing their diets," said Sara Colman, RDN, CDE and manager for DaVita.com nutrition. "Maintaining proper nutrition is a key component in our patients overall health-related quality of life."

From Pumpkin Layer Cheesecake to Are You Kidding Me Artichoke Dip, the cookbook features 14 kidney-friendly and holiday-approved recipes that capture the essence of the season. These recipes offer the flavor favorites with high-quality protein while delivering lower levels of sodium, potassium and phosphorus. The cookbook also includes ideas for holiday food swaps, tips on how to communicate your kidney needs at parties and table decorating ideas.

To download the free "Today's Kidney Diet: Holiday Gatherings" 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.

In addition, DaVita offers a variety of resources to help manage kidney diets, including:

- DaVita Kidney Diet Tips blog atblogs.DaVita.com and Pinterest at Pinterest.com/DaVitaPins that offer recipes and kidney-friendly diet tips.
- DaVita Diet Helper™, an easy-to-use meal planning tool that tracks phosphorus, potassium and sodium intake. This tool also features more than 1,000 recipes that are kidney-and diabetes-friendly.

According to the National Kidney Foundation, 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.

To download the free cookbook or more information about DaVita visitDaVita.com.

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 September 30, 2018, DaVita Kidney Care operated or provided administrative services at 2,625 outpatient dialysis centers located in the United States serving approximately 201,000 patients. The company also operated 251 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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