

## Short How-To Recipe Videos Launch for Kidney Disease and Dialysis Patients

### DaVita Eats Bring Kidney-Friendly Recipes to Life

DENVER, June 30, 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 four kidney-friendly recipe videos designed to make kidney-friendly cooking fun and easy.

View the recipe videos online at <http://www.davita.com/DaVitaEats>.

"We created these short videos to show people how easy and fun it can be to prepare kidney-friendly meals," said Sara Colman, RDN, CDE, manager for DaVita.com nutrition and blogger for [Kidney Diet Tips](#). "We hope these recipes inspire those with kidney disease to get cooking!"

The recipes featured in these videos include:

- Red White and Blue Pie
- Mandarin Chicken Salad
- Italian-Style Shredded Beef
- Quick and Easy Apple Oatmeal Custard

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.

As kidney function declines, protein waste and minerals become hard to remove, and diseased kidneys must work harder to get rid of them. Each person's kidney diet prescription is different, but the main nutrients limited in kidney diets include protein, phosphorus, potassium and sodium.

### 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 March 31, 2016, DaVita Kidney Care operated or provided administrative services at 2,278 outpatient dialysis centers located in the United States serving approximately 180,000 patients. The company also operated 124 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](http://DaVita.com).

### Contact Information

Media:

Caitlyn Shuket

(303) 876-7547

[Caitlyn.Shuket@davita.com](mailto:Caitlyn.Shuket@davita.com)

Video - <https://www.youtube.com/watch?v=xL7ptTZap-E>

SOURCE DaVita Kidney Care

---

<https://newsroom.davita.com/announcements?item=123186>