

## **DaVita Helps Dialysis Patients Celebrate National Food Day with Kidney-Friendly Slow Cooker Recipes**

ST. LOUIS, Oct. 23, 2016 /PRNewswire/ -- [DaVita Kidney Care](#), a division of DaVita Inc. (NYSE: DVA), a leading provider of kidney care services in the United States, celebrates [National Food Day](#) on Oct. 24 by sharing its "[Slow Cooker Recipes](#)" cookbook, a collection of kidney-friendly recipes that allows those on a kidney diet to have a delicious meal waiting for them when they get home and reduce time in the kitchen.

"We educate dialysis patients on recipes that can help them maintain better kidney health, as diet and nutrition are critical components of managing kidney disease," said Sara Colman, RDN, CDE and manager for DaVita.com nutrition. "Creating dishes that taste great and represent seasonal flavors is a wonderful way to help them steer towards a kidney-friendly diet year-round."

This cookbook uses healthy ingredients that minimize potassium, phosphorus and sodium while still incorporating popular fall recipes the whole family can enjoy.

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](#).

Moreover, those with kidney disease can take advantage of [DaVita Diet Helper](#)<sup>™</sup> — 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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