

# Kidney-Friendly Tips and Treats for Halloween

## DaVita Provides Resources for Individuals with Kidney Disease and Diabetes

DENVER, Oct. 29, 2015 /PRNewswire/ -- [DaVita Kidney Care](#), a division of DaVita HealthCare Partners, Inc. (NYSE: DVA) and a leading provider of kidney care services in the United States, offers tips and recipes that may help people with chronic kidney disease (CKD) and diabetes meet their nutritional needs during Halloween.

"We all want to enjoy Halloween with family and friends without thinking too much about what we're eating," said Sara Colman, DaVita Kidney Care dietitian and nutrition manager for DaVita.com. "DaVita's online recipe tool provides great Halloween alternatives that may allow those with CKD and/or diabetes to satisfy their sweet tooth without derailing their nutritional goals."

More than 900 kidney- and diabetes-friendly recipes, including many that may be good for the holidays, can be found at [DaVita.com/Recipes](#). Halloween recipes include:

- [Apples Baked in Cider](#)
- [Glistening Frog Eye Salad](#)
- [Sweet Popcorn Balls](#)
- [Spooky Punch](#)
- [Pumpkin Cheesecake Bars](#)

Check with your physician before making any changes to your diet or exercise regimen, but some tips for staying on track during Halloween may include:

- Munch on a caramel apple or homemade popcorn ball instead of candy
- For those with diabetes, go for low-sugar candy or plan for the extra carbohydrates in your diet and be sure to check your blood sugar more often
- Take a 10- to 15-minute walk for each piece of candy you eat
- Be aware of high potassium and high phosphorus ingredients like chocolate and nuts and avoid candies made with these ingredients

Roughly 20 million U.S. adults have CKD, which can progress to end stage renal disease (ESRD) – or kidney failure – if not treated properly. Most of those with CKD are unaware of their condition, as the disease is often symptomless until their kidneys fail. About 43 percent of ESRD patients also have diabetes.

For more kidney-friendly recipes and diet tips, download Today's Kidney Diet: Fall Favorites cookbook at [DaVita.com/Cookbook](#).

## 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 June 30, 2015, DaVita Kidney Care operated or provided administrative services at 2,210 outpatient dialysis centers located in the United States serving approximately 176,000 patients. The company also operated 96 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).

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**Contact Information**

Media:

Caitlyn Shuket

(303) 876-7547

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

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