

DaVita Kidney Care Releases Restaurant Favorites Cookbook

Enjoy Kidney-Friendly Restaurant Dishes At Home

DENVER, July 14, 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 the "Restaurant Favorites" cookbook, a collection of kidney-friendly recipes that allow those on a kidney diet to enjoy their favorite restaurant dishes at home. Attention to portion control, fresh ingredients, flavorful seasonings, and limited sodium, potassium and phosphorus goes into each recipe.

To download the "Today's Kidney Diet: Restaurant Favorites" for free, visit [DaVita.com/FreeCookbook](#). In addition to recipes, the cookbook includes kidney-friendly tips for dining out.

"It can be overwhelming for those following a kidney-friendly eating plan to eat out at restaurants and wonder if they're making the right choices," said Sara Colman, RDN, CDE, manager for DaVita.com nutrition. "Recreating these classic restaurant favorites at home takes the stress out of planning kidney-friendly meals and is a great way to save money."

Recipes featured in the cookbook include:

- Bob's Oven-Baked Pork Ribs
- Broccoli and Beef Stir-Fry
- Maryland Lump Crab Cakes
- Lemon Cream Cheesecake

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](#).

Those with kidney disease can take advantage of [DaVita Diet Helper](#)™ — an easy-to-use meal planning tool that tracks phosphorus, potassium and sodium levels. It also features more than 1,000 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 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](#).

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