

DENVER, March 22, 2017 /PRNewswire/ -- [DaVita Kidney Care](#), a division of DaVita Inc. (NYSE: DVA), and a leading provider of kidney care services in the United States, celebrates March as National Nutrition Month by sharing kidney-friendly recipes, diet tips and online resources.

"Diet and nutrition play an integral role in managing the health of dialysis and kidney disease patients," said Sara Colman, RDN, CDE, and manager for DaVita.com nutrition. "National Nutrition Month is a great time to empower those with kidney disease to make healthy dietary choices using free, online tools such as the DaVita Diet Helper and kidney-friendly cookbooks."

The "Today's Kidney Diet: Juices, Smoothies & Drinks" cookbook contains 12 refreshing recipes to help kidney disease patients feel energized and nourished while adhering to a kidney-friendly diet. It also features ways to incorporate protein and how to safely add low-potassium fruits and vegetables to smoothies and drinks. To download DaVita's cookbook collections for free, visit [DaVita.com/FreeCookbook](#).

The [DaVita Diet Helper](#)™ online tool allows users to plan and track kidney-friendly meals that adhere to important nutrition levels, such as phosphorus, potassium and sodium. It features more than 1,000 recipes that are kidney-and diabetes-friendly.

DaVita Kidney Care recently hosted a live Facebook video featuring renal dietitian Candace Schopper. Schopper discusses how caregivers and those with kidney disease can best approach cooking for kidney diet restrictions. To watch the full recorded video, visit [Facebook.com/DaVitaKidneyCare](#).

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](#).

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 December 31, 2016, DaVita Kidney Care operated or provided administrative services at 2,350 outpatient dialysis centers located in the United States serving approximately 188,000 patients. The company also operated 154 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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