

# Healthy Eating for People with Kidney Disease on Memorial Day

## Kidney-friendly recipes help dialysis patients enjoy the holiday while maintaining a healthy diet

DENVER, May 21, 2015 /PRNewswire/ -- [DaVita Kidney Care](#), a division of DaVita HealthCare Partners Inc. (NYSE: DVA) and a leading provider of kidney care services, today highlighted two resources that can help people with chronic kidney disease (CKD) maintain a healthy diet during Memorial Day Weekend.

"We like to remind people with kidney disease that a kidney-friendly eating plan doesn't have to be time consuming or restrictive, and it certainly doesn't have to compromise flavor," said Sara Colman, DaVita Kidney Care dietitian and manager of nutrition for DaVita.com. "The recipes we have compiled online and in our cookbooks are fast and delicious – and designed for everyone to enjoy."

DaVita Kidney Care's most recent cookbook, [Today's Kidney Diet: Healthy Kidney-Friendly Meals in 30 Minutes or Less](#) features 16 kidney-friendly meals that are full of antioxidant-rich fruits and vegetables, healthy proteins and other minimally processed high-fiber foods that contain less sodium, phosphorus and potassium. The recipes help offer creative ways to reuse foods. The cookbook can be downloaded for free at [DaVita.com/Cookbook](#). More than 900 kidney-friendly recipes, including many that are perfect for barbecues and potlucks, can be accessed at [DaVita.com/Recipes](#). Recipes include:

- [Summer Salad](#)
- [Picnic Potato Salad](#)
- [Strawberry-Lemonade Slush](#)

## 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, 2015, DaVita Kidney Care operated or provided administrative services at 2,197 outpatient dialysis centers located in the United States serving approximately 174,000 patients. The company also operated 93 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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