

DaVita Kidney Care Offers Hearty Winter Dishes Cookbook

Kidney-Friendly Recipes Available to Start the Year Off Right

DENVER, Jan. 25, 2016 /PRNewswire-USNewswire/ -- [DaVita Kidney Care](#), a division of DaVita HealthCare Partners Inc. (NYSE: DVA), a leading independent provider of integrated health and kidney care services in the United States, today announced the launch of its winter cookbook, a collection of kidney-friendly recipes and tips for everyday cold-weather meals.

"A great New Year's resolution is promising to eat well and stay healthy, but it can be a difficult resolution to keep, especially without a diet plan," said Sara Colman, RDN, CDE, manager for DaVita.com nutrition. "*Today's Kidney Diet* is the perfect tool to help plan out meals and make a positive life change to begin the New Year."

The cookbook features top recipes including:

- [Gluten-Free Puffed Oven Pancake](#)
- [Crab-Stuffed Shrimp](#)
- [Peppercorn Pork Chops](#)
- [Green Chile Stew](#)
- [Anise and Orange Biscotti](#)

To download *Today's Kidney Diet: Hearty Winter Dishes* cookbook at no cost, visit [DaVita.com/Cookbook](#).

Those with kidney disease can also 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. Individuals can also find nutrition tips and information on the [Kidney Diet Tips](#) blog.

More than 20 million adults over the age of 20 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 September 30, 2015, DaVita Kidney Care operated or provided administrative services at 2,225 outpatient dialysis centers located in the United States serving approximately 177,000 patients. The company also operated 104 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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