

DaVita Kidney Care Releases Free Kidney-Friendly Cookbook

Summer Picnic Recipes and Kidney-Friendly Tips for Fun in the Sun

DENVER, May 24, 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 its 2016 summer cookbook, a tasty collection of grilling and picnic recipes to encourage outdoor fun with friends and family.

To download the Today's Kidney Diet: Summer Picnic Recipes cookbook for free, visit [DaVita.com/FreeCookbook](#). In addition to recipes, the summer cookbook includes kidney-friendly food swaps, food safety tips for summer picnics and a Quick Reference Guide that will help people choose the right foods for their stage of kidney disease.

"This is the best time of year to enjoy fresh, seasonal produce and grilled protein at a picnic, in the park or a backyard barbeque," said Sara Colman, RDN, CDE, manager for [DaVita.com](#) nutrition. "We hope these recipes inspire those with kidney disease to get outside and enjoy kidney-friendly meals with loved ones."

The cookbook's featured recipes include:

- [Picnic Potato Salad](#)
- [Lisa's Awesome Burgers](#)
- [Grill Thyme Corn on the Cob](#)
- [Watermelon Summer Cooler](#)

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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