

3 Day Emergency Diet

If you are unable to dialyze during a disaster, you must limit what you eat and drink.

The following pages outline an emergency diet for three days. Work with your dialysis dietitian to make sure you understand how to be prepared for an emergency.

General Tips:

- Limit your food and fluid intake since you may miss treatments.
- Avoid high-potassium foods. Limit the kinds and amounts of fruits and vegetables you eat.
- Limit protein to about one-half your current intake — three oz. per day, about the size of the palm of your hand.
- Limit fluid intake to about one-half your current allowance. If you have been warned about gaining too much weight between dialysis treatments, cut back even more.
- Use salt free foods, if possible. Salty foods create thirst.
- Keep a copy of the three-day emergency diet plan with your emergency food supply to help you make the right food choices.
- Have emergency supplies on hand at all times. Supplies include food, bottled water, medicines, flashlight, battery operated radio, and glucose tablets for diabetic reactions if you have diabetes.
- Emergency food supplies should be canned or dried so that they will not spoil.
- Do not keep foods that need refrigeration for more than 24 hours once they are opened unless they can be kept on ice or electricity is available.
- Rotate food and water supplies every six months.

DAY 1

Breakfast:

- ½ cup milk (prepared from dry milk and distilled water) or ¼ cup evaporated milk with ¼ cup of distilled or purified water
- 1 single-serving box of cereal (½ – ¾ cup)
- 1 Tablespoon sugar
- ½ cup fruit (single-serving)



Morning snack:

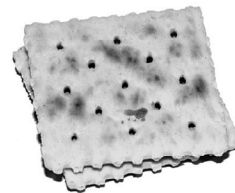
- 5 vanilla wafers with honey or jelly as desired
- 10 jelly beans

Lunch:

- 2 slices white bread
- ¼ cup (1 oz.) low-sodium tuna (open new can each time)
- 1 packet mayonnaise (If using from a jar, open a new jar daily)
- ½ cup fruit (single-serving)
- Powdered drink mix with ½ cup distilled or purified water

Afternoon snack:

- 6 unsalted crackers with honey or jelly as desired
- 10 gum drops



Dinner:

- 2 slices white bread
- ½ cup (2 oz.) low-sodium canned chicken (open new can each time)
- 2 packets mayonnaise (If using from a jar, open a new jar daily)
- ½ cup fruit (single-serving)
- ½ cup cranberry juice (individual box or pouch)

Evening snack:

- 3 graham crackers with honey or jelly as desired
- 10 mints

DAY 2

Breakfast:

- ½ cup milk (prepared from dry milk and distilled or purified water) or ¼ cup evaporated milk with ¼ cup of distilled or purified water
- 1 single-serving box of cereal (1/2 – 3/4 cup)
- 1 Tablespoon sugar
- ½ cup fruit (single-serving)

Morning snack:

- 3 graham crackers with honey or jelly as desired
- 10 hard candies

Lunch :

- 2 slices white bread
- ¼ cup (1 oz.) low-sodium turkey (open new can each day)
- 1 packet mayonnaise (If using from a jar, open a new jar each day)
- ½ cup fruit (single-serving)
- Powdered drink mix with ½ cup distilled or purified water



Afternoon snack:

- 6 unsalted crackers with honey or jelly as desired
- 10 large marshmallows

Dinner:

- 2 slices white bread
- ½ cup (2 oz.) low-sodium canned tuna (open new can each use)
- 2 packets mayonnaise (If using from a jar, open a new jar daily)
- ½ cup fruit (single-serving)
- ½ cup cranberry juice (individual box or pouch)

Evening snack:

- 5 vanilla wafers with honey or jelly as desired
- 10 hard candies

DAY 3

Breakfast:

- ½ cup milk (prepared from dry milk and distilled water) or ¼ cup evaporated milk with ¼ cup of distilled or purified water
- 1 single-serving box of cereal (1/2 – 3/4 cup)
- 1 Tablespoon sugar
- ½ cup fruit (single-serving)

Morning snack:

- 5 unsalted crackers with honey or jelly as desired
- 10 large marshmallows



Lunch:

- 2 slices white bread
- 2 Tablespoons low-sodium peanut butter
- Honey or jelly as desired
- ½ cup fruit (single-serving)
- Powdered drink mix with ½ cup distilled or purified water

Afternoon snack:

- 6 graham crackers with honey or jelly as desired
- 10 mints

Dinner:

- 2 slices white bread
- ½ cup (2 oz.) low-sodium canned chicken (open new can each use)
- 2 packets mayonnaise (If using from a jar, open a new jar daily)
- ½ cup fruit (single-serving)
- ½ cup cranberry juice (individual box or pouch)

Evening snack:

- 3 vanilla wafers with honey or jelly as desired
- 10 hard candies