

3-Day Emergency Diet

Natural and man-made disasters happen in the U.S. each year. Our region has blizzards, ice storms, windstorms, tornadoes, flash floods and heat waves. In an emergency, dialysis may not be available in your immediate area. When dialysis is unavailable, your survival will depend on your ability to follow a limited diet. This information will help you prepare and manage an emergency diet plan. This plan also applies to you if you are on home hemodialysis or peritoneal dialysis and cannot get your supplies.



Grocery List

Bread /Cereal

(6-8 daily)

- Graham crackers
- Unsalted crackers
- Vanilla Wafers
- White bread
- Puffed wheat/rice
- Shredded Wheat
- Animal Crackers
- Crisped rice

Fruits

(3-4 servings of 1/2 cup per day, canned or sealed in container)

- Peaches
- Pineapple
- Applesauce
- Mixed Fruit
- Pears
- Mandarin Oranges

Vegetables

(1 cup per day)

- Asparagus
- Green beans
- Carrots
- Peas
- Corn

Juices/Beverages

(Limit fluids to 2 cups or 16 oz. per day)

- Dry milk or evaporated milk (limit 1/2 cup per day)
- Cranberry, apple or grape juice (limit 1/2 c per day)
- Lemon-Lime Soda
- Ginger Ale
- Distilled or Bottled Water

Protein

(3 ounces daily, choose unsalted, if available)

- Tuna
- Chicken
- Salmon
- Turkey
- Unsalted peanut or almond butter

High-Calorie Foods

(3 per day, may add additional serving to raise blood sugar)

- Honey
- Jelly
- Sugar, or preferred sugar-free sweetener
- Marshmallows
- Hard candies (mints, sourballs, jelly beans, lollipops)

Fats

(6 servings of 1 Tbsp. per day)

- Margarine
- Mayonnaise
- Salad or Cooking Oil

Other

- Sugar-free gum
- Salt-free seasoning
- Mouthwash or breath spray
- Lemon juice



For more information or to file a grievance, please contact:

ESRD Network 10 | 911 E. 86th St., Ste. 30 | Indianapolis, IN 46240 | Toll-Free: 800-456-6919

ESRD Network 12 | 2300 Main St., Ste. 900 | Kansas City, MO 64108 | Toll-Free: 800-444-9965



esrd.qsource.org

Day 1

Breakfast

- ½ cup milk OR mix ¼ cup evaporated milk with ¼ cup distilled water
- ½ -¾ cup dry cereal
- 1 Tbsp. sugar* or sweetener (optional)
- ½ cup peaches, drained

Morning Snack (optional)

- 10 marshmallows *
- 1/2 cup applesauce

Lunch

- 2 slices white bread
- ¼ cup (1 oz) unsalted canned chicken
- 1 Tbsp. oil, margarine, or mayonnaise
- ½ cup mixed fruit, drained
- ½ cup (4 oz) distilled water

Afternoon Snack (optional)

- 5 vanilla wafers
- Honey or Jelly* (if desired on wafers)
- 10 hard candies*

Dinner

- 2 slices white bread
- ½ cup (2 oz) unsalted canned tuna
- 2 Tbsp. margarine or mayonnaise
- ½ cup green beans, drained
- ½ cup lemon lime soda*

Evening Snack (optional)

- 6 unsalted crackers
- 1 tsp. margarine
- 10 hard candies*

Day 2

Breakfast

- ½ cup milk OR mix ¼ cup evaporated milk with ¼ cup distilled water
- ½ -¾ cup cereal
- 1 Tbsp. sugar* or sweetener (optional)
- ½ cup pineapple, drained

Morning Snack (optional)

- 3 graham cracker squares
- 10 Marshmallows*

Lunch

- 2 slices white bread
- ¼ cup (1 oz) unsalted canned tuna or salmon
- 1 Tbsp. oil, margarine, or mayonnaise
- ½ cup peaches, drained
- ½ cup (4 oz) distilled water

Afternoon Snack (optional)

- 6 unsalted crackers
- Honey or jelly* (if desired on crackers)
- 10 marshmallows*

Dinner

- 2 slices white bread
- ½ cup (2 oz) unsalted canned turkey
- 2 Tbsp. margarine or mayonnaise
- ½ cup corn, drained
- ½ cup apple juice

Evening Snack (optional)

- 5 vanilla wafers
- Honey or jelly* (if desired on wafers)
- 10 hard candies*

Day 3

Breakfast

- ½ cup milk OR mix ¼ cup evaporated milk with ¼ cup distilled water
- ½ -¾ cup cereal
- 1 tbsp sugar* or sweetener (optional)
- ½ cup peaches, drained

Morning Snack (optional)

- 5 vanilla wafers
- Honey or jelly* (if desired on wafers)
- 10 marshmallows*

Lunch

- 2 slices white bread
- 2 Tbsp unsalted peanut butter
- 2 Tbsp. jelly*
- ½ cup peaches, drained
- ½ cup (4 oz) distilled water

Afternoon Snack (optional)

- ½ cup applesauce
- 10 hard candies*

Dinner

- 2 slices white bread
- 2 oz. unsalted canned salmon
- 2 Tbsp. margarine or mayonnaise
- ½ cup carrots, drained
- ½ cup ginger ale

Evening Snack (optional)

- 3 graham cracker squares
- 1 tsp margarine
- 10 hard candies*

Tablespoon = Tbsp. Ounces = oz.
Teaspoon = tsp. C=cup

*If diabetic, consider choosing sugar free options or limiting portion sizes.