



**Heartland Kidney
Network**

We're Here For You.

MY PLAN: NON-DIABETIC 3-DAY EMERGENCY DIET

Natural and man-made disasters happen in Iowa, Kansas, Missouri and Nebraska 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 you cannot get your supplies.

BREAKFAST

- ½ cup non-dairy creamer, AND
- ¾ cup dry cereal, AND
- 1 teaspoon sugar, AND
- ½ cup drained pineapple (canned in juice) OR,
- ½ cup drained cherries (canned in juice), OR
- ½ cup no sugar added applesauce, OR
- ½ cup drained peaches (canned in juice), OR
- ½ cup drained pears (canned in juice)

Morning Snack

- 10 marshmallows, or
- ½ cup no sugar added applesauce

LUNCH

- 2 slices white bread, AND
- 2 ounces unsalted canned chicken, OR
- 2 ounces unsalted canned tuna, AND
- 1 ½ tablespoons oil, margarine or mayonnaise, AND
- ½ cup asparagus, OR
- ½ cup no salt added carrots, OR
- ½ cup no salt added green beans, AND
- ½ cup low-carb cranberry juice or sugar-free powdered drink mix

Afternoon Snack

- 10 hard candies

DINNER

- 2 slices white bread, AND
- 2 ounces unsalted canned chicken, OR
- 2 ounces unsalted canned tuna, AND
- 1 ½ tablespoons oil, margarine or mayonnaise AND
- ½ cup drained pineapple (canned in juice) OR,
- ½ cup drained cherries (canned in juice), OR
- ½ cup no sugar added applesauce, OR
- ½ cup drained pears, (canned in juice), OR
- ½ cup drained peaches (canned in juice), AND
- ½ cup low-carb cranberry juice or sugar-free powdered drink mix

EVENING SNACK

- 5 vanilla wafers, OR
- 3 graham cracker squares, OR
- 6 unsalted crackers, AND
- 1 teaspoon margarine, OR
- 2 tablespoons jelly or honey, AND
- ¼ cup low-carb cranberry juice or sugar-free powdered drink mix



For more information or to file a grievance please contact the Heartland Kidney Network at: Heartland Kidney Network • 7306 NW Tiffany Springs Pkwy. • Suite 230 • Kansas City, MO 64153

Toll-Free Patient Line: (800) 444-9965 • net12@nw12.esrd.net • www.heartlandkidney.org

End-Stage Renal Disease (ESRD) #12 Network Coordinating Council, Inc. dba Heartland Kidney Network .This resource was (created, developed, compiled, etc.) while under contract with Center for Medicare and Medicaid Services, Baltimore, Maryland. Contract #HHSM-500-2013-NW012C. The contents presented do not necessarily reflect CMS policy.

Continued to back.

GROCERY LIST

BREAD/CEREAL (5 daily)

- White bread
- Puffed wheat
- Puffed rice
- Crisped rice
- Graham crackers
- Unsalted crackers
- Vanilla wafers

FRUITS (3 daily – use in canned juice)

- Applesauce
- Cherries
- Pears
- Peaches
- Pineapple

JUICES/BEVERAGES (limit to ½ cup daily in addition to meal plan)

Sugar-free

- Spring water
- Diet ginger ale
- Diet lemon-lime
- Sugar-free powdered drink mixes

VEGETABLES (1 cup per day)

- Asparagus
- Green beans
- Carrots

FISH/MEAT (4 ounces daily)

- Tuna
- Chicken

HIGH CALORIE FOODS (3 daily, may add 1 additional serving to raise blood sugar)

- Honey - 1 tablespoon
- Jelly - 1 tablespoon
- Sugar - 4 teaspoons
- Marshmallows
- Low-carb cranberry juice - ½ cup
- Jelly beans or hard candies

FATS (6 daily)

- Margarine
- Mayonnaise
- Oil

OTHER

- Herbal seasoning
- Breath spray
- Lemon juice
- Shelf stable nondairy creamer
- Sugar-free gum

The sample meal plan choices allow approximately 43 grams protein, 1200 milligrams sodium, 1300 milligrams potassium, 675 milligrams phosphorus, 190 grams carbohydrate, and 1925 calories. Before using this plan, please check with your clinic's Dietitian.

Source: U.S. Department of Health and Human Services. *Preparing for Emergencies: A Guide for People on Dialysis*. By The Centers for Medicare & Medicaid Services. Revised. November 2002. (CMS Pub. No. 10150).

MY QUESTIONS

Ask your Care Team: Are there any other foods that I can eat? What foods should I not eat? Do I need to make any changes to my medications if an emergency happens?