

My Plan: Pediatric 3-Day Emergency Diet Menu



Natural and man made disasters happen each year. In an emergency you may not be able to get to dialysis. If this happens, you will need to follow a more limited diet. This is an example 3 day meal plan for you to use if you are 17 years old or younger. If you are on home hemodialysis or peritoneal dialysis and cannot get your supplies you may need to follow this plan as well.

Breakfast

Cereal and fruit:

- ½ cup milk or mix ¼ cup evaporated milk with ¼ cup distilled water from sealed containers or disinfected water
- 1 box of cereal (single-serving, no Raisin Bran)
- 1 tbsp. sugar (if needed)
- ½ can (2 oz.) canned fruit (drained)

Morning Snack

- Vanilla wafers (5)
- Hard candies (10)

Lunch

Peanut butter and jelly sandwich:

- 2 slices of bread
- 2 tbsp. peanut butter
- 2 tbsp. jelly or honey
- ½ cup (2 oz.) fruit (drained)
- ½ cup (4 oz.) pre-made powdered fruit drink

Afternoon Snack

- ½ cup canned applesauce
- Mints (10)

Dinner

Chicken sandwich:

- 2 slices of bread
- ½ can (2 oz.) canned low sodium chicken
- 1-2 tbsp. mayonnaise
- ½ cup canned low sodium carrots (drained)
- ½ cup cranberry juice

Evening Snack

- Graham crackers (1 ½ squares)
- Marshmallows (10)

If you are diabetic, avoid the sweets in this diet plan. However, have some high sugar content foods like hard candies in case you go “low” with too little sugar in your body.

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?

Source: “Getting Ready for an Emergency” Children’s Mercy Hospital Dialysis Unit, Kansas City, Missouri
http://www.dhss.mo.gov/Ready_in_3/FamilySafetyGuideEnglish.pdf

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