



Heartland Kidney  
Network

We're Here For You.

# MY PLAN: 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 cannot get your supplies.

## BREAKFAST

- ½ cup non-dairy creamer, AND
- ¾ cup dry cereal, AND
- ½ cup drained pineapple (canned in juice), OR
- ½ cup drained cherries (canned in juice), OR
- ½ cup drained peaches (canned in juice), OR
- ½ cup drained pears (canned in juice), 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 no salt added carrots, OR
- ½ cup asparagus, OR
- ½ cup no salt added green beans, AND
- ½ cup low-carb cranberry juice or sugar-free powdered drink mix

## Afternoon Snack

- ½ cup no sugar added applesauce

## 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 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
- ¼ 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
- 1 tablespoon jelly, 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.  
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## GROCERY LIST

### BREAD/CEREAL (5 daily)

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

### FRUITS (3 daily – use in canned juice)

- Peaches
- Pineapple
- Applesauce
- Cherries
- Pears

### JUICES/BEVERAGES (limit to ½ cup per day in addition to meal plan)

#### Sugar-free

- Sugar-free powdered drink mixes
- Spring water
- Diet Ginger Ale
- Diet Lemon-Lime

### VEGETABLES (1 cup per day)

- Asparagus
- Green beans
- Carrots

### FISH/MEAT (4 oz. daily)

- Tuna
- Chicken

### HIGH CALORIE FOODS (3 per day, may add additional serving to raise blood sugar)

- Low-carb cranberry juice – ½ cup
- Honey – 1 Tbsp
- Jelly – 1 Tbsp
- Sugar – 1 tsp

### FATS (6 per day)

- Margarine
- Mayonnaise
- Oil

### OTHER

- Shelf-stable, non-dairy creamer
- Sugar-free gum
- Herbal seasoning
- Breath spray
- Lemon juice

The sample meal plan choices allow approximately 43 grams protein, 1200 milligrams sodium, 1300 milligrams potassium, 675 milligrams phosphorus, 190 grams carbohydrates, and 1700 calories. Before using this plan, please check with your clinic's Dietitian.

Source: <http://www.kcercoalition.com/pdf/101501.pdf/>

## 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?