

My Plan: 3-Day Emergency Diet

Natural and man made disasters happen each year. 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

Morning Snack

- 10 marshmallows (non-diabetic only), 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

- 10 hard candies (non-diabetic only), OR
- 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 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
- ¼ cup low-carb cranberry juice or sugar free powdered drink mix (½ cup if diabetic)

Evening Snack

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

Grocery List

Bread/Cereal (5 daily)

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

Fruits (3 daily – canned in juice)

- Peaches
- Pineapple
- Applesauce
- Cherries
- Pears



Vegetables (1 cup per day)

- Asparagus
- Green beans
- Carrots

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



Fish/Meat (4 ounces daily)

- Tuna
- Chicken

High Calorie Foods (3 per day, may add 1 additional serving to raise blood sugar)

- Low-carb cranberry juice – ½ cup
- Honey – 1 Tbsp
- Jelly – 1 Tbsp
- Sugar – 4 tsp (1 tsp if diabetic)
- Jelly beans or hard candies (non-diabetics only)

Other

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

Fats

- Margarine
- Mayonnaise
- Oil



The sample meal plan choices allow approximately 43 grams protein, 1200 milligrams sodium, 1300 milligrams potassium, 675 milligrams phosphorus, 190 grams carbohydrates, and 1925 calories (1700 for diabetics). Before using this plan, please check with your clinic's Dietitian.

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: 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).

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