



EMERGENCY DIET INFORMATION

- Call the dialysis center or the emergency hotline below as soon as you are able to use a phone.

1-800-367-8292

- Limit your food and fluid intake since you may miss treatments.
- Avoid high potassium foods. Limit the kinds and amounts of fruits and vegetables you eat.
- Limit protein to about one-half your current intake - 3 ounces per day, about the size of the palm of your hand.
- Limit fluid intake to about one-half your current allowance. If you have been warned about gaining too much weight between dialysis treatments, cut back even more.
- Use salt free foods, if possible. Salty foods create thirst.
- Keep a copy of the 3-day emergency diet plan with your emergency food supply to help you make the right food choices.
- Have emergency supplies on hand at all times. Supplies include food, bottled water, medicines, flashlight, battery operated radio, and glucose tablets for diabetic reactions if you have diabetes.
- Emergency food supplies should be canned or dried so that they will not spoil.
- Do not keep foods that need refrigeration for more than 24 hours once they are opened unless they can be kept on ice or electricity is available.
- Rotate food and water supplies every 6 months.



Suggested Emergency Meal Pattern

This food list is much more limited than you would normally use. It is meant to prevent build up of excess fluid and waste products in case dialysis is not available on your regular schedule. Do not save any foods that might spoil from day to day unless they can be kept on ice or in a refrigerator.*

Milk – 1/3 cup per day*

Milk, cream, sour cream, milk substitute

Meat/Protein – 2-3 ounces per day*

Canned, salt-free meat/chicken/turkey/tuna/shrimp/crab

Bread or Starch – 2 to 4 servings per day

Dry cereal/bread/pasta/rice/cookies/unsalted crackers

Vegetables – 2 half cup servings per day

Corn, carrots, green beans, peas

Fruits – 2 half cup servings per day

Applesauce/cherries/peaches/pears/pineapple/plums

Fats – 6 or more teaspoons per day

Salt-free salad dressings/margarine/oils

Sweets - Use as desired (Avoid if you have diabetes)

Sugar/hard candy/gumdrops/jellybeans/jam

Beverages – Limit intake as much as possible

Bottled water, Kool-Aid, apple/cranberry/grape juice, nectars, soda

SHOPPING LIST FOR EMERGENCY FOOD SUPPLY

The food listed below is enough for one person for six days. If you are stocking emergency supplies for the whole family, increase the amounts by the number of people in your family. These foods are within diet guidelines for those on dialysis who may miss treatments during an emergency situation. Fluids must be limited to one half of the usual daily allowance. High sugar choices are indicated in red.

- 6 cans single-serving, low salt or low sodium canned meat or fish (chicken, turkey, tuna, salmon, shrimp, crab)
- 1 jar unsalted peanut butter
- 18 single-serving canned fruit (Pears, peaches, fruit cocktail, or applesauce are the best choices) (Juice or water pack)
- 6-12 cans single-serving low salt or low sodium canned vegetables (Peas, green beans, corn, or carrots are the best choices)
- 20 single-serving packets or 3 small jars of mayonnaise
- 1 box of Vanilla Wafers or Graham Crackers
- 1-2 boxes of plain, unsalted crackers
- 6 single- serving boxed cereals
- 1 loaf of bread (Keep frozen)
- 1 jar of honey and/or jelly
- 1 box of individual sugar packets
- 2 packages of plain mints
- 1 large bag of marshmallows
- 3 packages of hard candy, jelly beans, or gum drops
- 1 box of dry powdered milk mix
- 3 small cans of evaporated milk
- 2 packages of powdered drink mix (Any flavor) (Sugar-free)
- 6 pack of cranberry Juice (4 oz size)
- 2 gallons of bottled water



The sample menus below provide about 40-50 grams of protein, 1500 mg sodium, 1500 mg potassium and less than 2 cups of fluid for each of the three days. You may choose from the listed foods to fit your tastes. These meal plans are more limited than your usual diet because during an emergency you may miss dialysis treatments. Limiting your food and liquid intake will help control the build-up of wastes and excess fluid. If the emergency continues for more than three days, meal plans can be repeated.

Day 1

Breakfast

½ cup milk (prepared from dry milk and distilled water) or ¼ cup evaporated milk with ¼ cup of distilled or purified water
1 single serving of cereal (1/2 - 3/4 cup)
1 Tablespoon sugar
½ cup fruit (single serving)

Morning Snack

5 vanilla wafers with honey or jelly as desired
10 jelly beans

Lunch

2 slices white bread
¼ cup (1 ounce) low sodium tuna (open new can each time)
1 packets mayonnaise (If using from a jar, open a new jar daily)
½ cup canned low sodium vegetables, drained
½ cup fruit (single serving)
Powdered drink mix with ½ cup distilled or purified water



Afternoon Snack

6 unsalted crackers with honey or jelly as desired
10 gum drops

Dinner

2 slices white bread
½ cup (2 ounces) low sodium canned chicken (open new can each time)
2 packets mayonnaise (If using from a jar, open a new jar daily)
½ cup canned low sodium vegetables, drained
½ cup fruit (single serving)
½ cup cranberry juice (individual box or pouch)

Evening Snack

3 graham crackers with honey or jelly as desired
10 mints

Day 2

Breakfast

½ cup milk (prepared from dry milk and distilled or purified water) or ¼ cup evaporated milk with ¼ cup of distilled or purified water
1 single serving of cereal (1/2 - 3/4 cup)
1 Tablespoon sugar
½ cup fruit (single serving)



Morning Snack

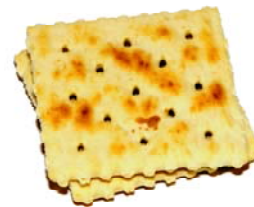
3 graham crackers with honey or jelly as desired
10 hard candies

Lunch

2 slices white bread
¼ cup (1 ounce) low sodium turkey (open new can each day)
1 packet mayonnaise (If using from a jar, open a new jar daily)
½ cup canned low sodium vegetables, drained
½ cup fruit (single serving)
Powdered drink mix with ½ cup distilled or purified water

Afternoon Snack

6 unsalted crackers with honey or jelly as desired
10 large marshmallows



Dinner

2 slices white bread
½ cup (2 ounces) low sodium canned tuna (open new can each use)
2 packets mayonnaise (If using from a jar, open a new jar daily)
½ cup canned low sodium vegetables, drained
½ cup fruit (single serving)
½ cup cranberry juice (individual box or pouch)

Evening Snack

5 vanilla wafers with honey or jelly as desired
10 hard candies

Day 3

Breakfast

½ cup milk (prepared from dry milk and distilled water) or ¼ cup evaporated milk with ¼ cup of distilled or purified water
1 single serving of cereal (1/2 - 3/4 cup)
1 Tablespoon sugar
½ cup fruit (single serving)

Morning Snack

5 unsalted crackers with honey or jelly as desired
10 large marshmallows

Lunch

2 slices white bread
2 Tablespoons low sodium peanut butter
Honey or jelly as desired
½ cup canned low sodium vegetables, drained
½ cup fruit (single serving)
Powdered drink mix with
½ cup distilled or purified water



Afternoon Snack

6 graham crackers with honey or jelly as desired
10 mints

Dinner

2 slices white bread
½ cup (2 ounces) low sodium canned chicken (open new can each use)
2 packets mayonnaise (If using from a jar, open a new jar daily)
½ cup canned low sodium vegetables, drained
½ cup fruit (single serving)
½ cup cranberry juice (individual box or pouch)

Evening Snack

3 vanilla wafers with honey or jelly as desired
10 hard candies

If you have diabetes, use water or juice packed fruits and eliminate the candy, jelly, and honey. You can add one tablespoon of salt free peanut butter to the snack if you need a protein source in the evening.



HOW TO DISINFECT WATER

Keep distilled or bottled water on hand for drinking. If you run out of stored water, you may disinfect available water for drinking, brushing your teeth or for other uses.

Do not use disinfected water for dialysis.

1. Strain water through a clean cloth or handkerchief to remove any sediment, floating matter or glass.
2. Use household chlorine bleach that does not have added scent. (Like lemon)

If the water is clear, use:

WATER		BLEACH
One quart	+	2 drops
One gallon	+	8 drops (1/8 teaspoon)

If the water is cloudy, use:

WATER		BLEACH
One quart	+	4 drops
One gallon	+	16 drops (1/4 teaspoon)

3. Mix the water and bleach together and stir or shake in a container. Let the mixture stand for at least 30 minutes before using it. The disinfected water should have a slight chlorine odor. If you do not detect the smell of chlorine, add another portion of bleach, mix thoroughly, and let stand for an additional 15 minutes before using.
4. You may also disinfect water by rapidly boiling it for 10 minutes.

NOTE: Do not use water from a swimming pool or spa because of the chemicals that are used to treat that water.

From Water Disinfection and Storage, Pacific Bell 1998.