

EMERGENCY DIET PLAN

• Emergency Kit

This emergency kit is designed to help you prepare meals in case you cannot reach or use your kitchen.

Have the following things stored in a box that you can reach easily:

- Three days of breakfast, lunch, and dinner menus (see Emergency Diet chapter in “The Art of Good Eating”)
- Can opener
- 2 plastic gallon jugs of distilled water
- Bleach – Use 1 tablespoon for each gallon of water to kill germs
- Flashlights and extra batteries
- Sharp knife
- Aluminum foil for storing leftovers
- 3 plastic mixing containers & lids
- Measuring cups
- For eating: forks, knives, spoons
- Battery-operated transistor radio
- One-week supply of personal medicines kept in a handy place. This includes blood pressure medicine and phosphate binders. Remember that insulin and some other medicines must be kept refrigerated/cold.

• Storage Tips

1. Store things in a clean, dry place such as a new garbage can or a rubber tub.
2. Label and date when you put the food in storage.
3. Change all food and water once a year. Eat unused food or donate it to a food bank.

• Special Information • for Diabetics

- Avoid highly concentrated sweets such as candy. Use more fats and oils for extra calories.
- Plain cookies, donuts, and cakes are fine when eaten with meals.
- Use unsweetened canned fruit or juices, sugar-free Kool-Aid™, or diet soda pop.
- Avoid alcohol.
- Have sugar, honey, or juice handy in case you have a low-blood-sugar reaction.
- Have several tubes of prepared cake frosting on hand. It can be easily squeezed into your mouth if you have a low-blood-sugar reaction.

Your Nutritionist is:

(206) 292-2771, ext 2000

**Northwest Kidney Centers
Nutrition & Fitness Services**
700 Broadway
Seattle, WA 98122
www.nwkidney.org

©2008 Northwest Kidney Centers

• For times when you can't dialyze.



Power or water problems, bad weather, or some other disaster could keep you from dialyzing.

How can you keep your blood values within a safe range until you can dialyze again?

You can follow an Emergency Diet Plan that will work for short periods of time (5 days or less) when you cannot dialyze.

The Emergency Diet Plan does not replace dialysis. It should only be used in case of an emergency.



NORTHWEST
KIDNEY CENTERS

- **Emergency Diet Guidelines**

1. Limit meat to 3 to 4 one-ounce servings each day. This is about half of what you normally eat.
2. Avoid all high-potassium fruits and vegetables.
3. Lower your fluids to 1 to 2 cups a day.
4. Choose low-salt foods and do not use salt or salt substitute.
5. Use fats and sugars for extra calories.
6. If the power is off for a day or more, eat foods in your refrigerator the first day. Open your refrigerator or freezer as little as possible in order to keep food cold as long as possible.
7. Eat foods in your freezer while they still have ice crystals in the center (for about 3 to 4 days).
8. Be sure you have a portable Emergency Kit that you could take with you to a disaster relief center. The back of this brochure lists things to include in the kit.

- **Emergency Diet Plan**

Each item counts as one choice. Make sure to use the serving size listed. Limit yourself to the number of choices on the list below.

Choose from these foods only. If a food is not on this list, do not eat it.

Meat and Protein Foods: 3 to 4 choices a day (one ounce is as big as your thumb)

- 1 egg
- 1 ounce meat, fish, tofu, or poultry
- 1/4 cup unsalted canned fish or poultry
- 2 tablespoons unsalted peanut butter
- 1/4 cup cottage cheese
- 1/2 can Ensure Plus™, Boost Plus™, or Nepro™

Starch: 6 to 10 choices each day

- 1 slice white bread
- 1/2 English muffin or bagel
- 5 unsalted crackers
- 4 slices Melba toast
- 2 graham crackers
- 6 shortbread cookies, vanilla wafers
- 1 cup unsalted rice, noodles, pasta
- 1 cup puffed wheat, rice, shredded wheat
- 1 cup cream of wheat or rice cereal

Vegetables: 1 choice each day

- 1/2 cup serving of:

Green beans	Carrots
Summer squash	Peas
Corn or beets	Zucchini

- **Emergency Diet Plan**

Fruits: 4 choices each day

- 1 small apple
- 15 grapes

1/2 cup serving of:

- Berries:

Blackberries	Raspberries
Blueberries	Strawberries

- Cherries
- Pineapple
- Canned applesauce
- Plums
- Canned pears

Fats and Oils: 6 or more choices a day

- 1 teaspoon butter, margarine, oil or mayonnaise,

Fluids: 1 to 2 choices per day

- 1 cup water, coffee, tea, soda
- 1/2 cup Ensure Plus™, Boost Plus™, Nepro™

1/2 cup serving of:

- Milk
- Half-n-half
- Liquid nondairy creamer
- Soy or rice milk
- Juice (cranberry, apple, or grape)
- Juice drink (Tang™, Hi-C™, Kool-Aid™)

High-Calories Foods: (as desired)

- Hard candy
- Marshmallows
- Honey
- Jellybeans
- Maple syrup
- Jam or jelly
- Cream mints
- Chewing gum
- Sugar
- Gumdrops