



Dialysis Emergency 5 Day Meal Plan

The newspapers are full of disasters floods, blizzards, and earthquakes. Most of us think they'll never happen to us. Unfortunately, these disasters do happen and if you are a person on dialysis, they are more of an emergency. What if the worst happens and you can't dialyze due to transportation, power, or water problems? You must somehow stay safe until you can dialyze. You can do this by changing your diet.

These suggestions and meal plans are not a substitute for dialysis, but will work for 3 days or less until you can dialyze. The diet is more strict than your current diet, but remember it's just for a few days until you get back to dialysis. Only eat items on the Shopping List.

You should have your emergency diet kit ready at all times. The menu has been designed to require no cooking or refrigeration. Review the contents of this kit once a year, eat up the food in it, and replace with a fresh supply. Store your kit in a clean, dry place such as a duffle bag or plastic bin with a label and date.

If you can't get to your dialysis treatment, start your emergency diet right away.

Shopping List:

5 day supply—only eat what is on this list

- 4 (8 ounce) boxes rice milk or almond milk
- 4 (4-6 ounce) cans/boxes apple, cranberry or pineapple juice
- 20 (4-ounce) cans or snack pack pears, peaches, applesauce or pineapple
- 5 (8-ounce) bottles of water
- 1 box Puffed Wheat, Puffed Rice or Shredded Wheat cereal
- Three protein bars (10-14 grams protein, like Zone Perfect, Luna Protein, Nature Valley Protein)
- 1 box graham crackers
- 1 box vanilla wafers
- 1 box crackers with unsalted tops
- 1 large bag unsalted tortilla chips
- 5 (4-ounce) cans low-sodium tuna or chicken
- 1 jar unsalted peanut butter
- 1 jar jam or jelly
- 10 single serve mayonnaise packets
- Mrs. Dash or other no salt seasoning mix
- Plastic knives, forks and spoons
- Paper plates and paper bowls
- Napkins or roll of paper towels
- Can opener
- Hand sanitizer
- Gum for dry mouth





Meal Options

You can rotate these options for up to 5 days. Only choose foods that are on the shopping list on the front page. **Limit to 2 cups fluid total per day.**

Morning

4 ounce canned fruit, drained

1 cup cereal

4 ounce boxed rice milk

Or

4 ounce canned, fruit drained

1 protein bar

4-6 ounce can or box juice

Noon

Peanut butter and jelly cracker sandwiches

20 crackers with unsalted tops

4 tablespoons peanut butter, unsalted

4 tablespoons jam

1/2 cup canned fruit, drained

Or

Chicken and crackers

20 crackers with unsalted tops

1/2 cup canned chicken

2 packets mayonnaise + Mrs. Dash

1/2 cup canned fruit, drained

Snack

6 vanilla wafers

4 ounce canned fruit, drained

Evening

Tuna dip and chips

4 ounce, small can low sodium tuna

2 packets mayonnaise + Mrs. Dash

20 unsalted tortilla chips

4 ounce canned fruit, drained

Or

Peanut butter and jelly cracker sandwiches

20 crackers with unsalted tops

4 tablespoons peanut butter, unsalted

4 tablespoons jam

1/2 cup canned fruit, drained

Snack

2 graham crackers

1 tablespoon peanut butter, unsalted

Nutrition Info: average day

Calories: 2000

Protein: 50 g

Carbohydrates: 250 g

Sodium: 1500 mg

Potassium: 800 mg