



Emergency Diet Meal Planning

What if you can't get to dialysis because of a disaster like a flood, earthquake or blizzard? You can stay safe until you can dialyze again by changing what you eat and how much you drink.

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

The emergency diet is low in potassium, low in protein and low in salt.

This meal plan is very restrictive. Plan ahead to have safe foods at home to eat. Use this shopping list to shop for what to keep in your emergency diet food kit. Store your items in a clean, dry area.

These suggestions and meal plans are **not a substitute for dialysis**.

Get help to get to dialysis as soon as you can.

Shopping list: no-cook food for 3-5 days

- Shelf stable rice milk, almond or coconut milk
- 4-ounce apple, grape, or fruit punch juice boxes
- 4-ounce snack pack pears, peaches, applesauce or pineapple
- 1 box low-sodium cereal like puffed wheat, puffed rice or shredded wheat
- 1 box protein bars, like Zone Perfect, Luna Protein, Nature Valley Protein or Balance
- 1 box graham crackers or vanilla wafers
- 1 box unsalted saltines or rice cakes, Hint of Salt crackers, Wasa or Kavli crispbread or matzo
- Unsalted or low-sodium tortilla chips
- Unsalted or low-sodium popcorn
- 4-ounce cans low-sodium tuna, chicken or salmon
- 1 jar low sodium peanut butter
- 1 jar jam, jelly or honey
- 1 small jar of mayonnaise or mayonnaise packets
- Mrs. Dash or other no -salt seasoning mix
- Bottled water
- Can opener
- Hand sanitizer





Meal Options

Repeat these emergency diet meals until you are able to get to dialysis.

Only eat the emergency diet foods listed on the front page.

Limit your total fluid intake to 2 cups a day.

Morning meal

4 ounce fruit cup, drained

or 4 ounce juice

1 cup cereal **or** a protein bar

4 ounce boxed non-dairy milk

Set aside 1/2 cup of water for taking your medications.

Lunch and dinner meals

Peanut butter and jelly sandwiches

Vanilla wafer or graham crackers

4 tablespoons peanut butter

4 tablespoons jam or honey

4 ounce fruit cup, drained

4 ounces water or juice

OR

Chicken salad and crackers

Low sodium crackers

1/2 cup canned chicken, rinsed

mayonnaise + salt-free seasoning

4 ounce fruit cup, drained

4 ounces water or juice

OR

Tuna dip and chips

Low sodium tortilla chips

1/2 cup canned tuna, rinsed

mayonnaise + salt-free seasoning

4 ounce fruit cup, drained

4 ounces water or juice

Snack Ideas

Vanilla wafers or graham crackers

Unsalted or low-sodium popcorn

low-sodium cereal

1/2 protein bar