



## 3 Day Emergency Diet Plan<sup>1</sup>

Dialysis takes some of the water and wastes out of your blood. Wastes and water build up between treatments. When you get three treatments a week, this buildup should not cause a problem. When you can't get treatment, the extra water and wastes in your body can cause problems. You will need to follow a special, strict diet to limit buildup of water, protein wastes, and potassium when you can't get your treatments.

The 3-Day Emergency Diet Plan will help you follow an emergency diet. This diet does not take the place of dialysis, but you can reduce the waste that builds up in your blood if you follow the Plan and change what you eat. **This may save your life.** Review the plan with your facility dietitian to see if you need to make changes based on your needs. Ask questions *before* an emergency. If you are on home dialysis—either home hemodialysis or peritoneal dialysis—and can't do your treatments, this diet may apply to you, too.

In an emergency or disaster situation, you should do everything you can to get your regular dialysis treatments. In any emergency, follow the 3-Day Emergency Diet Plan until you can get treatment. You should always try to get dialysis within three days of your last treatment.

The best way to get ready for an emergency is to plan BEFORE one happens. Collect the foods on the 3-Day Emergency Diet Shopping List. Keep them in a bin so you have them on hand. The list allows for six days of food and water. Eat fresh foods first, while you have them. If you have diabetes, avoid the sweets in this plan. But do have some high sugar foods like hard candies on hand in case your sugar is low.



<sup>1</sup> From the CMS Publication, *Preparing for Emergencies: A Guide for People on Dialysis (rev. 2015)*



### 3-Day Emergency Diet Shopping List

This shopping list is for six days of foods and water, so you can repeat the 3-Day Emergency Diet a second time, if needed.

**Review this list with your dietitian to tailor it for your needs.**

#### DRINKS

- ✓ Water is the best choice to drink.
- ✓ No sport drinks or beverages that contain phosphate

WHAT TO BUY	HOW MUCH TO BUY
<b>DRINKS</b>	
Distilled or bottled water	1 to 2 gallons
Dry milk OR evaporated milk	3 packages of dry milk OR 4 cans of evaporated milk (8 ounces each)
Cranberry, apple, or grape juice	6 cans or boxes (4 ounces each)
<b>FOOD</b>	
Cereal. <b><i>No bran, granola, or cereal with dried fruit or nuts.</i></b>	6 single-serving boxes (or 1 box)
Fruit, or “fruit cups,” with pears, peaches, mandarin oranges, mixed fruit, applesauce, or pineapple packed in water or juice. <b><i>No heavy syrup, raisins, or dried fruit.</i></b>	12 cans (4 ounces each)
Low sodium asparagus, carrots, green beans, peas, corn, yellow squash or wax beans. <b><i>No dried beans such as pinto, navy, black, ranch style or kidney. No potatoes or tomatoes.</i></b>	6 cans (8 ounces each)
Low sodium or No-salt added Tuna, Crab, Chicken, Salmon, or Turkey	6 cans (3 ounces or 4 ounces each)
Unsalted peanut butter or almond butter	1 jar
Mayonnaise	3 small jars (or 8 to 12 single-serve foil wrapped packs)
Jelly (if you don’t have diabetes)	1 small jar
Sugar-free Jelly (if you have diabetes)	1 small jar
Vanilla wafers, Graham crackers, or Plain unsalted crackers	1 box
Sugar-free candy, like sourballs, hard candy,	1 package



jelly beans, or mints	
Sugar-free Chewing Gum	1 Jumbo Pack
<b>FOOD THAT WILL SPOIL</b>	
This should be rotated before its expiration date.	
White bread	1 loaf
<b>NOTE:</b>	
If you have diabetes, you may wish to avoid the following foods. Speak to your dietitian.	
Sourball candy, hard candy, jelly beans, or mints	1 package
Honey	1 small jar
White sugar	Small box (or box of sugar packets)
Marshmallows (optional)	1 bag

### OPTIONS TO SEASON YOUR FOOD

- ✓ 1 small bottle of olive or vegetable oil, plain or flavored
- ✓ 1 small bottle of balsamic or flavored vinegar
- ✓ Salt-free seasonings, spices and dried herbs such as cinnamon, dill, oregano, rosemary, garlic powder, and onion powder

### PEDIATRIC DIET PLAN

Talk to your doctor and dietitian about what to feed infants, children, and teens that are on dialysis. Children’s food will need to be adjusted for their age and weight.

### DO NOT HAVE THESE FOODS

These foods are **NOT** recommended for your **3-Day Emergency Diet**:

- ✓ Sport drinks and drinks with phosphate
- ✓ Powdered drink mixes
- ✓ Bran
- ✓ Granola
- ✓ Cereal with dried fruits or nuts
- ✓ Heavy syrup, raisins, or dried fruit in canned fruit or fruit cups
- ✓ Dried beans such as pinto, navy, black, ranch style or kidney beans
- ✓ Potatoes
- ✓ Tomatoes



## **RESTRICT FLUID INTAKE**

Using a fluid plan will help you avoid trouble with breathing and swelling. Speak to your healthcare team about how much fluid you can have.

Remember that all fruits and vegetables contain water.

### ***Tips to help reduce your thirst***

- ✓ Suck on hard candy
- ✓ Chew gum
- ✓ Limit salt intake
- ✓ Have a mix of sugar candy and unsweetened candy
- ✓ Rinse your mouth out with mouthwash



## 3-Day Emergency Diet

If there is an emergency and you think you may have to miss your dialysis treatment, start the 3-Day Emergency Diet right away. It won't harm you to start it sooner than you need to.

### **Tips:**

- ✓ Use fresh foods first, if you have them.
- ✓ Once you open a can or a frozen item, throw out the opened item if you can't keep it cold or use it within four hours.
- ✓ You can freeze bread for three months in a sealed plastic bag.
- ✓ Speak to your dietitian if you are on a gluten-free diet.
- ✓ You may want to have a mix of sugar candy and unsweetened candy.
- ✓ If you have diabetes, you may wish to avoid the sweets in this diet plan. Check your blood sugar to see if you need a snack. Have some high sugar content foods like hard candies in case you go "low" with too little sugar in your body.
- ✓ Speak to your dietitian for ideas for diabetic-friendly snacks.

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## DAY ONE

**Drink no more than 4 ounces of water with your medicine.**

### **Breakfast**

Cereal and fruit:

½ cup milk OR mix ¼ cup evaporated milk with ¼ cup distilled water, from sealed containers.

1 serving of cereal (No bran. No granola. No cereal with dried fruits and nuts)

1 tbsp. sugar, optional

½ can (2 ounces) fruit, drained

### **Morning Snack (optional)**

5 Vanilla wafers or 1 ½ squares graham crackers

10 Hard candy or Sourballs

### **Lunch**

Peanut or almond butter and jelly sandwich:

2 slices of white bread

2 tbsp. unsalted peanut butter or almond butter

2 tbsp. jelly or sugar-free jelly

½ cup canned fruit, drained

½ cup (4 ounces) water (or beverage from shopping list)



### **Afternoon Snack (optional)**

For people who do not have diabetes:

- 10 Marshmallows
- ½ cup applesauce

For people who have diabetes:

- ½ cup applesauce

### **Dinner**

Chicken sandwich:

- 2 slices of white bread
- ½ can (2 ounces) chicken with 2 tbsp. mayonnaise (Note: These items may spoil without refrigeration)
- ½ cup vegetables, drained
- ½ cup cranberry juice

### **Evening Snack (optional)**

For people who do not have diabetes:

- 10 Jelly beans
- 5 Vanilla wafers or 1 ½ squares graham crackers

For people who have diabetes:

- 1 slice of bread with 1 ounce of protein (peanut butter, almond butter, chicken or tuna)  
(Note: Chicken and tuna may spoil without refrigeration)

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## **DAY TWO**

**Drink no more than 4 ounces of water with your medicine**

### **Breakfast**

Cereal and fruit:

- ½ cup milk OR mix 1/4 cup evaporated milk with ¼ cup distilled water, from sealed containers
- 1 serving of cereal (No bran. No granola. No cereal with dried fruits and nuts)
- 1 tbsp. sugar, optional
- ½ can (2 ounces) fruit, drained

### **Morning Snack (optional)**

- ½ cup applesauce
- 10 Jelly beans



## Lunch

Chicken sandwich:

2 slices of white bread

¼ can (1 ounce) chicken with 1 tbsp. mayonnaise (Note: These items may spoil without refrigeration)

½ cup fruit, drained

½ cup (4 ounces) water

## Afternoon Snack (optional)

10 Mints

½ cup applesauce

## Dinner

Tuna sandwich:

2 slices of white bread

½ can (2 ounces) tuna (Note: This item may spoil without refrigeration)

1-2 tbsp. mayonnaise (Note: This item may spoil without refrigeration) or oil

½ cup vegetables, drained

½ cup cranberry juice

## Evening Snack (optional)

For people who do not have diabetes:

10 Jelly beans

5 Vanilla wafers or 1 ½ squares graham crackers

For people who have diabetes:

1 slice of bread with 1 ounce of protein (peanut butter, almond butter, chicken or tuna)  
(Note: Chicken and tuna may spoil without refrigeration)

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## DAY THREE

**Add 4 ounces of water to take medicine**

### Breakfast

Cereal and fruit:

½ cup milk OR mix 1/4 cup evaporated milk with ¼ cup distilled water, from sealed containers.

1 serving of cereal (No bran. No granola. No cereal with dried fruits and nuts)

1 tbsp. sugar, optional

½ can (2 ounces) fruit, drained



### **Morning Snack (optional)**

- 5 Vanilla wafers or 1 ½ squares graham crackers
- 10 Hard candy or Sourballs

### **Lunch**

Peanut or almond butter and jelly sandwich:

- 2 slices of white bread
- 2 tbsp. unsalted peanut or almond butter
- 2 tbsp. jelly or sugar-free jelly
- ½ cup canned fruit, drained
- ½ cup (4 ounces) juice

### **Afternoon Snack (optional)**

- ½ cup applesauce
- 10 Jelly beans

### **Dinner**

Salmon sandwich:

- 2 slices of white bread
- ½ can (2 ounces) salmon (Note: This item may spoil without refrigeration)
- 1-2 tbsp. mayonnaise (Note: This item may spoil without refrigeration) or oil
- ½ cup vegetables, drained
- ½ cup water

### **Evening Snack (optional)**

For people who do not have diabetes:

- 5 Vanilla wafers or 1 ½ squares graham crackers

For people who have diabetes:

- 1 slice of bread with 1 ounce of protein (peanut butter, almond butter, chicken or tuna)  
(Note: Chicken and tuna may spoil without refrigeration)

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## **DAY FOUR**

**Use the Day One Menu**

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## **DAY FIVE**

**Use the Day Two Menu**

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## **DAY SIX**

**Use the Day Three Menu**

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