



# Northwest Renal Network

Alaska • Idaho • Montana • Oregon • Washington



## Emergency Diet Plan

ΕΛΛΗΝΙΚΗ ΔΙΑΤΡΟΦΗ

### *How to change your diet when dialysis is not available*

The information in this document is general information for people who are on dialysis. These suggestions and meal plans are not a substitute for dialysis, but they will work for short periods of time (five days or less) during an emergency when you cannot dialyze. The diet is much stricter than your usual renal diet, but remember – it is only for a few days until dialysis is available. Share this information with your family, friends, and care providers, so you can be prepared for an emergency.

***Remember to talk with your renal dietitian about your specific dietary needs.***

Most of us think that disasters such as floods, landslides, blizzards and earthquakes will never happen to us – but these things do happen. If you are not able to dialyze because of transportation, power or water problems, you need to develop a plan to keep your blood values within normal limits until you can dialyze.

#### **Here are some helpful tips when an emergency happens:**

- Limit meat to 3 to 4 ounces each day. This is about half the meat you normally eat.
- Avoid all high-potassium fruits and vegetables.
- Lower your fluids to 1 to 2 eight ounce cups a day.
- Choose low-salt food.
- If the power is off for a day or more, eat foods from your refrigerator the first day.
- Open the refrigerator or freezer only when needed to keep food cold.
- Eat foods from your freezer while they still have ice crystals in the center, up to about 3 to 4 days.

#### **Emergency Diet:**

##### Meat and meat substitutes (3 to 4 servings each day)

- |  |   |
|--|---|
| <input type="checkbox"/> 1 egg                                   | <input type="checkbox"/> ¼ cup frozen, rinsed or unsalted<br>canned meat, fish or poultry |
| <input type="checkbox"/> 2 tablespoons unsalted peanut<br>butter | <input type="checkbox"/> ½ can Ensure Plus, Boost Plus or<br>Nepro                        |
| <input type="checkbox"/> 1 ounce or 1 slice cheese               | <input type="checkbox"/> 1 ounce meat, fish, tofu or poultry                              |

- ¼ cup cottage cheese
- 1 cup macaroni and cheese dinner

Fats and oils (6 or more servings each day)

- 1 teaspoon butter, margarine, mayonnaise, or vegetable oil

Bread, starch and cereals (6 to 10 servings each day)

- 1 slice white bread
- 4 slices Melba toast
- 5 crackers with unsalted tops
- 1 cup Puffed Wheat, Puffed Rice, Shredded Wheat, or Cream of Rice cereal
- ½ English muffin or bagel
- 2 graham crackers
- 1 cup unsalted rice, noodles or pasta
- 6 shortbread cookies or vanilla wafers

Fruits (4 choices only each day)

- 15 grapes
- ½ cup applesauce
- ½ cup blueberries, blackberries, strawberries, or raspberries
- 1 small apple
- ½ cup pears, plums, pineapple, or cherries

Vegetables (1 choice only each day)

- ½ cup green beans, peas, or corn
- ½ cup carrots
- ½ cup summer squash
- ½ cup zucchini
- ½ cup beets

Beverages (1 to 2 choices each day)

- 1 cup water, coffee, or tea
- 1 cup soda pop
- ½ cup evaporated milk
- 2 ½ tablespoons powdered milk
- ½ can (4 ounces) Ensure Plus, Boost Plus, or Nepro
- ½ cup Hi-C, Kool-Aid, Tang, or Crystal Light
- ½ cup juice (cranberry, apple, or grape)
- ½ cup soy, almond, or rice milk
- ½ cup non-dairy creamer
- ½ cup half and half

Miscellaneous (use as desired)

- Vinegar, spices and herbs, horseradish, lemon, lime, Tabasco

Other

- Hard candy, jelly beans, cream mints, jam, marshmallows, maple syrup, chewing gum, gumdrops, honey, jelly, sugar

**Special information for people with diabetes:**

1. Avoid highly concentrated sweets. Use more fats and oils for extra calories.
2. Plain cookies, donuts and cake are okay when eaten with meals.

3. Use unsweetened canned fruit or juices, sugar-free Kool-Aid or diet soda pop.
4. Avoid beer, wine and hard liquor.
5. Have sugar, honey, or juice available for low-blood-sugar reactions.
6. Have several tubes of glucose paste or gel cake frosting on hand. These can be squeezed into your mouth easily if you are having a low-blood-sugar reaction.

**Emergency sample menu:**

You can rotate these options for up to five days. **Limit your total fluid intake to 1 to 2 cups each day. One 8-ounce bottle of water should last an entire day.**

Nutritional Information (average per day):

Calories: 2,000; Protein: 50 gm; Carbohydrates: 250 mg; Sodium: 1,500 mg; Potassium: 800 mg

**Sample 1**

Morning

- ½ cup canned fruit, drained
- 1 cup cereal
- ½ cup boxed milk

Noon

- Peanut butter and jelly crackers
  - 20 crackers with unsalted tops
  - 4 tablespoons unsalted peanut butter
  - 4 tablespoons jam
- ½ cup fruit, drained

Snack

- 6 vanilla wafers
- ½ cup fruit, drained

Evening

- Tuna dip and chips
  - ½ cup low sodium canned tuna
  - 2 packets mayonnaise
  - 20 unsalted tortilla chips
- ½ cup applesauce

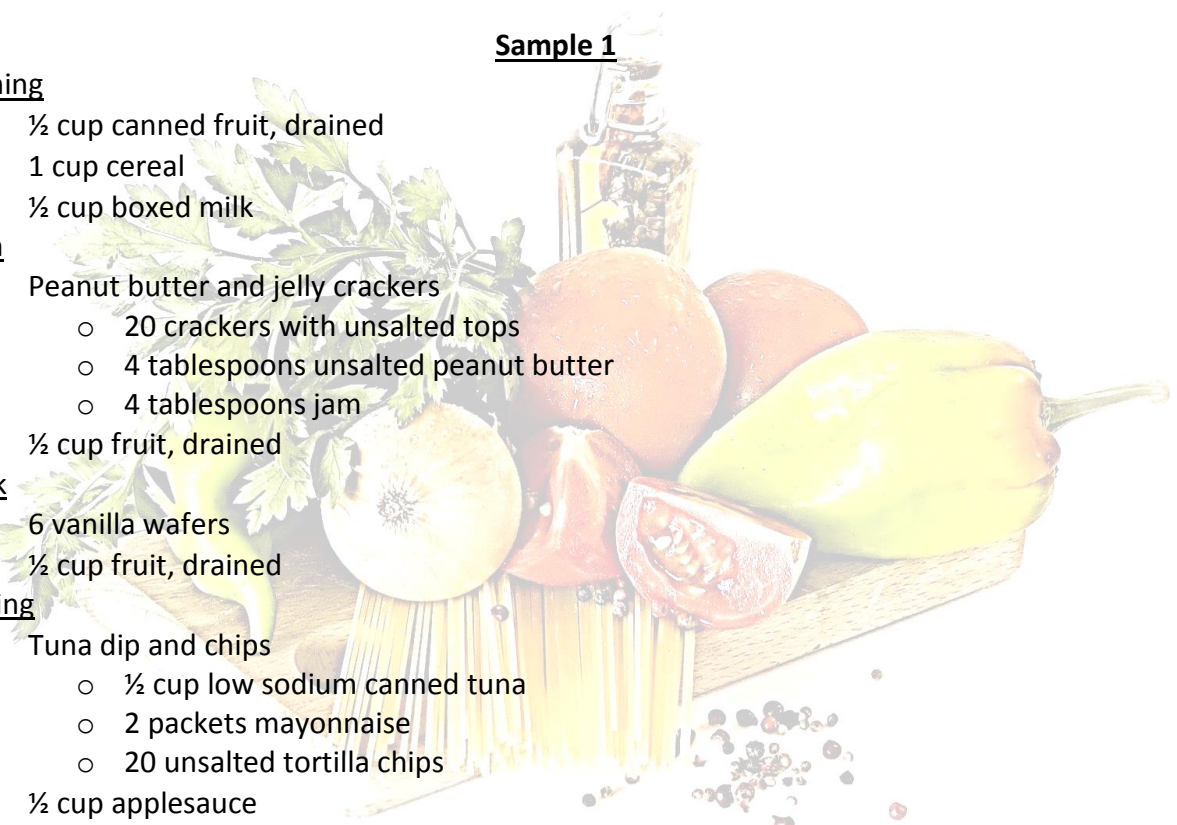
Snack

- 2 graham crackers
- 1 tablespoon unsalted peanut butter

**Sample 2**

Morning

- ½ cup canned fruit, drained
- 1 protein bar
- 4-6 ounces canned or boxed juice





### Noon

- Chicken and crackers
  - 20 crackers with unsalted tops
  - ½ cup canned chicken
  - 2 packets mayonnaise
- ½ cup canned fruit, drained

### Snack

- 6 vanilla wafers
- ½ cup canned fruit, drained

### Evening

- Peanut butter and jelly crackers
  - 20 crackers with unsalted tops
  - 4 tablespoons unsalted peanut butter
  - 4 tablespoons jam
- ½ cup canned fruit, drained

### Snack

- 2 graham crackers
- 1 tablespoon unsalted peanut butter

### **Emergency kit:**

Create your own emergency kit to help you prepare meals easily if kitchen areas are destroyed. An emergency kit with food and supplies will be critical in the event you have to leave in a hurry. Pack the foods listed in the menus and include the items below.

Review the contents of this kit once a year, use 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.

### Remember to add these items to your emergency kit

- Emergency diet information
- 2 gallon jugs filled with distilled water
- Sharp knife
- Matches in a waterproof container
- 3 plastic mixing containers with lids
- Eating utensils
- Can opener
- Flashlight
- Candy (gumdrops, jellybeans)
- Aluminum foil for storing leftovers
- Measuring cups
- Battery-operated transistor radio
- A weeks' supply of your individual medications should be kept on hand in an easily accessible area. Include phosphate binders. (Diabetics: include insulin)

### Emergency Diet Shopping List

- 6 (8 ounce) boxes rice milk
- 6 ( 4 to 6 ounce) cans/boxes apple or cranberry juice
- 1 box Puffed Wheat, Puffed Rice, or Shredded Wheat
- 3 Zone Perfect or Luna Protein bars
- 1 box crackers with unsalted tops

- 1 large bag unsalted tortilla chips
- 6 (4 ounce) cans low-sodium tuna or chicken
- 1 jar unsalted peanut butter
- 1 jar jam or jelly
- 1 box graham crackers
- 1 box vanilla wafers
- 12 (4 ounce) cans of pears, peaches, cherries, applesauce, or pineapple
- 6 (8 ounce) bottles of water
- 12 single serve mayonnaise packets
- Small box plastic spoons
- Small box plastic knives
- Paper plates
- Pack of 8 ounce plastic cups
- Can opener
- Napkins or roll of paper towels
- Hand sanitizer
- Container of disinfecting wipes



*This resource was developed by Katy Wilkens, MS, RD, and Northwest Renal Network's Patient Learning and Action Network (LAN)*

As always, the Network is here to help with any concerns about care received. To file a grievance please contact Northwest Renal Network using our contact information below:

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