

# Nephrology Services

## *Emergency Diet Plan*

*For use  
when an  
emergency  
temporarily  
prevents  
your  
dialysis  
treatment*

A photograph of a road closure. In the foreground, a white sign with a black border and the words "ROAD CLOSED" in large, bold, black capital letters is mounted on a metal post. The sign is positioned behind a red and white striped plastic water-filled barrier. The background shows a clear blue sky, green trees, and tall grasses.

**ROAD  
CLOSED**



**CHI Franciscan  
Health**

*Our best care. Your best health.<sup>SM</sup>*

The emergency diet prevents the buildup of waste products, potassium and fluid during an emergency. The diet plan is not a substitute for dialysis, but will work for short periods of time (less than 5 days) when you cannot dialyze.

## **Day one**

*(Add 4 oz. of water to take medicine)*

### **Breakfast**

- ½ cup of milk or mix ¼ cup evaporated milk with ¼ cup of distilled water, OR ½ cup of supplement or milk alternative
- 1 serving of cereal (No Raisin Bran)
- ½ can (2 oz.) canned peaches (drained)

**Snack:** 5 vanilla wafers or 1 ½ squares of graham crackers and 10 sour candies

### **Lunch**

- Peanut butter and jelly sandwich made with 2 Tbsp. of peanut butter and 2 Tbsp. of jelly on 2 slices of bread
- ½ cup canned pears (drained)

**Snack:** 10 marshmallows and ½ cup of canned applesauce

### **Dinner**

- Chicken sandwich made with 2 slices of bread, ¼ can (2 oz.) of canned low sodium chicken\* and 2 Tbsp. of mayonnaise\*
- ½ cup canned low sodium carrots (drained)
- ½ cup cranberry juice

**Snack:** 10 jelly beans and 5 vanilla wafers or 1 ½ squares of graham crackers



## Day two

*(Add 4 oz. of water to take medicine)*

### Breakfast

- ½ cup of milk or mix ¼ cup evaporated milk with ¼ cup of distilled water, OR ½ cup of supplement or milk alternative
- 1 serving of cereal (No Raisin Bran)
- ¼ can (2 oz.) canned pears (drained)

**Snack:** 10 candies and ½ cup of canned applesauce

### Lunch

- Chicken sandwich made with ¼ cup (2 oz.) canned low sodium chicken\* and 1 Tbsp. mayonnaise\* on 2 slices of bread
- ½ cup (4 oz.) canned pineapple (drained)

**Snack:** 10 candies and ½ cup of canned applesauce

### Dinner

- Tuna Sandwich made with 2 slices of bread, ¼ can (2 oz.) of canned low sodium tuna\* and 1-2 Tbsp. of mayonnaise\*
- ½ cup canned low sodium peas (drained)
- ½ cup cranberry juice

**Snack:** 10 candies and 5 vanilla wafers or 1 ½ squares of graham crackers

\*Throw perishable items away if not refrigerated or used within 4 hours.

## Day three

(Add 4 oz. of water to take medicine)

### Breakfast

- ½ cup of milk or mix ¼ cup evaporated milk with ¼ cup of distilled water, OR ½ cup of supplement or milk alternative
- 1 serving of cereal (No Raisin Bran)
- ¼ can (2 oz.) canned peaches (drained)

**Snack:** 5 vanilla wafers or 1 ½ squares of graham crackers and 10 sour candies

### Lunch

- Peanut butter and jelly sandwich made with 2 Tbsp. of peanut butter and 2 Tbsp. of jelly on 2 slices of bread
- ½ cup (4 oz.) canned peaches (drained)
- ½ cup (4 oz.) cranberry juice

**Snack:** 10 candies and ½ cup of canned applesauce

### Dinner

- Tuna sandwich made with 2 slices of bread, ¼ can (2 oz.) of canned tuna and 2 Tbsp. of mayonnaise\*
- ½ cup canned low sodium green beans (drained)
- ½ cup soda/ soft drink

**Snack:** 10 candies and 5 vanilla wafers or 1 ½ squares of graham crackers.

If you are diabetic, avoid sweets in this plan. However, have some high sugar content foods like hard candies in case your blood sugars get too “low”.





## *Emergency Food List*

- 3 packages of dry milk, 4– 8 oz. cans of evaporated milk , cans of Nepro, Boost, shelf-stable almond or soy milk cartons
- 1–2 gallons of distilled or bottled water
- 1 container of canned fruit flavored drink
- 1–2 cans or bottles of soft drink (uncola variety)
- 6-pack of 4 oz. cans or boxes of fruit juice (cranberry, apple, or grape).
- 6 boxes of single-serving cereal (NO Raisin Bran)
- 12–4 oz cans or “fruit bowls” of fruit (pears, peaches, mandarin oranges, mixed fruit, applesauce, or pineapple, but NO raisins)
- 6–8 oz. cans of low sodium vegetables (carrots, peas, corn, green beans)
- 6–4 oz. cans of low sodium meat (tuna, crab, chicken, salmon)
- 1 jar of peanut butter
- 1 small jar of jelly or honey
- 3 small jars of mayonnaise or 8-12 single-serve foil-wrapped packets
- 1 loaf regular bread
- 1 box of vanilla wafers OR graham crackers
- 5 packages of candy (sourballs, hard candy, mints)
- 1 package of marshmallows
- 1 jumbo pack of chewing gum

## ***Nephrology Services Locations***

### **St. Joseph Dialysis Center—Tacoma**

*St. Joseph Medical Center*

1717 S. J St.

Tacoma, 98405

Phone: 253-426-6688

### **Franciscan Dialysis Center—Eastside**

1415 E. 72nd St., Suite E

Tacoma, 98404

Phone: 253-476-5110

### **Franciscan Dialysis Center—South Tacoma**

5825 Tacoma Mall Blvd., Suite 103

Tacoma, WA 98409

Phone: 253-671-3140

### **St. Joseph Dialysis Center—Puyallup**

702 S. Hill Park Drive, Suite 105

Puyallup, 98373

Phone: 253-445-7520

### **St. Joseph Dialysis Center—Gig Harbor**

4700 Point Fosdick Drive NW, Suite 101

Gig Harbor, 98335

Phone: 253-853-2965

Visit us on the Web at  
[chifranciscan.org/kidney](http://chifranciscan.org/kidney)



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Health**

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