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
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Tacoma, 98405
Phone: 253-426-6688

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St. Joseph Dialysis Center—Gig Harbor
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Gig Harbor, 98335
Phone: 253-853-2965

Visit us on the Web at chifranciscan.org/kidney

Emergency Diet Plan

For use when an emergency temporarily prevents your dialysis treatment

ROAD CLOSED
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

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**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 tuna and 2 Tbsp. of mayonnaise* (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".)
- 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

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**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 1-2 Tbsp. of mayonnaise* (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".)
- ½ cup soda/soft drink

**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.
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**Lunch**
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- ½ cup canned pears (drained)
**Snack:** 10 marshmallows and ½ cup of canned applesauce

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

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- ½ cup of milk or mix ¼ cup evaporated milk with ¼ cup of distilled water, OR ½ cup of supplement or milk alternative
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**Nephrology Services**

**Emergency Diet Plan**

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CHI Franciscan Health
Our best care. Your best health.”

Nephrology Services
Emergency Diet Plan

16-1002, 03/15