

Other Things to Think About...

The Centers for Disease Control and Prevention (CDC) recommends that people make an emergency plan that includes a disaster supply kit. This kit should include enough water, dried and canned food, and emergency supplies (flashlights, batteries, first-aid supplies, prescription medicines, and a digital thermometer) to last at least three (3) days.

Use battery-powered flashlights and lanterns, rather than candles, gas lanterns, or torches (to minimize the risk of fire) and never burn propane or camping stove fuel indoors.

You can find more information on emergency plans and supply kits at www.ready.gov.

A listing of all types of severe weather and natural disaster information is available from the CDC. For more information on what you and your loved ones can do to prepare for all types of natural disasters and emergencies, please go to <http://www.bt.cdc.gov/disasters/>



Heartland Kidney Network

7306 NW Tiffany Springs Pkwy
Suite 230
Kansas City, MO 64153

Phone: (800) 444-9965
Main Fax: (816) 880-9088
Data Fax: (816) 880-1775

Web: heartlandkidney.org
Email: net12@nw12.esrd.net

Patient
Information
Series

NON-DIABETIC 3-DAY EMERGENCY DIET



Promoting and facilitating high quality care standards for dialysis and kidney transplant patients in Iowa, Kansas, Missouri and Nebraska.

PATIENT EDUCATION SERIES

Background & Purpose

Many disasters strike Iowa, Kansas, Missouri and Nebraska each year. Our region has blizzards, ice storms, windstorms, tornadoes, flash floods and heat waves. In an emergency, dialysis may not be available in your immediate area. When dialysis is unavailable, your survival will depend on your ability to follow a limited diet.

This information will help you prepare and manage an emergency diet plan. If you are on CAPD and cannot get your supplies to do your exchanges, this plan will also apply to you.

INSIDE!

- ★ **Breakfast, Lunch and Dinner Options**
- ★ **Grocery Shopping List**

NON-DIABETIC 3-DAY EMERGENCY DIET

Breakfast

1/2 cup non-dairy creamer, AND
3/4 cup dry cereal, AND
1 Tbsp. sugar, AND
1/2 cup drained pineapple (canned in juice) OR,
1/2 cup drained cherries (canned in juice), OR
1/2 cup applesauce,
OR
1/2 cup drained peaches (canned in juice), OR
1/2 cup drained pears (canned in juice)

Morning Snack

10 marshmallows, AND
10 candies, AND
1/2 cup applesauce

Lunch

2 slices white bread, AND
2 ounces unsalted canned chicken, OR
2 ounces unsalted canned tuna, AND
1 1/2 Tbsp oil, margarine or mayonnaise, AND
1/2 cup asparagus, OR
1/2 cup no salt added carrots, OR
1/2 cup no salt added green beans, AND
1/2 cup cranberry juice or powdered drink mix

Afternoon Snack

10 candies

Dinner

2 slices white bread, AND
2 ounces unsalted canned chicken, OR
2 ounces unsalted canned tuna, AND
1 1/2 Tbsp oil, margarine or mayonnaise, AND
1/2 cup drained pineapple (canned in juice) OR,
1/2 cup drained cherries (canned in juice), OR
1/2 cup applesauce,
OR
1/2 cup drained pears, (canned in juice),
OR
1/2 cup drained peaches (canned in juice), AND
1/2 cup cranberry juice or powdered drink mix

Evening Snack

5 vanilla wafers, OR
3 graham cracker squares, OR
6 unsalted crackers, AND
1 teaspoon margarine, OR
2 Tbsp jelly or honey, AND
1/4 cup cranberry juice or powdered drink mix

Grocery List

BREAD/CEREAL (5 DAILY)

White Bread Graham Crackers
 Puffed Wheat Unsalted Crackers
 Puffed Rice Vanilla Wafers
 Crisped Rice

FRUITS (3 DAILY - USE CANNED IN JUICE)

Applesauce Peaches
 Cherries Pineapple
 Pears

FISH/MEAT (4 OUNCES DAILY)

Tuna Chicken

VEGETABLES (1 CUP PER DAY)

Asparagus Green Beans
 Carrots

JUICES/BEVERAGES (LIMIT TO 1/2 CUP) PER DAY IN ADDITION TO MEAL PLAN)

Spring Water Powdered drink mixes
 Ginger Ale
 Lemon-Lime

FATS (6 PER DAY)

Margarine Mayonnaise
 Oil

HIGH CALORIE FOODS (3 PER DAY)

Honey - 1 Tbsp Cranberry juice - 1/2 cup
 Jelly - 1 Tbsp
 Sugar - 4 tsp Jelly beans or hard candies
 Marshmallows

OTHER

Herbal seasoning Shelf stable non-dairy creamer
 Breath spray
 Lemon juice Gum

Before using this plan, please check with your unit's Dietitian.