

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 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/>



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Patient
Information
Series

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**

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 no sugar added applesauce, OR
- 1/2 cup drained peaches (canned in juice), OR
- 1/2 cup drained pears (canned in juice)

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 low-carb cranberry juice or sugar-free powdered drink mix

Afternoon Snack

- 1/2 cup no sugar added applesauce

The sample meal plan choices allow approximately 43 grams protein, 1200 milligrams sodium, 1300 milligrams potassium, 675 milligrams phosphorus, 190 grams carbohydrate, and 1700 calories. Before using this plan, please check with your unit's Dietitian.

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 no sugar added applesauce, OR
- 1/2 cup drained pears, (canned in juice), OR
- 1/2 cup drained peaches (canned in juice), AND
- 1/2 cup low-carb cranberry juice or sugar-free powdered drink mix

Evening Snack

- 5 vanilla wafers, OR
- 3 graham cracker squares, OR
- 6 unsalted crackers, AND
- 1 teaspoon margarine, OR
- 1 Tbsp jelly, AND
- 1/4 cup low-carb cranberry juice or sugar-free powdered drink mix

Grocery List

BREAD/CEREAL (5 DAILY)

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

FRUITS (3 DAILY - USE CANNED IN JUICE)

- Applesauce
- Cherries
- Pears
- Peaches
- Pineapple

FISH/MEAT (4 OUNCES DAILY)

- Tuna
- Chicken

VEGETABLES (1 CUP PER DAY)

- Asparagus
- Carrots
- Green Beans

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

- Spring Water
- Diet Ginger Ale
- Diet Lemon-Lime
- Sugar-free powdered drink mixes

FATS (6 PER DAY)

- Margarine
- Oil
- Mayonnaise

HIGH CALORIE FOODS (3 PER DAY, MAY ADD 1 ADDITIONAL SERVING TO RAISE BLOOD SUGAR)

- Honey - 1 Tbsp
- Jelly - 1 Tbsp
- Sugar - 4 tsp
- Low-carb Cranberry juice - 1/2 cup

OTHER

- Herbal seasoning
- Breath spray
- Lemon juice
- Shelf stable non-dairy creamer
- Sugar-free gum