

Emergency meal plan

If you are not able to have your dialysis treatments due to an emergency, follow this daily meal plan until treatments resume.

Breakfast:

- 1 single-serving box cereal
- ½ cup milk substitute or ¼ cup evaporated milk (mix ¼ cup evaporated milk with ¼ cup water)
- 1 packet sugar*
- ½ cup fruit (fresh or canned, drained)

Morning snack:

- 5 vanilla wafers or 1 ½ squares graham crackers
- 10 pieces candy (sour balls or jelly beans)*

Lunch:

- 2 slices bread
- 2 tablespoons peanut butter or 1 egg
- 2 tablespoons jelly or honey*
- ½ cup fruit (fresh or canned, drained)
- ½ cup water

Mid-day snack:

- 10 marshmallows*
- ½ cup fruit (fresh or canned, drained)

Dinner:

- 2 slices bread
- 2 ounces low-salt meat or fish (cooked or canned)
- 2 single-serving packets mayonnaise
- ½ cup low-salt vegetable (fresh or canned, drained)
- ½ cup water

Quick tips for emergency meal planning



Allow ¼ cup water per day to take your pills.



Power outage? Once you open a can or jar, use it within 4 hours.

* If you have diabetes, talk with your doctor or dietitian about the use of sweets, such as candies, in an emergency.



IN CASE OF EMERGENCY

You can call the patient emergency hotline at 1-800-626-1297 for help with continuing your dialysis treatment during an emergency situation.