3-Day Emergency Diet Plan
for Individuals on Dialysis

Day One (add 4 ounces of water to take medicine)

Breakfast
Cereal and fruit:
- ½ c. milk or mix ¼ c. evaporated milk with ¼ c. distilled water from sealed containers or disinfected water
- 1 box of cereal (single-serving) (No Raisin Bran)
- 1 Tbsp. Sugar
- ½ can (2 oz.) canned peaches drained

Morning Snack
- Vanilla wafers (5) or graham crackers (1½ squares)
- Sourballs (10)

Lunch
Peanut butter and jelly sandwich:
- 2 slices of bread
- 2 Tbsp peanut butter
- 2 Tbsp jelly
- ½ c. canned pears drained
- 4 oz. (1/2 c.) pre-made powdered fruit drink

Afternoon Snack
- Marshmallows (10)
- ½ c. canned applesauce

Dinner
Chicken sandwich:
- 2 slices of bread
- ½ can (2 oz) canned low sodium chicken
- 2 Tbsp. Mayonnaise
- ½ c. canned low sodium carrots drained
- ½ c. cranberry juice

Evening Snack
- Jelly beans (10)
- Vanilla wafers (5) or graham crackers (1½ squares)

Day Two (add 4 ounces of water to take medicine)

Breakfast
Cereal and fruit:
- ½ c. milk or mix ¼ c. evaporated milk with ¼ c. distilled water from sealed containers or disinfected water
- 1 box of cereal (single-serving) (No Raisin Bran)
- 1 Tbsp. Sugar
- ½ can (2 oz.) canned pears drained

Morning Snack
- ½ cup canned applesauce
- Jelly beans (10)

Lunch
Chicken sandwich:
- 2 slices of bread
- ¼ c. (1 oz.) canned low sodium chicken
- 1 Tbsp. Mayonnaise
- ½ c. pineapple drained
- 4 oz (1/2 c.) pre-made powdered fruit drink

Afternoon Snack
- Mints (10)
- ½ c. canned applesauce

Dinner
Tuna Sandwich:
- 2 slices of bread
- ½ can (2 oz.) canned low sodium tuna
- 1-2 Tbsp. Mayonnaise
- ½ c. canned low sodium peas drained
- ½ c. cranberry juice

Evening Snack
- Vanilla wafers (5) or graham crackers (1½ squares)
- Sourballs (10)
Day Three (add 4 ounces of water to take medicine)

Breakfast
Cereal and fruit:
♦ ½ c. milk or mix ¼ c. evaporated milk with ¼ c. distilled water from sealed containers or disinfected water
♦ 1 box of cereal (single-serving) (No Raisin Bran)
♦ 1 Tbsp. Sugar
♦ ½ c. cherries drained

Morning Snack
♦ Vanilla wafers (5) or graham crackers (1½ squares)
♦ Hard candies (10)

Lunch
Peanut butter and jelly/honey sandwich:
♦ 2 slices of bread
♦ 2 Tbsp. Peanut butter
♦ 2 Tbsp. Jelly or honey
½ c. canned peaches drained
4 oz. (1/2 c.) cranberry juice

Afternoon Snack
♦ ½ c. canned applesauce
♦ Jelly beans (10)

Dinner
Salmon sandwich:
♦ 2 slices of bread
♦ ½ can (2 oz.) canned low sodium salmon
♦ 1-2 Tbsp. Mayonnaise
½ c. canned low sodium green beans drained
½ c. soft drink

Evening Snack
♦ Vanilla wafers (5) or graham crackers (1½ squares)
♦ Marshmallows (10)

Helpful Tips
♦ Throw away unused food in open containers if not refrigerated or used within 4 hours.

♦ If you are diabetic, avoid the sweets in this diet plan. However, have some high sugar content foods like hard candies in case you go “low” with too little sugar in your body.

♦ The meals can be stored and prepared with little or no refrigeration. If your refrigerator is still working, use fresh milk, meat, and poultry in the amounts listed in the diet.

♦ One egg or 1 oz. of meat that has been kept at a safe temperature can be switched for 2 tablespoons of peanut butter or 1 oz. of low-sodium canned meat.