



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)

Ready in 3

Missouri Department of Health and Senior Services

health.mo.gov/emergencies/readyin3

573-526-4768

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.