

# Emergency Renal Diet Plan

Use this diet plan daily until you are able to return to dialysis:

40 grams protein, 1 gram sodium, 1.5 grams potassium, 16 ounces liquid

**MEAT**                      **3 ounces per day** – A 1 ounce serving is the size of the palm of your hand. Examples include water packed tuna or canned low sodium chicken or turkey.

**BREAD**                      **5 servings per day** – Eat only salt free bread and crackers. You may substitute ½ cup cooked macaroni, noodles, or rice for one slice of bread.  
**DO NOT EAT POTATOES.**

**FLUID**                      **16 ounces per day** – You can drink 7-UP, ginger ale, Sprite, Kool-Aid, or bottled water. **NO FRUIT JUICE, GATORADE, OR OTHER SPORTS BEVERAGES.**

**VEGETABLES**            **1 serving per day** – Use only green beans, peas, or corn. This may be omitted or eaten cold if no cooking facilities are available.

**FRUIT**                      **Limit to 2 servings per day** – You can eat canned applesauce, pears, pineapple, or blueberries. Strain/drain all fruit juices. You may also have cranberry sauce.

**OTHER**                      **These foods have no limits** – Unsalted margarine or butter, jelly, honey, hard candy, marshmallows, gumdrops, mayonnaise, and regular gum.

**DIABETICS**              **If you are on insulin, check your blood sugar regularly.** Talk to your doctor about what to do in an emergency. You may have to use sweetened foods or candy to avoid insulin reaction.

**REMEMBER**              **Fluid build-up and high potassium in your blood can be dangerous!**





# 3 Day Emergency Diet Plan



## Day One

### BREAKFAST

½ cup applesauce

1 cup puffed wheat

Sugar – if desired

¼ cup evaporated milk mixed with  
¼ cup water

### SNACK

Jelly beans/marshmallows

### LUNCH

2 slices unsalted bread

2 ounces canned tuna mixed with  
mayonnaise

2 canned pear halves, drained

4 ounces ginger ale or 7-UP

### SNACK

3 small plain cookies

### DINNER

1 ounce canned turkey mixed with  
mayonnaise

2 slices unsalted bread

½ cup low sodium green beans

4 ounces cranberry juice

### BEDTIME

2 graham crackers w/ honey

4 ounces lemonade

## Day Two

### BREAKFAST

½ cup applesauce

1 cup shredded wheat

Sugar – if desired

¼ cup evaporated milk mixed with  
¼ cup water

### SNACK

Jelly beans/marshmallows

### LUNCH

2 slices unsalted bread

2 ounces canned tuna mixed with  
mayonnaise

½ cup grapes

4 ounces lemonade

### SNACK

3 unsalted crackers w/ honey or  
jelly

### DINNER

1 ounce canned chicken mixed  
with mayonnaise

2 slices unsalted bread

½ cup low sodium corn

4 ounces ginger ale or 7-UP

### BEDTIME

3 plain cookies

4 ounces 7-UP

## Day Three

### BREAKFAST

½ cup applesauce

1 cup puffed rice

Sugar – if desired

¼ cup evaporated milk mixed with  
¼ cup water

### SNACK

Jelly beans/marshmallows

### LUNCH

2 slices unsalted bread

2 ounces canned tuna mixed with  
mayonnaise

2 canned pear halves, drained

4 ounces lemonade

### SNACK

2 graham cookies w/ honey or jelly

### DINNER

1 ounce canned tuna mixed with  
mayonnaise

2 slices unsalted bread

½ cup low sodium peas

4 ounces ginger ale or 7-UP

### BEDTIME

3 unsalted crackers w/ jelly

4 ounces 7-UP