

Emergency Renal Diet

3 Day Meal Plan

The sample meal plan given contains approximately 43 gm of protein, 1200 mg. sodium, 1300mg potassium, 675 mg phosphorus 190gm carbohydrate and 1700 calories. You can adjust the menus to fit your taste with the help of your dietician. These meal plans are stricter than your normal renal diabetic diet.

Day 1

Breakfast	Lunch	Dinner
½ cup non-dairy creamer	2 slices white bread	2 slices white bread
¾ cup dry cereal	2 ounces unsalted tuna fish *	2 ounces unsalted chicken *
½ cup drained pineapple	1 tablespoon mayonnaise * margarine, or oil	1 tablespoon mayonnaise * margarine, or oil
	½ cup low sodium green beans	½ cup drained peaches (canned in juice)
	½ cup cranberry juice **	1/4 cup cranberry juice **
	Afternoon Snack	Evening Snack
	½ cup of applesauce	5 vanilla wafers or 3 Graham cracker squares or 6 unsalted crackers
		1 teaspoon margarine + 1 ½ teaspoons of jelly
		1/4 cup cranberry juice **

*If unable to keep food chilled in refrigerator, after opening, keep packed in cooler with ice or snow and discard at the end of the day. ** Low calorie cranberry juice

Day 2

Breakfast	Lunch	Dinner
½ cup non-dairy creamer	2 slices white bread	2 slices white bread
¾ cup dry cereal	2 ounces unsalted turkey *	2 ounces unsalted chicken *
½ cup drained peaches (canned in juice)	1 tablespoon mayonnaise * margarine, or oil	1 tablespoon mayonnaise * margarine, or oil
	4 spears low sodium asparagus	½ cup drained pineapple
	½ cup cranberry juice **	1/4 cup cranberry juice **
	Afternoon Snack	Evening Snack
	½ cup sugar-free applesauce	5 vanilla wafers or 3 Graham cracker squares or 6 unsalted crackers
		1 teaspoon margarine + 1 ½ teaspoons of jelly
		1/4 cup cranberry juice **

Day 3

Breakfast	Lunch	Dinner
½ cup non-dairy creamer	2 slices white bread	2 slices white bread
¾ cup dry cereal	2 ounces unsalted tuna fish *	2 ounces unsalted turkey *
½ cup drained peaches (canned in juice)	1 ½ tablespoon mayonnaise * margarine, or oil	1 ½ tablespoon mayonnaise * margarine, or oil
	½ cup low sodium carrots	½ cup drained cherries
	½ cup cranberry juice **	½ cup cranberry juice **
	Afternoon Snack	Evening Snack
	½ cup sugar-free applesauce	5 vanilla wafers or 3 Graham cracker squares or 6 unsalted crackers
		1 teaspoon margarine + 1 ½ teaspoons of jelly
		1/4 cup cranberry juice **

** Low calorie cranberry juice *If unable to keep food chilled in refrigerator, after opening, keep packed in cooler with ice or snow and discard at the end of the day.

Suggested Emergency Grocery List

Bread/cereal (choose 5 servings per day) (No Raisin Bran)

- Loaf of White Bread - Graham Crackers - Unsalted Crackers (plain)
- Vanilla Wafers Dry cereal – Puffed Wheat, Puffed Rice, Crisp Rice

Fruits (Choose 3 servings per day canned in own juices)

Canned: applesauce, pears, peaches, cherries, or pineapple.

Fish/ Meats (4 ounces per day) 4oz is size of deck of playing cards

Canned and water packed- Tuna, Chicken or Turkey.

Frozen or Shelf stable non-dairy creamer- 4 ounces per day

High Caloric Foods (Choose 3 servings/day + if needed 1 serving to raise blood sugar)

Honey (1 tablespoon) Jelly (1 tablespoon) Sugar (4 teaspoons)

Sugar Free Hard Candies- as desired

Vegetables (1 serving per day)

Choose from canned- low sodium green beans, asparagus, or carrots

Fats (Choose 10 servings per day) Mayonnaise**, Margarine**, Oil (Olive or Vegetable)*

** Individual packets of mayo and margarine are recommended to avoid spoilage

Other Beverages (limit to ½ cup per day in addition to meal plan)

Low calorie Cranberry Juice

1 gallon Spring Water Diet Ginger Ale or Diet Lemon-Lime Soda

Other (Seasoning and fluid control aids) Herbal seasoning, garlic powder, sugarless chewing gum, Breath spray, fresh or reconstituted lemon juice