



National **Kidney** Foundation®

# Be Prepared: Kidney Patient Prep for Coronavirus

Coronavirus is spread mainly from person to person. There are currently no special precautions kidney patients need to take unless their healthcare professional has told them otherwise. However, it's important that everyone follow these preventative measures recommended by the [Centers for Disease Control \(CDC\)](#):

- **Stay home** if you feel sick or have any symptoms (fever, cough, sore throat, body aches, headache, chills).
- **Avoid others who are sick.** Limiting face-to-face contact with others as much as possible.
- **Cover coughs and sneezes** with a tissue, then throw it in the trash can. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- **Wash hands often** with soap and water for at least 20 seconds; especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If you don't have soap and water, use hand sanitizer with 60%-95% alcohol.
- **Routinely clean** frequently touched surfaces and objects
- **Avoid touching your face**, especially your nose and mouth.
- Wear a facemask if advised to do so by your healthcare professional or by a public health official.

## Why do I need to prepare for the coronavirus outbreak?

If there is a virus outbreak in your area and you need to decrease your risk of exposure, it will be important that you have food to eat without having to go out. Here are some shelf stable food recommendations to help you follow your kidney diet. Shelf stable means foods that last long periods of time without spoiling, such as canned goods. It's critical to prepare now by stocking up 2-3 weeks' worth of healthy, kidney friendly foods, fresh water, and prescriptions. This will help reduce your risk of infection by allowing you to avoid crowded spaces like grocery stores and pharmacies. It's important to continue receiving dialysis treatments unless your clinic is closed due to the outbreak. In the unlikely instance that you are unable to receive dialysis due to clinic closures, please visit [www.kidney.org/help](http://www.kidney.org/help) for up-to-date information on clinic closings and emergency resources.

## Kidney-Friendly Shelf Stable Items for your Pantry

It's important to keep shelf stable foods on hand to limit community exposure if an outbreak occurs in your area.

Reminders:

- Throw away cans that are opened, dented at the seam, or past their expiration date to avoid food poisoning.
- Avoid using salt (and salt substitutes if you have a potassium restriction)
- Keep distilled water on hand (bottles or jugs).

## **Dialysis Friendly - Low potassium, Low phosphorous, Low sodium**

**Fruits, 1/2 cup = 1 serving (limit to 2-3 servings/day)**

- Canned or sealed container, no sugar added: (drained and rinsed)
  - Applesauce
  - Apricots
  - Fruit Cocktail
  - Peaches
  - Pears
  - Pineapples
  - Mandarin Oranges
- Juice
  - Cranberry
  - Apple
  - Grape
  - Pineapple
- Fruit punch
- Lemonade
- Limeade

**Vegetables, 1/2 cup = 1 serving (limit to 2-3 servings/day)**

- Low-sodium or no salt added canned: (drained and rinsed)
  - Bamboo Shoots
  - Beets
  - Carrots
  - Corn
  - Green Beans
  - Mushrooms
  - Pumpkin
  - Sweet Peas
  - Water Chestnuts

### **Protein**

- Low-sodium canned: (drained and rinsed)

- Tuna
- Salmon
- Meat
- Turkey
- Chicken
- Shelf stable Tofu
- Dried or no sodium added/low-sodium canned pinto or fava beans (¼ cup) (drained and rinsed)
- Unsalted Nut Butter

### **Dairy (1/2 cup/day)**

- Dry Milk Solids
- Evaporated milk
- Shelf stable milk alternative (refrigeration required after opened)
  - Rice, soy, almond

### **Grain**

- Bread
  - White
  - Light Rye
  - Sourdough
- Dry Cereal: unsalted, puffed wheat or rice. Avoid bran and high fiber. Good choices include, but are not limited to:
  - Cornflakes
  - Honey Bunches of Oats
  - Life Cereal
  - Puffed Rice
  - Rice Krispies
  - Special K Oats & Honey
- Cooked Cereal
  - Cream of rice or wheat
  - Grits
- White Pasta
- White or brown rice
- Unsalted crackers

### **Fats**

- Unsalted butter or margarine
- Low-sodium mayonnaise (single packets)
- Vegetable oil
  - Olive oil
  - Canola oil

## **Sweets**

- Animal crackers
- Chewing gum
- Graham crackers
- Hard candy
- Jellybeans
- Vanilla Wafers

## **Other**

- Honey
- Jelly
- Jam

# **Kidney Friendly – Low Sodium (no potassium or phosphorus restriction)**

Includes all dialysis friendly foods as well as foods listed below.

## **Fruits (2-3 servings/day)**

- Canned or sealed container, no sugar added
- Dried fruit
- Fruit Juice

## **Vegetables (2-3 servings/day)**

- No salt added or low-sodium canned vegetables

## **Protein**

- Low-Sodium canned meat
  - Tuna
  - Salmon
  - Meat
  - Turkey
  - Chicken
- Dried beans and peas
- No sodium added or low-sodium canned beans
- Shelf stable Tofu
- Unsalted Nut butter
- Unsalted Nuts and Seeds

## **Dairy (2-3 cups/day)**

- Dry Milk Solids

- Evaporated milk
- Shelf stable milk alternative (refrigeration required after opened)
  - Rice, soy, almond

## **Grain**

- Whole grain breads and pastas
- White or brown rice
- Unsalted crackers
- Dry cereals: Low sodium
- Cooked Cereals
  - Cream of wheat or rice
  - Grits
  - Rolled or steel cut oats

## **Fats**

- Unsalted butter or margarine
- Low-sodium mayonnaise (single packets)
- Salad or cooking oil

## **Sweets**

- Animal crackers
- Chewing gum
- Graham crackers
- Hard candy
- Jellybeans
- Vanilla Wafers

## **Other**

- Low-sodium Soups and Broths
- Honey
- Jelly
- Jam