

Bland Diet Instructions

It has likely been recommended you feed your pet a bland diet due to gastrointestinal upset. Bland diets include foods that are easily digested, like boiled meats or lean protein, and boiled or steamed plain white or brown rice. Prepared bland diets include Hills i/d or Purina EN, and are fully balanced as a complete meal option.

You can also prepare your own bland diet for your pet at home, but the following formulations are meant for SHORT TERM use only. These options will not meet all your pet's nutritional needs and can lead to nutritional deficiencies if fed long-term.

Options include the following:

1. Boneless, skinless chicken breast, boiled – mix 1 cup chicken with 3 cups rice
2. 93% lean ground beef, boiled with all water drained off – mix 1 cup beef with 3 cups rice
3. Non-fat cottage cheese – mix 1 cup cottage cheese with 3 cups rice

Feed 1 cup of this mixture per 10 pounds of body weight daily, split into 2-3 meals throughout the day

Ex. If your dog weighs 60 pounds feed 2 cups, three times a day (6 cups total)

STORE ALL MIXTURES IN THE REFRIGERATOR AFTER PREPARING

Feed the bland diet for the recommended time period (usually 5-7 days). If your pet's stools are 100% normal after 5-7 days you can GRADUALLY start to mix your pet's normal diet with the bland diet. Mix 75% of the bland diet with 25% of the regular diet for 2 days, then 50/50 for 2-3 days, then 25% of the bland diet with 75% of the regular diet for 2 days, then back to 100% regular diet.

Please monitor for any worsening or failure to improve. If any of these are observed your pet should be reevaluated right away.