



BLAND DIET

AT HOME CARE:

- * Withhold food for 8 hours or as directed.
- * Reintroduce water gradually, if there has been no vomiting or diarrhea in the past 8 hrs. Start by giving very small amounts of water, offered every 2 hours. You may gradually increase the amount you give.
- * If no signs of vomiting or diarrhea occur during the next 12 hrs as water is introduced, you may introduce a small amount of a bland diet (see description below).
- * Give frequent (3-4 times/day), small feedings for several days.
- * Then gradually (over 2-3 days) return to your dog's usual diet by adding in small amounts of the usual food to the bland diet, increasing the amount with each meal. As you increase the amount of the usual diet, decrease the amount of the bland diet.

BASIC BOILED RICE AND CHICKEN BLAND DIET RECIPE

CARBOHYDRATE SOURCE: Boiled white rice

LEAN PROTEIN SOURCE: Chicken breast, no skin and bones

BOILED RICE: 1 part white rice with 3 parts water boiled for 20 – 25 minutes or until the rice is easily crushed.

BOILED CHICKEN: De-fat chicken breast and boil in water for 10 – 15 minutes or until the chicken meat is easily pulled apart and cooked all the way through.

MIXING INSTRUCTIONS: Finely chop the lean protein and mix 2 cups carbohydrate source and ½ cup lean protein source.

STORAGE INSTRUCTIONS: Bland diets can be premade and stored in the refrigerator for a maximum of 48 hours. The bland diet can be cooked in a batch and frozen in feeding sized portions to minimize preparation time. Thaw and warm the frozen diet prior to feeding.

PERMITTED LEAN PROTEIN SUBSTITUTIONS

Pork loin, egg whites, low fat cottage cheese, turkey, or plain low fat yogurt.

PERMITTED CARBOHYDRATE SUBSTITUTIONS

Boiled potatoes, boiled spaghetti, Minute rice.

PERMITTED COMMERCIAL BLAND DIETS

Purina EN Gastroenteric; Royal Canin Gastrointestinal Low Fat

FEEDING INSTRUCTIONS

Estimate 25% of your animal's diet and feed that amount of the bland diet every 6 – 8 hours. Smaller animals will require less and larger animals will require more adhering to the same carbohydrate to lean protein source ratio. The bland diet should be fed for 4 -5 days with no treats or other food sources until stools are firm. If you need to use a bland diet for more than 5 days, please contact us for recommendations for a nutritionally balanced therapeutic diet available through the clinic.

TRANSITION BACK TO A NORMAL DIET.

Never transition back to a regular diet rapidly. Transition back to the regular diet over a 1 week period. Start by adding 25% of the regular diet to 75% of the bland diet and feed that combination for 2 days. If stools continue to be firm then continue substituting the regular diet in 25% increments and feeding the combination in 2 day time intervals until the diet is 100% regular diet. Minimize treats for 1 week after moving the diet back to 100% regular diet.