



BLAND DIET FEEDING INSTRUCTIONS

GENERAL INFORMATION

A bland diet is a diet that is soft and highly digestible. It is low in fiber and fat, and is high in carbohydrates. Bland diets are generally composed of a single carbohydrate source and a single lean protein source. The most common bland diet is boiled white rice and boiled lean chicken breast, without skin or bones. Rotisserie, Deli, and canned meats should be avoided. Since bland diets are low in fiber, stool production slows and defecation is less frequent. Bland diets are fed to rest the gastric system and to help promote normal stool formation. Some pets stop producing stool entirely-- this is ok for up to four days. Many pets on the bland diet drink less, as this diet is very high in moisture.

BLAND DIET RECIPE

The most common bland diet is a mix of 75% boiled white rice and 25% *boiled* lean chicken breast (without fat, skin, or bones) or *boiled* lean ground beef (sirloin is best). Please never use canned meat, cold cuts, nor rotisserie meats. Homemade bland diets can be premade and stored in the refrigerator for a maximum of 48 hours. White rice may be substituted with white potato or plain white pasta.

PRIOR TO FEEDING A BLAND DIET:

Pets should be fasted for 12 to 24 hours. Young animals and animals under 10 pounds should not be fasted for more than 12 hours. Fasting will allow the intestinal system to relax and minimize acid secretions that may irritate and inflame the intestinal lining. During the fast, small amounts of water or ice chips may be provided.

BLAND DIET INSTRUCTIONS:

After you have finished the fasting period, start offering a tiny amount of bland food, as outlined below:

For cats and small dogs:	1 Teaspoon
For medium/large dogs:	Up to 1/4 Cup

If no vomiting occurs, continue offering the small meals every 30 minutes, gradually increasing the volume and time between meals until you are feeding 2-3 times per day.

Continue the bland diet **FOR NO LONGER THAN 7 DAYS**. You should see some improvement in the consistency of the stool every day. If the stools are not improving, or if they are getting worse, please ***contact us immediately***.

After you've noticed consistently improving stools (2-3 consecutive), gradually start to mix your pet's regular diet with the bland diet:

Day 1:	Mix 1/4 regular diet with 3/4 bland diet
Day 2:	Mix 1/2 regular diet with 1/2 bland diet
Day 3:	Mix 3/4 regular diet with 1/4 bland diet
Day 4:	Feed all regular diet

If you have any questions, please don't hesitate to call our office at (321) 724-0234