



Old York

VETERINARY HOSPITAL

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Bland Diet Cooking and Feeding Instructions for Dogs

General Information: Typically when we recommend a bland diet for your dog, we mean a diet that is highly digestible and soft. These diets are designed to be gentle to the gastrointestinal system and help promote normal stool production. The components of such diets are low in fiber, therefore stool production less frequent. There are some excellent prescription diets that serve this purpose. You can also provide a homemade diet.

Homemade Recipes:

We want the diet to be approximately 75% single source carbohydrate and 25% single source protein. These diets can be premade and stored in the refrigerator for 48 hours. Portions can also be separated into batches, frozen and thawed as needed.

The most common bland diet is composed of 75% boiled white rice and 25% boiled lean chicken breast (without skin, bone or seasonings). The rice should be well cooked such that it can be easily mashed. The chicken should be thoroughly cooked until the meat is easily pulled apart and shredded into small pieces.

Protein sources and carbohydrate options may be substituted as needed or preferred.

Permitted protein substitutions: **Boiled** lean ground beef- no more than 7% fat, or low fat cottage cheese.

Permitted carbohydrate substitutions: Quick cooking white rice, spaghetti or boiled white potatoes.

Feeding Instructions:

Quantities to feed unless otherwise directed: The average 25 pound dog would get fed 2 cups of the bland diet, divided into smaller meals, throughout the day. That means 1 ½ cups of a single carbohydrate source and ½ cup of a single protein source in total.

Divide the total amount to be fed for the day into smaller quantities to allow for 3 to 5 small meals a day. Please feed strictly the bland diet, with no additional human food or dog treats.

Transitioning Back to Regular Diet:

The bland diet is typically fed for approximately five days. The transition back to the regular dog food should be done gradually over a period of seven days. Start by adding 25% of the regular diet into 75% bland diet and feed that combination for two days. If the diarrhea is improving, feed a 50%/50% regular to bland diet mixture for 2 more additional days. Assuming the diarrhea continues to resolve, increase the amount of regular food fed every 2 days until they are completely back onto the regular diet.

Minimize the number of treats offered for the first week after transitioning to the regular dog food.