

Bland Diet Recipe

We want your pet to be on a bland diet for the next 7 – 10 days. A bland diet is a diet that is soft and highly digestible. It is low in fiber, fat and protein and is high in carbohydrates. Since bland diets are low in fiber, stool production slows and defecation is less frequent. If you prefer, we also carry Purina Veterinary Diets EN food which is a premade bland diet.

HOMEMADE BASIC BLAND DIET RECIPE

Ingredients: Boiled white rice

Chicken breast with no skin and bones or VERY lean beef drained and rinsed well of fat

Low fat cottage cheese or plain low fat yogurt

Instructions: Finely chop chicken or beef. Mix 2 cups rice and ½ cup chicken or beef. Add a small amount of cottage cheese or yogurt.

Storage: 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.

FEEDING INSTRUCTIONS

Feed small amounts of the bland diet every 4 – 8 hours for the first 2 days then you can begin to feed larger amounts less frequently. The bland diet should be fed with no treats or other food sources until stools are firm again. When it is time to transition back to their normal diet 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 begin to feed 50% of the bland diet and 50% regular diet for 2 – 3 days. Every few days increase their normal diet by 25% until they are returned to 100% regular diet.