

ASK OUR VETERINARIANS



Dear Dr. Schmidt, I keep hearing about feeding a dog or cat a bland diet. Why would I want to do that?

Kelli

Dear Kelli,

Usually, the only time we would recommend feeding a pet a bland diet is when the pet is sick, especially when experiencing vomiting or diarrhea. It usually begins by fasting your pet for at least 24 hours, depending on your pet's condition. This will allow his/her stomach to settle down before reintroducing food again. It is recommended to feed only small amounts at a time, several times a day. These smaller amounts will help cut down on increased acidity in the stomach, which will help cut down on further irritability, which will also help alleviate some of the nausea, too. As I like to say, we want to "sneak it in one end, and sneak it out the other" without making the upset digestive tract worse. The diet should be made with ingredients that are highly digestible, low in fat, and have low residue. The most common ingredients used are a combo of either lean hamburger or skinless chicken and rice. Some people will even use turkey or venison. A good ratio to use is one part meat to four parts rice. It is ok, even encouraged, to allow your pet to also drink small amounts of water throughout the day, too. If after a day or two your pet improves, then slowly mix their regular diet back into the bland diet. If the vomiting and/or diarrhea persists more than a day or two, you should get them into your veterinarian quickly to make sure your pet didn't eat something

they shouldn't have or that your pet does not have some other debilitating disease. You don't want to wait too long or things could get too bad. I would recommend always calling your veterinarian first before beginning this diet. They may be able to head off a disaster. So Kelli, after reading this, I hope your pet doesn't need that bland diet.

Have a Great Day,

Submitted by: Dr. Doug

Dr. Douglas Schmidt

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