



# Bland Diet Recommendations



A bland diet is a diet that is soft & highly digestible. They are generally composed of one carb & one lean protein source (boiled white rice & chicken is most common). Bland diets help the gastric system rest & promote normal stool formation. They are also generally low in fiber, thus stool production slows, & defecation often becomes less frequent. Homemade bland diets do not provide complete & balanced nutrition, so they should only be fed short term as instructed by your veterinarian. Alternatively, prescription bland diets (Hill's GI Biome, Purina EN, Royal Canin Gastrointestinal) do provide complete & balanced nutrition & can safely be fed long term if indicated.

## Basic Boiled White Rice & Chicken Recipe:

**Rice:** Boil white rice in water for 20-25 minutes or until rice is easily crushed. Minute rice can also be used. Do not season.

**Chicken breast:** Chicken should contain no skin, bones, or fat. Boil chicken in water for approximately 15 minutes, or until meat is easily pulled apart & cooked thoroughly. **DO NOT FEED RAW MEAT.** Chicken should be shredded into bite size pieces. Do not season.

### Carbohydrate Substitutes:

Potato  
Plain noodles

### Protein Substitutes:

Lean Hamburger  
Ground Turkey

## Feeding Instructions:

- Mix 2 parts boiled rice with 1-part boiled meat
- Feed dogs at 1 cup per 10 pounds body weight per day
  - Ex: if pet weighs 20 lbs, feed 2 cups total per day
- Feed multiple smaller meals on the 1st day, then decrease back to normal daily feeding intervals (i.e. 2 meals/day)



## Transitioning back to a normal diet:

- Feeding bland diet exclusively for 2 days beyond resolution of symptoms (i.e. 100% normal stool and/or no vomiting for at least 2 days). Then start SLOW transition back to regular diet. Abrupt, or rapid, switching back to regular diet will likely lead to recurrence of diarrhea.
- Transition back to regular diet over a 1-week period.
- Start by adding 25% of the regular diet to 75% of the bland diet & feed this combination for 2 days. Continue to substitute the regular diet in 25% increments & 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.

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If you have any questions or concerns, we will be more than happy to discuss them with you.