

Bland Diet Instructions for Dogs

General Information: 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. Bland diets are fed to rest the gastric system and to help promote normal stool formation. Animals that are physically sick should not be fed bland diets as a method of treatment.

***KEEP PLENTY OF FRESH & CLEAN WATER AVAILABLE AT ALL TIMES.**

Homemade Recipe: The most common bland diet is mixing 75% boiled white rice and 25% boiled lean chicken breast (without skin and bones) or lean ground beef (sirloin is best). Homemade bland diets can be premade and stored in the refrigerator for a maximum of 48 hours. You may warm each meal slightly.

**For growing puppies, special considerations need to be taken for the homemade version of the bland diet, which your veterinarian/technician should discuss with you. We strongly recommend purchasing the below prescription diets instead.*

Commercial bland diets that we offer here (dry &/or canned): "Hills I/D" or "Royal Canin Intestinal HE".

Feeding Amounts:

Prescription diets: Simply follow the instructions on the bag for the amount needing to be fed per day.

Homemade diets: Please use the below guidelines, unless otherwise noted by your Veterinarian;

Dogs weighing <5 pounds: Feed a total of about ½ cup, split into smaller amounts throughout the day.

Dogs weighing 5 – 15 pounds: Feed a total of about ½ - ¾ cup, split into smaller amounts throughout the day.

Dogs weighing 16 – 30 pounds: Feed a total of about 1 - 1 ½ cups, split into smaller amounts throughout the day.

Dogs weighing 31 – 50 pounds: Feed a total of about 1 ½ - 2 cups, split into smaller amounts throughout the day.

Dogs weighing 51 – 75 pounds: Feed a total of about 2 - 3 cups, split into smaller amounts throughout the day.

Dogs weighing 76 – 99 pounds: Feed a total of about 3 - 4 cups, split into smaller amounts throughout the day.

Dogs weighing >100 pounds: Feed a total of 4 – 5 cups, split into smaller amounts throughout the day.

Feeding Instructions: Take your total amount & break it into 4 – 6 meals per day (i.e., if your total per day is 3 cups, then feed your dog ½ cup 6 times a day, allowing about 2 hours between each meal). Stools should almost be returned to normal (if not, please call us for further instructions) by day 5. The bland diet should be fed strictly (no other treats, table scraps or bones) for 4 -5 days.

Transition back to normal diet: On day 5 or 6, begin reintroducing your dog's normal diet, by mixing it with the bland diet. Each day that passes, you will reduce the amount of bland diet & increase the amount of regular dog food, but still keeping up with the total per day & the frequency guidelines. Continue restricting treats, table scraps & bones until 1 week has passed without signs of diarrhea.

****The "typical" bland diet regimen lasts about 10 days; however, this timeline may be adjusted to meet the individual patient's needs.***