



A Bland Diet for Dogs and Cats

A bland diet is recommended for dogs and cats when experiencing gastrointestinal issues such as vomiting, diarrhea, or after surgery.

PREPARATION AND SERVING

Combine the protein source with the carbohydrate source in a 1:1 ratio. For example, mix one cup of boiled chicken with one cup of cooked white rice.

Serve small, frequent meals (4-6 times a day) instead of large meals. Adjust the portion size based on your dog's weight and appetite.

Servings Size for Dogs

Small dogs (less than 15 pounds): Feed 1/2 cup to 3/8 cup per meal

Medium dogs (15-51 pounds): Feed 1 cup to 2 cups per meal

Large dogs (51 pounds and up): Feed 2 cups to up to 5 cups per meal

Servings Size for Cats

Feed only 1-2 tablespoons every 4 to 6 hours

PROTEIN SOURCE

Boiled Chicken

Skinless and boneless chicken breast, cooked thoroughly without any seasoning. Cut into bite size pieces.

Boiled Lean Ground Turkey

Use lean ground turkey to minimize fat content. No added seasonings or oils.

Boiled Lean Ground Beef

Use lean ground beef to minimize fat content. Boil the ground beef until fully cooked, and then drain off any excess fat. Do not use any seasonings, oils, or additives.

CARBOHYDRATE SOURCE

White Rice

Plain, fully cooked white rice. This is gentle on the stomach and easy to digest.

Boiled Potatoes

Peeled, boiled, and mashed without any butter or seasoning.

Canned Pure Pumpkin

Canned pure pumpkin (not pumpkin pie filling) can be added in small amounts (1-2 teaspoons) to the bland diet to help with diarrhea due to its high fiber content.

SAMPLE RECIPES

CHICKEN AND RICE

1 cup boiled chicken, chopped

1 cup cooked white rice

1. Boil the chicken until fully cooked, then chop it into small pieces.
2. Cook the white rice according to package instructions.
3. Mix the chicken and rice together.
4. Let it cool to room temperature before serving.

GROUND BEEF AND RICE OR POTATOES

1 cup boiled lean ground beef, drained

1 cup cooked white rice or boiled potatoes

1. Boil the lean ground beef until it is fully cooked, and drain off any fat.
2. Cook the white rice or boil the potatoes until they are soft and easily mashed.
3. Mix the ground beef with the rice or potatoes.
4. Let the mixture cool to room temperature before serving.

HOW LONG DO I NEED TO FEED MY PET A BLAND DIET?

It's usually good to keep the pet on a bland diet for 2-3 days after the vomiting has stopped and the stool has returned to normal. When things stabilize, you can start mixing the bland diet with your pet's normal food.

Transition Back to Regular Diet:

After 3-4 days on the bland diet, if your dog shows signs of improvement, gradually reintroduce their regular food by mixing increasing amounts of it with the bland diet over a period of 4-5 days.

Example Transition Plan:

1. Day 1-2: 75% bland diet, 25% regular diet.
2. Day 3-4: 50% bland diet, 50% regular diet.
3. Day 5: 25% bland diet, 75% regular diet.
4. Day 6: 100% regular diet.

WHAT ELSE CAN I FEED MY CAT ON A BLAND DIET?



- Poached white fish without the skin or bones (from fresh or frozen)
- Strained, unseasoned meat-based baby food
- Plain low fat yogurt
- Cooked scrambled eggs cooked without any oil, butter, or other ingredients
- Low fat cottage cheese