



BLAND DIET RECIPE AND INSTRUCTIONS

THIS IS NOT INTENDED TO REPLACE VETERINARY ADVICE! Many dogs coming out of a stressful shelter environment may have digestive upset. If your dog is not improving within 2-3 days, gets worse over the next 24 hours, or gets back to normal but the problem recurs after he/she is back on regular food, call your veterinarian for an appointment. Bring a stool sample with you – use a plastic spoon and scoop some up, then put the spoon and stool in a ziplock bag.

Tips for dogs who can benefit from this bland diet:

Dogs with diarrhea and/or vomiting may benefit from this diet. Give their digestive system a rest by not feeding anything for 12-24 hours (6 hours for pups <4 months). On the 2nd, 3rd, and 4th day, feed only the bland diet at the amounts listed below. On day 5, 6, and 7 add an equal amount of your dog's regular food to the listed amount of bland diet. On day 8 feed regular food.

This bland diet recipe contains a lot of liquid, is very digestible, and results in small amounts of stool. It is not constipating, but after a few days your dog may go quite a while between stools!

This is not a balanced or complete diet and should not be fed for more than a week or two at a time.

Recipe for Canine Bland Diet (makes about 5 cups – recipe can be doubled for large dogs):

- 1 cup raw white long-grain rice (not brown or minute rice)
- ½ pound lean hamburger or ground chicken or ground turkey **OR** 1 cup 2% or less-fat cottage cheese
- 6 cups water
- 1-2 TBSP of 100% pureed pumpkin can also be added (optional)

Boil rice, meat, and water. Turn to low and cover. Simmer for 25 minutes, turn off and let sit for 20 to 30 minutes (it should be mushy). If you use cottage cheese or add pumpkin, add it at the **end** of the process. Keep refrigerated and warm slightly before serving.

Directions for Feeding Canine Bland Diet (notice that this is less food than usual for most dogs):

- Dogs under 5 lbs should get one level teaspoonful, 3 times per day
- Dogs 5-10 lbs should get one slightly heaping teaspoonful, 3 times per day
- Dogs 10-15 lbs should get one heaping teaspoonful, 3 times per day
- Dogs 15-25 lbs should get a level 1/3 cup, 2 times per day
- Dogs 25-40 lbs should get a level 1/2 cup, 2 times per day
- Dogs 40-60 lbs should get 2/3 cup, 2 times per day
- Dogs 60-90 lbs should get one cup, 2 times per day
- Dogs over 90 lbs should get 1 and 1/2 cups, 2 times per day