



INSTRUCTIONS FOR BLAND DIET

If we have instructed you to feed your pet a bland diet the following should help you figure out what and how much to feed.

Usually a bland diet means **2:1 ratio** of carbohydrate to protein.

PREFERRED CARBOHYDRATES:	PREFERRED PROTEIN:
White Rice	Chicken
Plain Pasta	Ground Turkey
White Potato	Ground Beef
	Egg
	Low-Fat Cottage Cheese

You must consider if your pet has any food allergies before choosing from this list. For example, if your pet has an allergy to chicken then you should use beef, turkey or egg.

When you cook the rice, pasta, chicken, ground turkey or ground beef you should boil it. Do not salt the water and do not use any other seasonings. Use a colander to drain off all the water and fat. When you cook the egg you can do so in the microwave or scramble in a pan with no oil, butter or seasonings.

When your pet has a upset stomach or some diarrhea it is best to feed multiple small meals throughout the day if you are able to do so. This diet is not meant for long term use, 3 to 4 days maximum. If your pet begins to feel better you, can mix in some of their normal kibble with the bland diet for a couple of days before switching back to just their normal kibble. If the vomit or diarrhea has not gotten better or completely resolved you should see your veterinarian.