



BLAND DIET FEEDING INSTRUCTIONS

GENERAL INFORMATION

A bland diet is one that is highly digestible. It is low in fiber, fat, and protein and is high in carbohydrates. Bland diets are generally composed of a single carbohydrate source and a single lean protein source. The most common bland diet is boiled rice and boiled lean chicken breast (without skin and bones). As bland diets are low in fiber, stool production slows, and defecation is less frequent. Bland diets are fed to rest the gastrointestinal system and to help promote normal stool formation.

BASIC BOILED RICE AND CHICKEN BLAND DIET RECIPE

CARBOHYDRATE SOURCE: Boiled white rice

- 1 part white rice with three parts water boiled for 20-25 minutes or until the rice is easily crushed

LEAN PROTEIN SOURCE: Chicken breast (no skin/bones)

- Remove all visible fat and boil in water for 10-15 minutes (or until the meat is easily pulled apart and is fully cooked)

MIXING INSTRUCTIONS:

- Finely chop the lean protein and mix with the carbohydrate source at a ratio of 2 cups of carbohydrate for every ½ cup of lean protein source

STORAGE INSTRUCTIONS:

- Bland diets can be pre-made and stored in the fridge for a maximum of 48 hours. The diet can be cooked in batches and frozen in portions to minimize preparation time. Thaw and warm the frozen diet prior to feeding

PERMITTED LEAN PROTEIN SUBSTITUTIONS

- Pork loin, lean ground beef (93%), egg whites, low-fat cottage cheese, plain low-fat Greek yogurt

PERMITTED CARBOHYDRATE SUBSTITUTIONS

- Boiled potatoes, boiled spaghetti, Minute rice



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PERMITTED COMMERCIAL BLAND DIETS

- Purina EN, Hill's Science Diet i/d, Royal Canin Gastrointestinal

FEEDING INSTRUCTIONS

- Estimate 25% of your animal's diet and feed that amount of the bland food every 6-8 hours. The bland diet should be fed for 2-3 days with no treats or other food sources until the stools are firm.
 - Dogs weighing <5: Feed a total of about ½ cup
 - Dogs weighing 5 - 15 pounds: Feed a total of about ½ - ¾ cup
 - Dogs weighing 16 - 30 pounds: Feed a total of about 1 - 1 ½ cups
 - Dogs weighing 31 - 50 pounds: Feed a total of about 1 ½ - 2 cups
 - Dogs weighing 51 - 75 pounds: Feed a total of about 2 - 3 cups
 - Dogs weighing 76 - 99 pounds: Feed a total of about 3 - 4 cups
 - Dogs weighing 100 pounds: Feed a total of 4 – 5 cups

TRANSITION BACK TO NORMAL DIET

- Never transition back to a regular diet rapidly. Transition over a 4-5 day period. Start by adding 25% of the regular diet to 75% of the bland diet. If the stools continue to be firm, continue substituting the regular diet in 25% increments in daily intervals until the diet is 100% regular diet. Minimize treats for another one week after switching back to the regular diet.