



Bland Diet Tips

There may be times when your pet needs to be placed on a bland diet for a few days. If your pet has had a recent gastrointestinal episode with diarrhea/soft stool or vomiting due to dietary indiscretion (eating things he/she shouldn't) or other conditions, then a bland diet may help to resolve the upset. Additionally, a bland diet is sometimes recommended after certain abdominal surgeries. A bland diet is defined as a diet that is soft and easily digestible. It is composed of a single lean protein source and a single carbohydrate type. **Bland diets are intended to help the gastrointestinal system rest and recover from recent upsets.** Since these diets are low in fiber, less stool is produced, which also aids in the gut-resting process.

At Ely Veterinary Care (EVC), if we suggest that your pet be placed on a bland diet, we recommend that they eat **a chopped mixture of plain (spice-free), lean boiled chicken breasts with boiled white rice in frequent, small amounts.** Prior to offering your pet the bland diet, **you will want to be sure that your pet is holding down water first.** Offer your pet a small amount of water, and if they hold it down for a few hours, then you can offer them a small amount (about ¼ of the amount they would normally eat) of the bland diet. If they hold down the bland diet, you can continue to offer them small amounts of this diet every 6 – 8 hours (3-4 times a day) until their stools are back to a normal consistency. **Most pets start having firmer stools after 4-5 days of the bland diet regimen.** Once stools are normal again, you can slowly transition your pet back to their regular food, being sure to avoid the introduction of excessive treats and foreign foods into their system. For more information about how to transition your pet back to their normal food, please see the handout on our website titled "How to Transition Your Pet Onto a New Diet."

Some pets need a full 12 – 24 hours of being fasted (with small amounts of water available) prior to the introduction of the bland diet to allow their gastrointestinal tracts to rest and recover from the inflammation. But, recent studies have shown that the quicker they can start eating again (even if it is in very small amounts), the smoother and more efficient their recovery and healing will be. **It is important that their chicken is boiled and cooked thoroughly and is NOT raw.** Raw foods can introduce unwanted bacteria into your pet's gastrointestinal system, further complicating their issues. If making this bland diet for your pet presents some challenges, there are alternative, commercial bland diets available for your pet. The slow-start principles and recommended food amounts mentioned above still apply to the commercial bland diets. Please see the list below for those alternatives.



Alternative, Commercial Bland Diets:

- Hills Prescription Diet Digestive Care i/d
- Hills Prescription Diet Digestive Care i/d Low Fat
- Hills Prescription Diet Digestive Care i/d Stress
- Over-the-Counter Hills Science Diet Sensitive Stomach and Skin
- Purina Pro Plan Veterinary Diets EN Gastroenteric

If you have any questions or concerns about your pet's bland diet recommendation, if your pet is still experiencing a stomach upset after being on the bland diet for 4-5 days, or if you feel like your pet is worsening, please reach out to us. We are here to help!

*To order a commercial bland diet for your pet, please call our office or visit our online pharmacy at <https://elyvetcarellc.securevetsource.com/index.pml>