



## Bland Diet Recipe & Instructions

For short duration problems with diarrhea or vomiting:

**INSTRUCTIONS:** Please feed your pet a bland diet for 5-7 days then gradually switch back to regular food over 2-3 days. It is best to feed small amounts frequently rather than large amounts once or twice a day. Call our office if the gastrointestinal problems are not improving.

For vomiting, make sure that your veterinarian has OK'd the feeding of food before you start the bland diet.

For long term use we have commercial diets that better meet your pet's total nutritional needs.

**RECIPE:** Mix one part of a lean protein source, (lean hamburger, cooked & drained; low fat cottage cheese; cooked turkey or chicken breast without the skin) with 3-4 parts cooked white rice.