



BLAND DIET

GENERAL INFORMATION

A bland diet is a diet that is soft and highly digestible. 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. Since bland diets are low in fiber, stool production slows and defecation is less frequent. Bland diets are fed to rest the gastric system and to help promote normal stool formation.

PRIOR TO FEEDING A BLAND DIET

Pets should be fasted for 12 to 24 hours. Young animals should not be fasted for more than 12 hours. Fasting will allow the intestinal system to relax and minimize acid secretions that may irritate and inflame the intestinal lining. During the fast small amounts of water or ice chips may be provided.

BASIC BOILED RICE AND CHICKEN BLAND DIET RECIPE

BOILED RICE: 1 part white rice with 3 parts water boiled for 20 – 25 minutes or until the rice is easily crushed.

BOILED CHICKEN: De-fat chicken breast and boil in water for 10 – 15 minutes or until the chicken meat is easily pulled apart and cooked all way through.

MIXING INSTRUCTIONS: Finely chop or shred the chicken and mix 2 cups rice and ½ cup chicken.

STORAGE INSTRUCTIONS: Bland diets can be premade and stored in the refrigerator for a maximum of 48 hours. The bland diet can be cooked in a batch and frozen in feeding sized portions to minimize preparation time. Thaw and warm the frozen diet prior to feeding.

PERMITTED LEAN PROTEIN SUBSTITUTIONS

Pork loin, egg whites, low fat cottage cheese. 7% low fat hamburger, or plain low fat yogurt.

PERMITTED CARBOHYDRATE SUBSTITUTIONS

Boiled potatoes, boiled spaghetti, or Minute rice.

FEEDING INSTRUCTIONS

Feed a small amount (1-2 tablespoons – 1/2cup) of the bland diet every 6 – 8 hours. Smaller animals will require less and larger animals will require more. The bland diet should be fed for 4 -5 days with no treats or other food sources until stools are firm.

TRANSITION BACK TO A NORMAL DIET

Never transition back to a regular diet rapidly.

<i>Days to Feed</i>	Bland Diet	Regular Diet
<i>3-5 days</i>	100%	0%
<i>2 days</i>	75%	25%
<i>2 days</i>	50%	50%
<i>2 days</i>	25%	75%
<i>Resume Normal</i>	0%	100%

Start by adding 25% of the regular diet to 75% of the bland diet and feed that combination for 2 days. If stools continue to be firm then continue substituting the regular diet by adding 50% of the regular diet to 50% of the bland diet and feed that combination for 2 days. Then feed adding 75% of the regular diet to 25% of the bland diet and feed that combination for 2 days. Then by adding 25% of the regular diet to 75% of the bland diet and feed that combination for 2 days.