



The Doctor has prescribed a Bland Diet...

The following are suggestions for the kinds of bland food required to treat disease processes such as **Gastroenteritis, Colitis, Pancreatitis, Liver disease** and any other intestinal tract disease requiring diet therapy. Of course, prescription diets such as I/D, K/D, A/d and E/N which are specifically formulated and nutritionally complete may be prescribed by a veterinarian. These come in both canned and dry form, and they're available at this office.

“Homemade” diets also work in many situations, but may require some extra effort in preparation. Two “rules-of-thumb” must always be followed when feeding intestinal tract problems. One, feed smaller amounts (about $\frac{1}{4}$ of normal) and two, feed at more frequent intervals (3-4 times daily). Remember, if problems such as severe vomiting and/or diarrhea persist, please have your pet rechecked as soon as possible.

SUGGESTIONS FOR HOMEMADE DIETS

1. Feed approximately **1/3 protein**. Boiled chicken, boiled ground turkey or hamburger. Drain away grease and no seasonings!
2. Feed approximately **2/3 carbohydrates**. White rice is best.
3. You can enhance this diet by adding such things as a teaspoon to tablespoon of low-fat cottage cheese or plain white yogurt.

There are several other possibilities for those who have a “finicky” pet, so just ask! Bland diets may be necessary for only a few days and some times much longer. Please keep your pet on this bland diet (not treats or sneaks) for the time span that was recommended by your veterinarian, and gradually transition back to the regular diet over 3-5 days.

