

The oyal Treatment Veterinary Center

Alternative Bland Diet Option for Dogs

If your dog is experiencing intermittent bouts of diarrhea or an episode of vomiting you need to consider the possible causes: bacterial or viral infection, parasites, consumption of a new food, treat, dietary indiscretion or indigestible (and possibly toxic) materials (chemicals, tree bark, mulch, dirt, paper towel, socks, toys, etc.).

Note: If you suspect your dog has consumed something that could be lodged in his or her gastrointestinal tract or a toxin then it is very important that you seek medical care immediately. And, if your dog continues to have symptoms longer than 24 hours or at any point becomes weak or lethargic, seek medical care immediately. We also suggest bringing in a fecal sample to rule out parasites.

If your dog is vomiting start a 24 hour fast. Leave water available at all times but avoid food to give the gastrointestinal tract a rest. Then start the bland diet (listed below) for 3 - 5 days (or as needed), then slowly (reintroduce) their regular diet. Note: if your dog continues to vomit during the 12 hour fast, seek medical care immediately.

If your dog has diarrhea start a bland diet. A bland diet gives the stomach and intestines a break from having to work hard to process foods while providing nutritional support. Remember to wean your dog back to their regular diet to prevent feeding an unbalanced diet. If diarrhea continues past 7 days or clinical signs worsen please seek medical care.

Blend:

50% **cooked** lean meat (least amount of fat possible; boiled meat is best) such as ground turkey, sirloin, chicken breast & 50% **cooked** sweet potato or canned pumpkin (ex. Libby's 100% pumpkin, not "pumpkin pie filling").

Approximate amounts to feed:

1 - 10 lbs	1/2 cup every 8 hours
11 - 20 lbs	3/4 cup every 8 hours
21 - 40 lbs	1 cup every 8 hours
41 - 60 lbs	1 1/2 cups every 8 hours
61 - 80 lbs	2 cups every 8 hours
81 - 100 lbs	2 1/2 cups every 8 hours

Additional options if needed:

You can also add a natural gastrointestinal support to firm stools. Purchase Slippery Elm powder at the health food store and mix 1/2 teaspoon per every 10 lbs of dog per meal.