

The oyal Treatment Veterinary Center

Bland Diet for Dogs

A bland diet can be helpful for your pet to avoid or resolve diarrhea, whether from a virus, bacterial overgrowth, dietary change/dietary indiscretion or a variety of other causes.

The recipe: 1 part rice to 1 part boiled meat (hamburger, chicken, turkey). You may also use a few jars of meat baby food, eggs or cottage cheese.

The rice should be white long grain, not minute, brown or converted rice. Add extra water and cook a little longer to make it soupy which enhances its absorptive capacity.

Initially the bland diet should be 1/2 the volume of a regular meal, then you can increase to the normal amount per meal over a few meals (if you feed 2 cups a day or dry food, feed 2 cups a day of bland diet). This is a transitional diet meant to be tasty, easy to digest and helpful in firming up stool. It is not a complete diet. As symptoms improve, pets should be weaned off the bland diet and back onto their regular diet over a period of 3-4 days.

Cooked (overcooked with extra water) millet can also be a helpful additive to help decrease diarrhea. Add about 1 tablespoon per 30lb dog in with the food. Note - it can be constipating, so discontinue use when stool becomes formed.