

Canine Bland Diet Recipe and Directions

1. Is your dog vomiting liquids as well as food (drinking and then vomiting it back up)?
2. Is this a puppy under 4 months of age, or an adult weighing less than 10 pounds?
3. Is your dog acting ill, not drinking well, or not wanting to eat anything?
4. Has your dog had repeated watery stools or vomiting (more than 3 times today)?
5. Is there red blood or black, tarry stuff in the vomit or diarrhea?

If you answered YES to any of the above questions, your dog should be seen by a veterinarian ASAP. If all answers were NO, call your veterinarian at your first opportunity and follow their recommendations. These symptoms can mean serious or contagious problems so don't wait.

Tips for dogs who can benefit from this bland diet:

Give their digestive system a rest by not feeding anything for 24 hours (6 hours for pups <4 months). On the 2nd, 3rd, and 4th day, feed only the bland diet at the amounts listed below. On day 5, 6, and 7 add an equal amount of your dog's regular food to the listed amount of bland diet. On day 8 feed regular food.

If your dog is not improving within 2-3 days, gets worse over the next 24 hours, or gets back to normal but the problem recurs after he/she is back on regular food, call your veterinarian for an appointment. Bring a fresh stool sample with you.

This is not a balanced or complete diet. It should not be fed for more than a week or two at a time. This bland diet recipe contains a lot of liquid, is very digestible, and results in small amounts of stool. It is not uncommon for your dog to go a couple days without a bowel movement.

Recipe for Canine Bland Diet (makes about 5 cups – recipe can be doubled for large dogs):

- 1 cup raw white long-grain rice (not brown or minute rice) or white potato if Grain Free
- ½ pound hamburger or ground chicken or ground turkey
- 6 cups water (1 Cup of water for potato)

Boil ingredients. Turn to low and cover. Simmer 25 mins, turn off heat and let it cool. Keep refrigerated.

Directions for Feeding Canine Bland Diet (notice that this is less food than usual for most dogs):

- Dogs under 5# should get one tablespoon 3 times per day to maintain blood sugar levels
- Dogs 5-10# should get 1/4 to 1/3 cup per day
- Dogs 10-15# should get 1/2 cup per day
- Dogs 15-25# should get 2/3 cup per day
- Dogs 25-40# should get 1 cup day
- Dogs 40-60# should get 1 1/3 cups per day
- Dogs 60-90# should get 2 cups per day

- Dogs over 90# should get 1 and 1/2 cups, 2 times per day