

# North Fork Veterinary Clinic



## BLAND DIET SHEET

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 are 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**  
Low-fat cottage cheese, plain yogurt, jar meat baby food, boiled chicken, boiled eggs, boiled ground turkey or hamburger.
2. Feed approximately **2/3 carbohydrates**  
Rice, pasta (any kind), cream-of-wheat, white bread (toast OK), pancakes, waffles, sugar cookies and crackers (saltine or grahams)
3. You can enhance this diet by adding such things as tuna or clam juice (especially cats), clear soups and honey or light corn syrup.

There are several other possibilities for those who have “finicky” pets, so just ask! Bland diets may be necessary for only a few days and some times much longer. Pets on long-term homemade diets, and pets who eat only people food usually require a multivitamin/mineral supplement such as Pet Tabs. Hopefully, these suggestions will result in rapid recovery to the normal good health of your pet.