

Guide Dogs.

Bland Diet Feeding Guidelines

| Ingredient | Ratio (volume) | Ingredient | Ratio (volume) |
|---------------------------------|----------------|-------------------|----------------|
| Boiled chicken breast (no skin) | 1/3 | Boiled white rice | 2/3 |

Instructions

1. Fast the pup for one meal to allow the gut to rest.
2. Introduce small, frequent amounts of bland food to reduce nausea and improve diarrhoea.
3. Monitor, and if the pup is tolerating bland food, slowly increase the portion size over the next three scheduled meals.
4. Once the portion size is the same volume as you would normally feed Advance kibble, continue until the pup has had normal bowel motions for 2 days.
5. Then begin transitioning to Advance kibble using the [Food Transitioning Guidelines](#).

Bland Diet Example

If your pup is normally fed 2 cups of Advance daily (500g kibble), aim to feed 2 cups of bland diet in the correct ratio (1/3 rice: 2/3 chicken) over 3 meals.

| Day | Time | Food |
|-------|------|---|
| Day 1 | 7am | 20g chicken + 40g rice |
| | 11am | 40g chicken + 80g rice |
| | 3pm | 60g chicken + 120g rice |
| | 7pm | 60g chicken + 120g rice |
| Day 2 | 7am | 60g chicken + 120g rice |
| | 1pm | 60g chicken + 120g rice |
| | 7pm | 60g chicken + 120g rice |
| Day 3 | 7am | 60g chicken + 120g rice |
| | 1pm | 60g chicken + 120g rice |
| | 7pm | 60g chicken + 120g rice |
| Day 4 | | Start transition back to Advance kibble |