

Winchester Veterinary Group
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BLAND DIET

1. If vomiting is present, your pet may be given ice cubes or **small** amounts of water at frequent intervals. Avoid giving large quantities of water. If there is diarrhea, but **no vomiting**, then fresh water can and should be given frequently.

2. Bland Diet Mixture:
Mix either two parts boiled pasta or two parts boiled white rice (long grain, not minute rice) with one part low fat cottage cheese (boiled low fat hamburger or boiled white meat chicken can be substituted for cottage cheese). Alternatively, meat-based baby food, such as beef, chicken, or lamb flavor (with no onion powder additive) can be fed as a bland diet without boiled white rice added.
*A prescription bland diet called I/D (Intestinal Diet) is also available for purchase at Winchester Veterinary Group if preferred.

3. -Give water only for _____ days.
-When feeding is resumed, feed small, frequent meals of only the bland diet for _____ days.
-If this is well-tolerated, feed only the bland diet 2-3 times daily (normal sized meals) for _____ days.
-Then, mix regular food with the bland diet in gradually increasing amounts (25%, 50%, 75%) over three days before resuming regular feeding.
-Note for certain intestinal disorders, some animals need to be maintained on bland diets for extended periods. If there are any problems or questions while following the restricted diet, please consult with us.

How Much Should I Feed My Puppy?

1 cup 50:50 chick:rice = 270 kcal

Under 4 Months

<u>Wt</u>	<u>kcal/day</u>	<u>can/cup of i/d/day</u>	<u>cup of 50:50 chick:rice/day (short-term only)</u>
2 lb	190	$\frac{1}{2}$	$\frac{2}{3} - \frac{3}{4}$
5 lb	380	1	$1 \frac{3}{8}$
8 lb	565	$1 \frac{1}{2}$	$2 - 2 \frac{1}{8}$
10 lb	660	$1 \frac{3}{4}$	$2 \frac{3}{8}$
15 lb	875	$2 \frac{1}{3}$	$3 \frac{1}{4}$
20 lb	1130	3	$4 \frac{1}{8}$
30 lb	1505	4	$5 \frac{1}{2} - 5 \frac{5}{8}$
40 lb	1880	5	7

4 - 9 Months

<u>Wt</u>	<u>kcal/day</u>	<u>can/cup of i/d/day</u>	<u>cup of 50:50 chick:rice/day (short-term only)</u>
2 lb	141	$\frac{3}{8} - \frac{1}{2}$	$\frac{1}{2}$
5 lb	330	$\frac{7}{8}$	$1 \frac{1}{4}$
8 lb	470	$1 \frac{1}{4}$	$1 \frac{3}{4}$
10 lb	565	$1 \frac{3}{8} - 1 \frac{1}{2}$	$2 - 2 \frac{1}{8}$
15 lb	750	2	$2 \frac{3}{4}$
20 lb	940	$2 \frac{1}{3} - 2 \frac{1}{2}$	$3 \frac{1}{2}$
30 lb	1250	$3 \frac{1}{4} - 3 \frac{1}{3}$	$4 \frac{2}{3}$
40 lb	1505	$4 - 4 \frac{1}{4}$	$5 \frac{5}{8}$
50 lb	1785	$4 \frac{3}{4} - 5$	$6 \frac{2}{3}$
60 lb	2070	$5 \frac{1}{2} - 5 \frac{2}{3}$	$7 \frac{2}{3}$
70 lb	2350	$6 \frac{1}{4} - 6 \frac{1}{3}$	$8 \frac{2}{3} - 8 \frac{3}{4}$

10-12 Months

<u>Wt</u>	<u>kcal/day</u>	<u>can/cup of i/d/day</u>	<u>cup of 50:50 chick:rice/day (short-term only)</u>
2 lb	125	$\frac{1}{3}$	$\frac{3}{8}$
5 lb	250	$\frac{2}{3}$	$\frac{7}{8} - 1$
8 lb	375	1	$1 \frac{3}{8}$
10 lb	470	$1 \frac{1}{8} - 1 \frac{1}{4}$	$1 \frac{3}{4}$
15 lb	565	$1 \frac{1}{2} - 1 \frac{5}{8}$	$2 - 2 \frac{1}{8}$
20 lb	750	2	$2 \frac{3}{4}$
30 lb	1000	$2 \frac{2}{3}$	$3 \frac{2}{3} - 3 \frac{3}{4}$
40 lb	1220	$3 \frac{1}{4} - 3 \frac{1}{3}$	$4 \frac{1}{2}$
50 lb	1410	$3 \frac{3}{4} - 4$	$5 \frac{1}{4}$
60 lb	1690	$4 \frac{1}{3} - 4 \frac{1}{2}$	$6 \frac{1}{4}$
70 lb	1880	5	7
80 lb	2070	$5 \frac{1}{2} - 5 \frac{2}{3}$	$7 \frac{2}{3}$
100 lb	2445	$6 \frac{1}{2} - 6 \frac{2}{3}$	9
120 lb	2820	$7 \frac{1}{3} - 7 \frac{2}{3}$	$10 \frac{3}{8}$