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## BLAND DIET

If your pet is experiencing gastrointestinal (GI) upset, such as vomiting or diarrhea, it is important to provide them with a bland diet that is easy to digest and gentle on their stomach. A bland diet typically consists of foods that are low in fat and fiber, and easy to digest. Here are some bland diet options that you can try for your pet:

- **Boiled Chicken and Rice**

Boiled chicken and rice is a classic bland diet option for pets with GI upset. Start by boiling boneless, skinless chicken breasts in water until they are cooked through. Remove the chicken from the water and shred it into small pieces. Cook white rice separately according to the package instructions. Mix the shredded chicken and cooked rice together, and feed it to your pet in small portions throughout the day.

- **Boiled Turkey and Rice**

Boiled turkey and rice is another go-to option for pets with GI upset. Start by boiling ground turkey in water until cooked completely. Cook white rice separately according to the package instructions. Mix the ground turkey and cooked rice together, and feed it to your pet in small portions throughout the day.

- **Boiled Ground Beef and Rice**

If your pet does not like chicken or is allergic to it, you can try boiled ground beef and rice instead. Cook ground beef in a pan until it is browned and fully cooked. Remove the beef from the pan and set it aside. Cook white rice separately according to the package instructions. Mix the cooked ground beef and cooked rice together, and feed it to your pet in small portions throughout the day.

- **Cottage Cheese and Rice**

Cottage cheese is a good source of protein that is easy to digest for pets with GI upset. Cook white rice according to the package instructions, and mix it with small-curd cottage cheese. Feed this mixture to your pet in small portions throughout the day.

- **Boiled Potatoes and Chicken (Sweet potato or white potato)**

Boiled potatoes are a good source of carbohydrates that are easy to digest for pets with GI upset. Peel and chop potatoes into small pieces, and boil them in water until they are soft. Boil boneless, skinless chicken breasts in a separate pot until they are cooked through. Shred the chicken into small pieces, and mix it with the boiled potatoes. Feed this mixture to your pet in small portions throughout the day.

The most important thing to remember when it comes to a bland diet, is to keep it BLAND. No spices, no cheese, no extras. It should be a very boring meal to give your pet a chance to calm down their GI tract.

It is important to remember that a bland diet should only be fed for a short period of time, typically 2-3 days. If your pet's symptoms persist or worsen, please seek out veterinary care.

In addition to a bland diet, it is important to ensure that your pet has access to fresh water at all times, and to monitor their bowel movements and appetite closely. When transitioning back to your pet's NORMAL diet, be sure to change back SLOWLY over the course of several meals. We recommend mixing their normal food into the bland diet, slowly increasing the amount each time. If GI upset reoccurs, that food may be the problem!