

Bland Diets

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1. Baby food

Strained meats like chicken, beef, veal and turkey. Small jars are best for cats, small dogs or puppies. Make sure that the only ingredient is the chosen meat, nothing else. **Do not give baby food with onion powder.**

2. Non- fat Cottage cheese/Yogurt and white rice and/or cooked eggs

Use non-fat cottage cheese/non-fat plain yogurt and cooked white rice.

Use hard-boiled or scrambled eggs, do **NOT** cook the egg with oil or butter.

Mix one part cottage cheese or cooked eggs to four parts rice.

3. Chicken/Turkey and rice

Place chicken or turkey in boiling water and cook well. Drain in colander, removing **all fat.**

Mix one part meat to four parts rice.

It is ok to add non-fat cottage cheese or non-fat yogurt.

4. Ready-made prescription diets: Hill's Science Diet **i/D** or Royal Canin **Low Fat Gastrointestinal**



Choose any of the above and feed small portions several times a day.

Return to normal food gradually by mixing bland items with regular food.

Please call with any questions or concerns



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