



### **Bland diet and feeding instructions**

Please feed a BLAND DIET for the next 3-5 days to help the stomach settle.

Recipe for a bland diet at home:

1 part plain, boiled chicken (no seasoning, oil or butter) to 3 parts plain, white rice (no seasoning, oil or butter).

Feeding instructions: Do not offer food until this evening. Start with feeding 3 tablespoons of the bland diet. If she/he does well with this, we can resume more meals tomorrow morning by feeding 3-4 tablespoons every 3 hours throughout the day tomorrow. If she/he continues to do well, go to 3 larger meals the next day. Continue bland diet until stools are completely back to normal in frequency and consistency. Then, gradually reintroduce the regular food. We recommend mixing 25% of the regular diet with 75% bland diet for 2-3 days. Then mix 50% of the regular diet with 50% of bland diet for 2-3 days. Then mix 25% of bland diet with 75% of regular diet for 2-3 days. Then feed a 100% regular diet. We recommend getting a new batch/bag of the regular diet.

**Please monitor for recurrence of vomiting, onset of diarrhea, decreased appetite and lethargy. If these occur, please have her/him seen.**