

The Bland Diet Card

Chicken and rice is the most-given advice in dog ownership and the least explained. This card covers doing it properly, the honest time limit, and the situations where reaching for it is the wrong move.

Before you cook, check this applies. A bland diet belongs to ONE situation: an otherwise-healthy **adult** dog with mild signs, who is drinking, willing to eat, and behaving normally - for no more than 24 to 48 hours before you call your vet. It is supportive care, not treatment. Puppies, seniors, tiny breeds, diabetic dogs and any dog on regular medication get a phone call instead.

The protocol

The protein	Plain boiled or baked skinless, boneless chicken breast is the classic. Lean turkey breast, low-fat cottage cheese, or very lean ground beef with the fat poured off all appear in veterinary sources. Nothing seasoned, nothing fried, no skin, no bones.
The carbohydrate	Plain cooked white rice - chosen deliberately, because the goal here is low fiber and easy digestion, and brown rice keeps the fibrous outer layer that normally makes it the healthier grain.
The proportion	More rice than meat. Use the rice-to-protein proportion and the total daily amount your veterinarian recommends for your dog - both depend on his size and on what is wrong.
The schedule	Small portions, several times a day, rather than one or two big meals.
Water	Always available, always. This is not optional and it is not part of any fasting advice.

Do

- Cook it through, refrigerate leftovers promptly
- Offer small amounts often
- Feed early rather than starving - a brief pause after active vomiting is reasonable, a multi-day fast at home is not
- Call if it is not clearly improving within 48 hours

Never

- Salt, butter, oil or seasoning
- Onion or garlic in any form - both damage red blood cells in dogs, garlic more so, and signs can appear days later
- Skin, bones, or the fatty drippings
- Human anti-diarrheals, laxatives, enemas or mineral oil
- Fasting a puppy, tiny breed, diabetic dog or cat

Getting back to normal food - once stools have been normal for a day

Day 1 Mostly bland, a little regular food mixed in	Day 2 About half and half	Day 3 Mostly regular food	Then Back to normal	If stools loosen Drop back a step for a day	If it happens twice Call your vet instead of trying again	Why gradual? An abrupt diet change is itself a common trigger for the upset you just recovered from
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The limit that matters most: plain chicken and rice is NOT a complete and balanced diet - one veterinary reference describes it as short of more than ten essential nutrients. It belongs in days, not weeks. Fed for weeks or months it does real harm. If your dog needs a special diet longer than about a week, that is your vet's call, and it is usually a complete therapeutic gut food rather than home cooking.

And the bigger signal: a dog who needs a bland diet every few weeks has something unresolved - dietary or medical. Repeated treats and table food, a food intolerance, parasites, chronic gut inflammation and pancreatic disease all hide behind a pattern of upsets that keep half-resolving on chicken and rice. Bring the pattern, the food history and a stool sample to your vet.