

# **CROSSROADS VETERINARY HOSPITAL**

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## **BLAND DIET RECOMMENDATIONS**

1. Baby food: strained meats like chicken, beef, turkey or veal. Usually only found in small jars so are best for cats, small dogs or puppies.
2. Cottage cheese and white rice: Use low fat cottage cheese and cooked white rice (non-instant). Feed 1 part protein (cottage cheese) to 4 parts carbohydrate (rice).
3. Ground beef and rice: Use lean hamburger and cook until well done. Drain in colander and rinse thoroughly with hot water to remove all fat. Mix 1 part beef to 4 parts rice. Beef can be substituted with chicken or turkey with no skin, bones or seasoning.
4. Tofu and rice: Mix 1 part tofu to 4 parts rice
5. Prescription diet Science diet I/D formula

Chose one of the above and offer small portions several times a day as directed by doctor.