



## **Diet for Gastrointestinal Problems**

Many gastrointestinal problems resulting in vomiting and/or diarrhea can be controlled with proper dietary management. The following diet is well tolerated by most dogs, even those with severe gastrointestinal problems. You may find that the amount of fecal material produced with this diet is considerably smaller than usual. This is to be expected, since it is a low residue diet.

Please be sure to make all diet changes gradually, as small changes can affect your dogs digestive system.

### **Ingredients:**

White rice (not Minute) or Plain Pasta  
Lowfat Cottage cheese or Boiled Chicken

### **Proportions:**

8 ounces low fat cottage cheese or boiled chicken  
1 cup uncooked white rice or 1 cup cooked pasta

### **Preparation:**

1 cup white rice and 2 cups water. Bring to boil. Simmer 15 minutes. Let cool.  
Mix in the 8 ounces of cottage cheese or the 8 ounces of boiled chicken.

### **Daily Ration:**

Small to medium size dogs  $\frac{1}{2}$  -  $\frac{3}{4}$  cup  
Medium to large dogs 1 -  $1\frac{1}{4}$  cups  
Large dogs  $1\frac{1}{2}$  -  $2\frac{1}{4}$  cups

### **Frequency of Feeding:**

Divide total daily amount into 3-4 feedings per day, unless otherwise instructed.