

Rice Water Diet

(for gastrointestinal upset)

1 cup regular white rice (do not use brown or instant rice)

4 cups water

Boil the rice and water for 20 minutes. Separate the water from the rice and set both aside. Allow both rice and water to cool.

Feed only the remaining rice water for 12 to 24 hours. Add a small amount of broth or bouillon (beef or chicken) for palatability if needed.

Then feed the cooked rice with lean meat (beef or chicken) as a bland diet until symptoms have subsided.

If symptoms do not subside or get worse please contact your veterinarian promptly.

If symptoms have subsided, slowly add small amounts of your pet's regular diet in with the rice and lean meat until they are completely switched back to their regular diet.