

Elimination Diet Trial Plan for _____
(pet name)



To be filled out by a veterinarian or questions owners can ask their veterinarian to help plan a successful elimination diet trial

Recommended length of trial (after transition to the new diet): _____ weeks
Date starting trial (after transition to the new diet): _____

Recommended diet(s)

Dry _____
Wet _____
Amount to feed _____

Recommended treats

 Recommend no treats during trial

Recommended method to administer pills

Other recommendations (heartworm and other preventatives, medications, etc)

Checklist for Successful Elimination Diet Trials

Pet food:

- Feed only the food(s) recommended above.
- Prevent access to the food of any other pets in the house (or in the neighborhood).

Treats:

- Commercial pet treats: To do the most effective elimination diet trial, it's best to avoid all treat and to throw away (or give away) all commercial pet treats in the home to avoid temptation.
- Avoid all rawhides, pig ears, bully sticks, and other treats made from dried animal parts.
- Avoid all dental chews and any flavored chew toys.
- Warn dog walkers, house guests, pet store clerks, and other people your pet encounters who might give treats.

People food:

- Avoid giving your pet any people food (a sign on the refrigerator door or at the dining table can be very helpful as a reminder for everyone in the home). Even things you might not expect can ruin an elimination diet trial – this includes things like fruit or vegetables and things you might not think about, like marshmallows (or any other foods that contain gelatin).
- If you have children who might drop food for the pet (or just drop food in the course of eating), the pet should be out of the room when they're eating.

Don't forget about:

- Dietary supplements should be discontinued unless specifically recommended by your veterinarian (and known not to contain any ingredients that could trigger allergies).
- Avoid pet toothpaste during the elimination diet trial (continuing to brush without toothpaste can help to maintain your pet's dental health during the diet trial).
- Avoid any flavored medications, such as heartworm or flea/tick preventative. However, it is very important for your pet to continue to receive heartworm and other preventatives during the diet trial so talk to your veterinarian about unflavored options or topical preventatives that are put on the skin.
- If your pet requires medications and you give pills in foods or pill wrap products, you'll need to talk to your veterinarian about different ways to ensure your pets gets their pills without foods during the diet trial.