



Diet Trial & Food Diary

For chronic tummy trouble: run the trial properly and prove it

PETSLIKEMINE
DIGESTIVE HEALTH

PET NAME _____	TRIAL DIET _____	START DATE _____	REVIEW DATE _____
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Many long-running gut problems turn out to be food-responsive, and the only way to know is a strict diet trial: one diet and nothing else for the weeks your vet sets, then watch the stool. Like a food-allergy trial, it lives or dies on compliance.

THE RULES

- The trial diet and water only. No treats, chews, scraps or flavoured extras unless your vet approved them
- Stop scavenging on walks and raiding other pets' bowls
- Flavoured medicines and supplements checked with your vet (many are not allowed)
- Everyone in the house signed up. One slip can muddy the result.

WEEKLY DIARY (SCORE THE STOOL 1 TO 7)

WEEK	FAECAL SCORE	VOMITING / WIND / APPETITE	ANY SLIP-UPS?	NOTES
1	_____	_____	_____	_____
2	_____	_____	_____	_____
3	_____	_____	_____	_____
4	_____	_____	_____	_____
5	_____	_____	_____	_____
6	_____	_____	_____	_____

READING IT

A stool steadily settling toward 2 to 3, with fewer other signs, is the result you want. Take the diary to your review; your vet may then challenge with the old food to confirm, exactly as in a food-allergy trial.

Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.

How to use. Keep it strict and score every week. The trend on the page, not any single day, is what tells you and your vet whether the diet is the answer.

STRICT IS THE WHOLE POINT