



### HOMEMADE DIETS FOR DOGS AND CATS

A natural diet is one that is most suited to the unique physiology of any given species. In the case of dogs and cats, it is a diet consisting of raw meaty bones, raw organ meats, raw muscle meat and veggies. The following guidelines are approximate. I will tailor the recipe for your animal(s) and help you with the transition. It may also be necessary to do some in-clinic testing to identify food sensitivities or to determine whether special supplements are needed. Please ask about **Nutrition Response Testing**.

#### Raw Meaty Bones

Meaty bones keep the teeth and gums healthy and provide a balanced supply of minerals. However, not all dogs can eat them: *supervise* them to see that they chew properly. Bones should be entirely consumed. Do not feed cooked or frozen bones (thaw first). Feed *three to four bone meals a week* (30% of the diet). Alternatively bones can be ground with the meat or you can use a calcium supplement (see back).

Dogs: use chicken necks, backs, and wings; turkey necks or wings; oxtails: lamb ribs

Cats: use chicken necks and wings; guinea hen wings.

\* Remove skin and excess fat from all poultry or the fat will be unbalanced (too much omega-6).

\*\* If you see undigested bone in the stool, add apple cider vinegar (1 tsp to 2 Tbs) or digestive enzymes.

#### Meat and Vegetable Mix

An approximate ratio of ingredients in the recipe for healthy dogs is: 60% meat & bone, 15% organs & 25% vegetables (plus supplements). Cat diets should include 70% meat & bone, 20% organs & 10% veggies (plus supplements). The ratio of ingredients is not as critical as providing *variety: please feed at least 2 different recipes (one poultry, one ruminant) during the week. Animals can balance things out over time.*

A sample *feline recipe* is: 4 cups (2 lbs) ground poultry + 1/2 cup veggies + 1 cup organ meats + supplements. Most people make up a large batch and divide it into small glass containers. Keep a 2-day supply in the fridge and freeze the rest. Thaw frozen food in the fridge. *Do not feed cold food.* Bring to room temperature by adding hot water or letting it sit for 15 minutes or by heating it in a toaster oven.

#### The Recipe

1. *Vegetables*: Use 2 to 3 different **organic** vegetables in each batch and vary your selections often. Pulverize (w/ a food processor or juicer) the raw veggies: carrots, celery, green beans, peas, summer squash. Steam the **leafy greens**: asparagus, beet greens, bok choy, chard, collards, kale, broccoli. Use small amounts of cooked cauliflower, sweet potato or pumpkin. Avoid onion (toxic), nightshade veggies.
2. *Raw meat*: **Use a variety** - turkey, chicken, duck, guinea hen, beef, lamb, venison, buffalo. Buy **grass-fed** meat and free-range poultry. Non-meat options for dogs: well-cooked lentils, raw milk, raw cheese.
3. *Organ meats*: heart, kidney, gizzards, organic liver (no more than 5% of the diet), green tripe. Order organic giblets from your butcher or from Oliver's. Buy tripe from greentripe.com or tripett.com
4. *Oils and Fats*: Add marine fish oil, krill or sardine oil (1/2 tsp- 1 1/2 tbsp/day) to poultry & ruminant recipes. Add butter (1/2 tsp/day) to poultry recipes (cats). Add coconut oil (1 tsp per 10 lbs body weight) to poultry recipes (dogs). Add borage or walnut oil to beef diets (omega-6 fats).

#### Fish and Egg recipes

1. Feed *cooked fish* & veggies once a week: wild salmon, tilapia, halibut, canned herring or canned sardines. See Dr. Becker's book (see References) for the recipe or get one from us.
2. *Eggs*: Feed an egg & sweet potato meal once a week. See Dr. Becker's book or get the recipe from us.

#### Home Cooked Meals

Use the ratios and the ingredients listed above but mix them together and make into a meatloaf. Cook until done. Store in the refrigerator for up to 5 days. Add the vitamin supplements to each meal. *Warm the food before feeding and add water as needed to make it moist enough.*

**Treats:** Dogs can have ripe fruit (bananas, apples, pears, blueberries, cantaloupe) or Nu-Pet wafers. Buy clean dog chews from: [onlynaturalpet.com](http://onlynaturalpet.com). Cats like cantaloupe, avocado, green peas, Halo Liv-a-Little treats.

### Vitamin-Mineral Supplements

Use the following whole food supplements and rotate products every 6 months. *The type and amount of supplement you feed depends on whether you are feeding bones.* If you are feeding at least 3 bone meals per week, use a non-calcium supplement (*Add Life, Herbal Multi, Green Alternative, Std. Process*). Avoid synthetic or anti-oxidant supplements because they actually cause vitamin deficiency (see me for details).

- Wysong's *Call of the Wild* (enzymes, biotics, calcium, yeast) or *Add Life* (enzymes, biotics, *no calcium*). Follow directions on canister. Available at pet food stores and from Holistic Animal Care.
- Animal Essentials' *Organic Green Alternative or Herbal Multi-Vitamin (no yeast) +/- Natural Calcium*. Calcium dose= 1000mg/lb of food. Available at Holistic Animal Care or [www.onlynaturalpet.com](http://www.onlynaturalpet.com)
- *Standard Process Canine or Feline Support +/- a calcium supplement*. Available @ HAC.
- *Vita-Mineral Mix*, by Halo: wheat bran, yeast, calcium lactate, lecithin, montmorillonite clay & whey. Follow directions on the canister. Available @ some health food stores and pet stores.
- *Kidney Diet (no psyllium)* by Feline Instincts (no yeast) [www.felineinstincts.com](http://www.felineinstincts.com) (Don't use their recipe).

*Other supplements:* Std. Process \_\_\_\_\_ Cod liver oil (Vit A & D): 2 drops – 2 tsp/day

Taurine (for cats on cooked food): 100 mg/day Apple cider vinegar \_\_\_\_\_ Other \_\_\_\_\_

### Basic Feeding Schedule

**Dogs:** Feed 2-4% of the ideal body weight per day. If you are feeding bones, feed them along with the meat & veggies OR you can alternate a bone meal with a meat & veggie meal. Feed a 10 lb. dog one chicken wing per day. A 50 lb. dog would be fed approximately 3 chicken neck & back combinations or 1 turkey neck.

*Note: 2 cups is approximately 1 pound of food.*

**Cats:** Feed ½ to 1 cup a day depending on body size. Cats usually prefer to eat twice daily and they prefer a flat dish rather than a bowl. If you are feeding bones, offer them by themselves 3 to 4 times a week. One chicken neck or one wing constitutes one meal. The wing tips are sharp, so cut them off.

### Transition to a Raw Diet

If your animal has been eating commercial or cooked food, his/her body will need a chance to adjust to a raw diet. Introduce raw food gradually; it could take days or months, depending on the animal. Please do not feed raw food to immune compromised animals (cats with FeLV or FIV) or animals undergoing chemotherapy.

**What to expect:** There may be cleansing of the intestines after a few days or weeks; you may notice bad breath, diarrhea (with or without mucous), lethargy or itch. These symptoms should be brief (1-3 days). Call me if the symptoms persist. Note that if your dog had a ravenous appetite while on commercial food, this often resolves on a raw diet. He/she may even want to fast 1 day a week. This is healthy. Also, stools will be firm and white after a raw bone meal. Please monitor body weight to see that your animal is getting enough food.

**Sanitation:** The use of inferior meat is the most common cause of food poisoning! Please use good quality meat only. Other precautions: a) soak meat in grapefruit seed extract (Nutri-biotic) according to directions; b) freeze meat for 72 hours (kills parasites). Also, thaw the meat in the refrigerator to prevent spoilage and keep it in the fridge for no more than 3 days. Finally, remember to wash the workspace & utensils with hot soapy water in order to prevent food poisoning in you.

### References:

- *Natural Remedies for Dogs & Cats*, by CJ Puotinen. [www.amazon.com](http://www.amazon.com)
- *Unlocking the Canine Ancestral Diet*, by Steve Brown. Order from [www.dogwise.com](http://www.dogwise.com)
- *Dr. Becker's Real Food for dogs & cats*, by Taylor and Becker. [www.naturalpetproductions.com](http://www.naturalpetproductions.com)
- BARF diet website, [www.njboxers.com/faqs.htm](http://www.njboxers.com/faqs.htm)

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