

Nutrition

Our pets are just like us in that they are healthiest when eating a balanced variety of fresh, whole food ingredients. Raw food is ideal for most pets, but sometimes this is not practical due to the high cost for a large dog or animals that have sensitive gastrointestinal tracts (often seen in older animals). The next ideal option is home cooking. The next option is canned food with a human grade ingredient meat and minimal carbohydrates or complex carbohydrates like barley, oats and quinoa. Finally, we have human grade ingredient no grain dry diets.

It is always best to rotate through at least three protein sources although you need to be cautious when changing the diet in animals with a history of a sensitive stomach. If you can't feed raw or home cook regularly, consider supplementing your pet when you can with fresh fruits and veggies and cooked meats. If you are feeding more than ten percent of our food with human ingredients, we need to balance the food. Please let me know if you would like me to formulate a recipe for a raw or home cooked food whether it is fed exclusively or partially. Most recipes for pet foods are not balanced!

Also, feeding raw marrow beef bones from a commercial raw pet food provider at least once weekly really helps with dental health. Thaw in the fridge prior to feeding so they do not break a tooth. Please introduce slowly as bones can cause constipation in those who do not normally consume them.

Raw Diet

When initiating a raw food diet especially in older and sick pets it needs to be lightly cooked until your pet's gastrointestinal tract can tolerate the raw – this may be for one week to several months. Cooked raw bones can be very sharp even if very small so make sure your fingers only feel smoothness. Raw food needs to be picked up after 30 minutes if your pet does not eat it. Please weigh your pet in one month to make sure they are not losing weight. Baby scales for cats may be purchased on amazon.com or online at buy buy baby with your 20% off Bed, Bath and Beyond coupon. Look for human grade ingredients – organic is best, no grains, and preferably no or low carbohydrate vegetables especially for cats and animals with skin or gastrointestinal problems. Lastly, I do not recommend feeding only meat on bones like chicken necks. These diets are very unbalanced as they are often lacking vitamins and minerals including iodine and vitamin D and there is too much fat.

Feline Raw Preferences: Vital Cat and Steve's Real Food which are sold here– some cats like Darwin's which is available at www.darwinspet.com. It is always good to add water or bone broth to a cat's food to make a stew consistency. A good volume of raw diet to start feeding is one fancy feast size can twice daily. It is very hard to change cat's diets. Sometimes it is helpful to put a spoonful of the new food in a bowl next to the old food for a week. It can also be helpful to put a spoonful at the bottom of the bowl initially.

Please visit www.stevesrealfood.com for more information on changing to raw diets for dogs and www.catinfo.org for cats. Most animals that are not able to tolerate a raw diet will not eat it so be careful not to force it on them. I always recommend feeding a very small amount initially. If your pet has diarrhea or vomiting after eating raw diet initially, this indicates that they are not ready for raw food yet. Some pets will have hard stools on the raw diet and need fiber. This can be supplemented with 1 tsp of Metamucil or oat bran or 1 Tbs of pumpkin per 30lbs. There are a few things to tempt a pet to eat raw food if they are not sure about it. Consider using dehydrated chicken such as the halo product liv-a-littles crumbled over the raw diet. Other topper options include parmesan cheese, the probiotic fortiflora, and bonito or fish flakes such as Kitty Caviar. Finally, consider feeding them partially cooked organic chicken or turkey thighs.

We sell the commercial raw diets Vital Cat and Steve's Real Food for dogs and cats here. We also sell raw bones. Nature's Nibbles and Felix and Oscar also have options for healthy pet foods.

If you are making your own raw diet, please make sure to buy your meat from a source that immediately freezes if you are feeding raw. I do not recommend buying meats in grocery stores as they have significant bacterial loads. Various meat sources including organ meats can be ordered from www.mypetcarnivore.com, www.paulinamarket.com, www.hare-today.com, or www.chicagosome.us.

It is very important that you pick supplements intended to use with meat without bone and buy meats without bone. A centrum combined with Animal essentials seaweed calcium, Rx vitamins for pets Rx essentials for dogs or cats with feline or canine minerals, and Standard process whole body support with Standard Process calcifood are potential options. Balance It Carnivore Blend is an easy all in one supplement. Rotating through three different supplements will help to prevent deficiencies, but even these supplements often result in unbalanced diets so please ask me to prepare recipes for you if you intend to prepare your own long term.

Prepared Homemade Cooked Diets

These foods are expensive, but it is an excellent resource for balanced homemade diets shipped to your household.

Side by Side Food

Chi Dog

Nom Nom

Homemade Diets

Adult dogs:

50% meat (at least 90% lean)
25% grains
25% veggies

So for average crock pot- 5 lbs meat, 5 cups grains, 5 cups veggies. Cook overnight on low or 8 hours on high.

Recommend feeding 1 cup per 20lbs of body weight for dogs over a year of age.

Cats:

75% meat (at least 90% lean)
15 % carb
10% veggies- cat often like asparagus, carrots, spinach, tomatoes
May prefer to leave out carbs since often cat will not eat them.

Recommend feeding 3 ounces twice daily for a ten pound cat for cats over a year of age.

It is good to rotate through at least three protein sources. It is usually best to make up a large batch of food every couple of weeks and freeze in 2lb or less containers. These diets will be good in the fridge for four days. Please use these diets within three months of making them. I recommend organic organ meats since these are often filtering organs thus may have various chemicals and drugs present. Please weigh your pet a month after starting a homemade diet to make sure they are maintaining their weight.

If you decide to feed carbohydrates, please feed complex carbohydrates like quinoa, rolled oats, barley, etc. These complex carbohydrates are healthier in a number of ways including being less allergenic. A good source of non-grain carbohydrates is sweet potatoes or canned pumpkin (not the pumpkin filling kind!).

A hypoallergenic diet contains a protein and carbohydrate (if feeding carbs) that your pet has never eaten before. It also means you need to avoid gluten (wheat, barley, rye), dairy, soy and corn. A hypoallergenic meat source should ideally be organic. If feeding fish, make sure the salmon is cooked. Rabbit and venison should be frozen for at least 72 hours before feeding to kill off harmful parasites. Be careful feeding fish long term as it often has heavy metal contamination.

Please see the above home prepared raw diet section for supplements to balance the diet.

Types of meats: beef, lamb (tends to be high fat), chicken, turkey, fish (sardines are easy, salmon must be cooked), tripe, rabbit, buffalo, venison, eggs

Types of veggies: pumpkin (baked), squashes (baked), sweet potato (baked), carrots (cooked), red or yellow peppers, cabbage, chard, romaine, endive, cucumber, kelp, spinach, zucchini, celery, green beans (cooked)

Types of fruits: blueberries, raspberries, watermelon, cantaloupe, apple, pear, papaya, pineapple

Freeze Dried Raw Diets

I do not recommend feeding freeze dried foods to cats as it is not possible to introduce enough water into the diet to maintain health. However, this is a great option for dogs as it is cheaper than typical raw ingredients. I do like to add water or bone broth to the food before feeding. Many companies make these diets. They are also available on websites such as chewy since no refrigeration is required for shipping.

Canned Foods

Many varieties are available that are not listed here. Look for human grade meats listed as the top ingredient – second only to water in some cases. Avoid canned foods that have starches added including corn starch and potato starch. Also avoid carbohydrates especially in cats or with a history of skin or gastrointestinal problems. Minimize vegetables if feeding a cat and especially make sure they are low carbohydrate vegetables. Please look closely to make sure the diet is balanced based on AAFCO recommendations.

An average 10lb cat will eat two 3oz cans per day which is 200 kcal/day. Calorie and carbohydrate content are listed at www.catinfo.org. Calorie and carbohydrate content vary greatly from can to can so make sure you are not overfeeding or underfeeding.

Some cats particularly those that are young and active may eat up to twice this amount so be careful that you are not underfeeding. Cats less than 1-2yrs need to be fed double the calorie content. Weighing your cat every 2-4 weeks on a baby scale is a nice way to make sure your cat is not losing weight too fast if you have changed food. It is acceptable for cats to lose half a pound a month. If they lose weight too quickly, there is the potential for them to get sick from fatty liver disease. If you are feeding a dog, one 15oz can equals one cup of dry food.

Generally, we are feeding 4oz canned food for every 10lbs of dog. However, dogs under a year of age often eat at least double this amount.

Low Carbohydrate Feline Diets

Against the Grain - Caribbean Club w/Chicken & Cheese, Big Kahuna w/Crab & Tilapia, Aloha Tuna w/Seaweed & Crab, Bimini Brunch w/Krill & Egg, Shrimp Daddy w/Tuna & Salmon, Captain's Catch w/Sardine & Mackerel

Artemis - Tuna in Gravy in Gravy, Tuna & Chicken in Gravy, Tuna & Salmon in Gravy, Tuna & Shrimp in Gravy, Tuna & Pumpkin in Gravy

Avoderm - Tuna & Crab Meat Entree in Gravy, Sardine, Shrimp, Crab Entree in Gravy, Tuna w/Prawns in Consomme, Chopped Sardines in Consomme, Chicken Formula, Ocean Fish Formula, Salmon Formula

Best Friends Feline - Tuna & Chicken 4 Ever, Tuna & Shrimp Sweethearts, Tuna & Bonito Be Mine, Tuna & Tilapia Twosome, Tuna & Pumpkin Valentine, Tuna & Chicken Chuckles, Tuna & Salmon Soulmates, Tuna Too Cool

Beyond (Grain Free) – Gravy: Turkey, Sweet Potato & Spinach, Chicken, Beef & Carrot, Salmon & Sweet Potato – Pate: Chicken & Sweet Potato, Wild Salmon, Trout & Catfish, Artic Char & Spinach, Duck & Sweet Potato, Quail & Carrot

Canidae - Pure – Grain Free: Chicken, Turkey, Lamb; Salmon & Mackerel; Turkey & Rabbit Slices; Salmon Slices; Chicken Pate Life Stages: Indoor Chicken, Lamb & Fish; Chicken; Lamb; Salmon Under the Sun – Grain Free: Chicken, Turkey, Duck, Salmon, Seafood, Trout

Chicken Soup for the Soul - Adult Formula; Beef Stew with Red Potatoes & Carrots; Chicken Soufflé with Sweet Potatoes & Spinach; Chicken & Duck; Kitten; Weight and Mature Care; Salmon Soufflé with Red Potatoes & Spinach; Salmon Limited Ingredient; Minced Beef with Red Potatoes & Carrots; Chicken Stew with Sweet Potatoes & Spinach; Salmon Stew with Red Potatoes & Spinach

Dave's - Naturally Healthy Grain Free: Chicken; Turkey; Turkey and Giblets; Beef and Chicken Dinner; Chicken and Whitefish Restricted Diet: Pork – low magnesium and phosphorus, Salmon limited ingredient, Minced Beef with Red Potatoes and Carrots, Chicken Stew with Sweet Potatoes and Spinach, Salmon Stew with Red Potatoes and Spinach

Drs Foster and Smith -Adult Chicken, Adult Turkey

Earthborn- Monterey Medley, Catalina Catch

Evo- Turkey in Gravy, Duck in Gravy

Evolve- Chicken, Turkey, Seafood, Kitten

Fancy Feast Classic- Chicken Feast, Tender Liver and Chicken Feast, Turkey and Giblets Feast, Chopped Grill Feast, Tender Beef Feast, Tender Beef and Liver Feast, Tender Beef and Chicken Feast, Seafood Feast, Ocean Whitefish and Tuna Feast, Salmon and Shrimp Feast, Savory Salmon Feast, Cod Sole and Shrimp Feast

Fancy Feast Roasted/Flaked/Chunky- Roasted Chicken Feast, Roasted Tuna Feast, Flaked Chicken and Tuna Feast, Flaked Tuna Feast, Flaked Tuna and Mackerel Feast, Flaked Salmon and Ocean Whitefish Feast, Flaked Trout Feast, Chicken Chopped Grill Feast, Chunky Chicken Feast, Chunky Turkey Feast

Fancy Feast Natural -Natural Shite Meat Chicken and Flaked Tuna in Broth, Natural Flaked Skipjack Tuna in Broth, Natural Seabass and Shrimp in Broth, Natural Tend Tongol Tuna in Broth, Natural White Meat Chicken in Broth, Natural White Meat Chicken and Beef in Broth, Natural Wild Alaskan Salmon and White Meat in Broth

Fancy Feast Medleys Florentine-White Meat Chicken Florentine Pate, Ocean Whitefish and Tuna Florentine Pate

Fancy Feast Medley Primavera-White Meat Chicken Primavera Pate, Wild Salmon Primavera Pate

Fancy Feast Kitten-Kitten Tender Ocean Whitefish Feast, Kitten Tender Turkey Feast

4Health-Adult Chicken Formula, Indoor Chicken, Chicken/Beef, Grain Free Chicken/Whitefish, Grain Free Turkey/Giblets, Turkey/Salmon, Grain Free Shredded Chicken Cuts, Grain Free Salmon in Gravy

Fresh Pet Wet Options(>75%moisture)-Select Chicken and Beef Roll, Vital Grain Free Chicken and Beef Roll, Select Grain Free Ocean Whitefish with Vegetable Cup, Select Grain Free Chicken and Beef with Vegetable Cup, Select Grain Free Chicken and Pumpkin with Vegetable Cup, Vital Grain Free Chicken and Ocean Whitefish with Vegetable in Gravy Cup, Vital Grain Free Chicken and Beef with Vegetable in Gravy Cup, Vital Grain Free Chicken and Pumpkin with Vegetable in Gravy Cup

Fresh Pet Semimoist (61%moisture)-Roasted Chicken/Chicken Liver/Whitefish/Vegetables, Roasted Chicken/Beef/Vegetables/Whitefish, Natures Fresh Chicken/Ocean Whitefish with Carrots and Spinach, Vital Chicken and Ocean Whitefish with Carrots Eggs and Spinach, Vital Grain Free Chicken with Beef/Carrots/Spinach

Friskies Classic Pates-Turkey and Giblets, Poultry Platter, Liver and Chicken, Mixed Grill, Country Style, Chicken & Tuna, Supreme Supper, Mariners Catch, Sea Captains Choice, Salmon, Ocean Whitefish & Tuna, Classic Seafood

Friskies Tasty Treasures with Cheese-Beef/Liver with cheese Pate, Chicken/Ocean Fish Dinner with Cheese Pate, Ocean Fish Dinner with Cheese Pate, Turkey & Chicken dinner with Cheese Pate

Friskies Cat Concoctions-Scrumptious Salmon and Chicken Liver Dinner Pate

Friskies Flaked-with tuna, With Tuna and Egg

FROMM Pates-Chicken and Duck, Beef, Chicken and Salmon, Chicken/Duck/Salmon, Salmon & Tuna

Fussie Cat Premium-Tuna, Tuna with Anchovies, Tuna with Chicken, Tuna with Chicken Liver, Tuna with Clams, Tuna with Mussels, Tuna with ocean Fish, Tuna with Salmon, Tuna with Shrimp, Tuna with Smoked Tuna, Tuna with Threadfin Bream

Fussie Cat Super Premium-Chicken & Beef in Pumpkin Soup, Chicken with Liver in Pumpkin Soup

GO- Grain Free Chicken/Tuna/Duck Pate, Grain Free Duck Pate, Turkey Pate, Grain Free Trout/Salmon Pate, Salmon Pate

Halo impulse Grain Free- Rabbit, Quail

Halo Spot's Stew Grain Free- Turkey, Salmon

Halo Spot's Pate Grain Free- Chicken, Turkey & Duck, Salmon, Whitefish

Halo Spots Choice Grain Free- Chicken, Shredded, Chicken Shredded

Halo Vigor Chicken & Trout, Turkey & Quail, Salmon & Venison

Hi-TOR- Felo, Neo

Holistic Select- Chicken, Turkey, Chicken Liver & Lamb, Turkey & Salmon, Chicken/Whitefish/Herring, Salmon & Shrimp, Ocean Fish & Tuna

Hounds and Gatos-Chicken, Turkey, Gamebird, Duck, Rabbit, Lamb, Beef, Pork, Lamb/Chicken/Salmon, Trout

Iams Grain Free-White Meat Chicken Breast, White Meat Chicken Breast with Beef

Iams Proactive Health-Filets with Chicken in Gravy, Filets with Tuna in Sauce, Filets with Salmon in Sauce, Pate with Chicken and Liver, Pate With Savory Salmon, Pate with Seafood Sampler, premium Pate Gourmet Chicken, Premium Pate Select Ocean Fish, Premium Pate Tender Beef, Premium Pate Turkey and Giblets, Premium Kitten

Iams Purrfect Delights-Winner Winner with Chicken Dinner

I and Love and You-Chicken Me Out, Purrky Turkey, Whascaley Wabbit, Wholly Cow, Savory Salmon, Oh My Cod

KOHA Limited Ingredient- Pate, Kangaroo, Duck, Guineafowl, Turkey

KOHA Stews-Venison Stew, Chicken Stew

KOHA ROO-Turkey/Kangaroo, Lamb/Kangaroo

Meow Mix Classic Pate-Mixed Grill with Beef/Tuna/Chicken, Chicken/Liver, Tuna, Turkey/Liver

Meow Mix Tender Favorites in Sauce-Salmon/Crab, Tuna/Shrimp, Chicken/Beef

Meow Mix Pate Toppers- Chicken with Shreds of Chicken, Whitefish with Flakes of Salmon, Salmon with Flakes of Tuna, Whitefish with Flakes of Tuna

Merrick - Cowboy Cookout, Grammy's Pot Pie, New England Boil, Ocean Breeze, Southern Delight, Surf N Turf, BG 96%-Beef, BG 96%-Chicken, BG 96%-Quail & Chicken, BG 96%-Salmon,

BG 96%-Tuna, BG 96%-Turkey

Merrick Purrfect Bistro-Turkey, Chicken, Duck, Beef, Tuna, Salmon, Granny's Pot Pie, Thanksgiving Day Dinner, Turducken, Surf & Turf, Beef Wellington

Merrick Limited Ingredient-Chicken, Turkey, Salmon

Natural Balance Ultra Premium-Chicken/Liver Pate, Turkey/Giblets, Ocean Fish, Salmon

Natural Balance Delectable Delights-Catatuille, Land and Sea, Life's a Beach, O'Fishally Scampi, Purrfect Paella, Sea Burlee, LID Chicken/Pumpkin Cups, LID Tuna/Pumpkin Cups

Natural Balance Indoor Platefuls-Mackerel & Sardine

Natural Balance Ultra Whole Body Health-Kitten- Chicken, Chicken, Venison, Reduced Calorie Chicken/Salmon/Duck

Natural Planet-Organic Chicken Dinner, Organic Turkey Dinner

Nature's Logic-Chicken, Turkey, Rabbit, Beef, Duck/Salmon, Sardine

Nature's Recipe Gain Free In Broth-Chicken, Chicken & Salmon, Chicken & Turkey, Indoor

Nature's Variety Instinct grain-free – Chicken, Beef, Lamb, Duck

Soulistic – Shrimply Divine, Double Happiness, Polynesian Picnic, Celestial Feast, Gulfstream Dream, Surf 'N' Earth, Nautical Nirvana, Good Karma Pouch

Wellness Core - Turkey & Duck, Beef, Venison, & Lamb

Wellness Grain Free – Chicken, Turkey, Beef & Chicken, Turkey & Salmon, Chicken & Herring, Beef & Salmon

Wellness Signature Select – White Meat Chicken and Turkey Entrée in Sauce, Shredded White Meat Chicken with Chicken Liver Entrée in Sauce, Shredded White Meat Chicken and Beef Entrée in Sauce

Weruva – Paw Lickin' Chicken, On the Cat Wok, Steak Frites, Mideast Feast, Meow Luau, Marbella Paella, Outback Grill, Asian Fusion, Polynesian BBQ, Mack and Jack

Cats in the Kitchen - La Isla Bonita, Goldie Lox, Kitty Gone Wild, Fowl Ball, Splash Dance, Lamb Burger, Chicken Frick 'A Zee, The Double Dip

Ziwi Peak – Lamb, Venison, Lamb & Rabbit

No Grain Dry Foods

Dry food is not as desirable as the above foods due to higher carbohydrates and lower moisture. The following are some of the dry foods that are a compromise in that they are lower in carbohydrates and are human grade ingredient foods. These diets are very caloric dense so make sure you are feeding a measured amount in two or three daily meals. Make sure to look for meat as the number one ingredient – not meal! **NO LEGUMES.** Legumes have been linked to a decrease in taurine which is causing heart failure in some dogs.

Bixby Food – Liberty Game Bird Feast or Rancher's Red at Petsmart

Simple Food at www.simplefoodproject.com

Oven-Baked Tradition at www.Ovenbakedtradition.com/en

Pinto Canyon at www.pintocanyon.com

Jimeny on chewy

Calorie Calculations for Dogs

Website that calculates the cups of food needed to feed your dog once you know the kcals/cup:

www.dogfoodadvisor.com/dog-feeding-tips/dog-food-calculator/

Website that calculates the kcal for each food:

www.calorieking.com

Alternatively, follow the charts below to determine the DER (daily energy requirements):

Neutered adult	=1.6 x RER
Intact adult	=1.8 x RER
Inactive/obese prone	=1.2-1.4 x RER
Weight loss	=1.0 x RER for ideal weight
Weight gain	=1.2-1.8 x RER for ideal weight
Active, working dogs	=2.0-5.0 x RER
Puppy 0-4 months	=3.0 x RER
Puppy 4 months to adult	= 2.0 x RER

$$\text{RER (kcal/day)} = (30 \times \text{weight in kg}) + 70$$

Pounds	Kilograms	RER (kcal/day)
1	0.5	39
2	0.9	65
3	1.4	88
4	1.8	110
5	2.3	130
6	2.7	149
7	3.2	167
8	3.6	184
9	4.1	201
10	4.5	218
11	5.0	234
12	5.5	250
13	5.9	265
14	6.4	280

15	6.8	295
16	7.3	310
17	7.7	324
18	8.2	339
19	8.6	353
20	9.1	366
25	11.4	433
30	13.6	497
35	15.9	558
40	18.2	616
45	20.5	673
50	22.7	729
55	25.0	783
60	27.3	835
65	29.5	887
70	31.8	938
75	34.1	988
80	36.4	1037
85	38.6	1085
90	40.9	1132
95	43.2	1179
100	45.5	1225
105	47.7	1271
110	50.0	1316
115	52.3	1361
120	54.5	1405
125	56.8	1449
130	59.1	1492
135	61.4	1535
140	63.6	1577

Calculating Calories for Cats

(See canned food section for more information)

See above chart for RER

See below chart for DER (daily energy requirement)

Growing Kittens	2.5 x RER
Normal, neutered adult	1.2 x RER
Intact adult	1.4 x RER
Obese prone	1.0 x RER
Weight loss	0.8 x RER

Recommended Nutritional Reading for Homemade Diets:

Raising Cats Naturally by Michelle Bernard

Your Cat by Elizabeth Hodgkins

Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats by Richard Pitcairn

Unlocking the Canine Ancestral Diet by Steve Brown

The Whole Pet Diet by Andi Brown

Dr. Khalsa's Natural Dog by Deva Khalsa

Fresh Food and Ancient Wisdom by Ihor John Basko

Dr. Becker's Real Food for Healthy Dogs and Cats

Paleo Dog by Jean Hofve and Celeste Yarnall

Canine Nutrigenomics by Jean Dodds

Pointing the Bone at Cancer by Ian Billingham

Pet Food Politics by Marion Nestle

Ruined by Excess, Perfected by Lack by Richard Patton

Calculating Carbohydrates from a Typical Pet Food Label

Example of food guaranteed analysis on a can of food:

Crude protein	Min 11%
Crude fat	Min 8%
Crude fiber	Max 1.5%
Moisture	Max 75%
Ash	Max 2.5%
Total	98%
Carbohydrates	2%

1. Figure out how much of the food is "dry matter". In this example the food is 75% moisture(water) so it is 25% dry matter.

2. Divide the percent of carbohydrates by the percent of dry matter (2 divided by 25 = .08). The food in this example is 8% carbohydrates.

Look for foods especially in cats that have less than 10% dry matter carbohydrates