**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. Consider supplementing your pet’s diet with small amounts of sardines, eggs, or wild caught cooked salmon several times a week. 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. Also, feeding raw marrow beef or buffalo bones from Primal or Bravo to your dog once weekly really helps with dental health. Thaw in the fridge prior to feeding so they do not break a tooth. The marrow must be removed prior to feeding for those who are not on a raw diet normally in order to prevent gastrointestinal upset. Please introduce slowly as bones can cause constipation in those who do not normally consume them.

**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):

<table>
<thead>
<tr>
<th>Category</th>
<th>DER Formula</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neutered adult</td>
<td>=1.6 x RER</td>
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<tr>
<td>Intact adult</td>
<td>=1.8 x RER</td>
</tr>
<tr>
<td>Inactive/obese prone</td>
<td>=1.2-1.4 x RER</td>
</tr>
<tr>
<td>Weight loss</td>
<td>=1.0 x RER for ideal weight</td>
</tr>
<tr>
<td>Weight gain</td>
<td>=1.2-1.8 x RER for ideal weight</td>
</tr>
<tr>
<td>Active, working dogs</td>
<td>=2.0-5.0 x RER</td>
</tr>
<tr>
<td>Puppy 0-4 months</td>
<td>=3.0 x RER</td>
</tr>
<tr>
<td>Puppy 4 months to adult</td>
<td>= 2.0 x RER</td>
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</tbody>
</table>

RER (kcal/day) = (30 x weight in kg) + 70
<table>
<thead>
<tr>
<th>Pounds</th>
<th>Kilograms</th>
<th>RER (kcal/day)</th>
</tr>
</thead>
<tbody>
<tr>
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<td>140</td>
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</table>
Calculating Calories for Cats

(See canned food section for more information)

See above chart for RER

See below chart for DER (daily energy requirement)

<table>
<thead>
<tr>
<th></th>
<th>2.5 x RER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Growing Kittens</td>
<td></td>
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<tr>
<td>Normal, neutered adult</td>
<td>1.2 x RER</td>
</tr>
<tr>
<td>Intact adult</td>
<td>1.4 x RER</td>
</tr>
<tr>
<td>Obese prone</td>
<td>1.0 x RER</td>
</tr>
<tr>
<td>Weight loss</td>
<td>0.8 x RER</td>
</tr>
</tbody>
</table>

Pre-Prepared Balanced Raw Diets

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. Always add 500mg taurine daily to all raw diets if feeding a cat. 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. Feline Raw Preferences: Feline Pride, Furry Foodies, Radcat, Bravo Balance and Darwin’s. It is always good to add water to a cat’s food particularly with cats with a history of urinary tract disease. A good volume of raw diet to start feeding is one fancy feast size can twice daily.

Please visit [http://bravorawdiet.com/BravoBeginningsDogs.pdf](http://bravorawdiet.com/BravoBeginningsDogs.pdf) for more information on changing to raw diets for dogs and [www.catinfo.org](http://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 interest a pet in eating 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 if needed to tempt an animal to eat raw. This product is available at Pet Sage or [www.swansonvitamins.com](http://www.swansonvitamins.com). Ziwi peak daily cat or dog cuisine is a real meat jerky that is great for a topper if you can find it. Other topper options include parmesan cheese, fortiflora (a probiotic available at your vet that entices cats to eat), and bonito or fish flakes such as Kitty Caviar available at many pet stores and [www.amazon.com](http://www.amazon.com). Finally, consider feeding them partially cooked organic chicken or turkey thighs.

There are various kits out there that are designed to add to store bought raw meats. I do not recommend these kits for raw meats usually as it is very difficult to buy meats in grocery
stores that do not have a significant bacterial load. I also do not recommend feeding freeze dried foods to cats as it is not possible to introduce enough water into the diet to maintain health. 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.

**Aunt Jeni's Home Made**

This is a natural or organic raw diet made with human grade meats and higher carbohydrate vegetables that meets AAFCO (Association of American Feed Control Officials) guidelines. Aunt Jeni received a Masters Degree in Animal Nutrition Science from University of Maryland. Alternative protein sources are available for those animals that need to be on a hypoallergenic diet. Aunt Jeni has a website at [www.auntjeni.com](http://www.auntjeni.com).

**BARF**

A canine raw meat and low carbohydrate diet shipped to your house that is available online at [www.barfworld.com](http://www.barfworld.com) or by phone at (866) 282-2273. You will need to use the following vet id: 1534. Varieties are chicken, beef, lamb, and a combination of beef, lamb, chicken and pork.

**Bravo**

Bravo Balance is another raw meat and low carbohydrate diet that meets AAFCO guidelines for a complete and balanced diet. Burgers are available in beef, chicken, and turkey. Visit [www.bravorawdiet.com](http://www.bravorawdiet.com).

**Darwin’s**

A raw diet that meets AAFCO feeding requirements that is delivered to your home. The canine version is meat and a small amount of higher carbohydrate vegetables while the feline version is meat only. Meats are free range or human-grade and vegetables are organic. Dog varieties are chicken, duck, turkey, beef and buffalo. Cat varieties are chicken and turkey. This is available at [www.darwinspet.com](http://www.darwinspet.com) or (877) 738-6325. Please mention that I referred you.

**Feline’s Pride**

This is a balanced all meat raw feline diet available in chicken, Cornish hen, duck, and turkey. The 2.5lb block can be cut with a chef’s knife while frozen to allow for thawing of smaller portions. This is sold via their website [www.felinespride.com](http://www.felinespride.com).

**Furry Foodie**

This diet is organic and meets AAFCO’s feeding guidelines. The feline varieties are chicken, turkey, and rabbit. The canine version is beef. Their website is [www.ayrshirefarm.com](http://www.ayrshirefarm.com).

**Instinct**

This diet uses cold pressure technology to insure the meat is safe from bacteria. They have small bites, nuggets and patties. The canine version is available in beef, chicken, duck, lamb, rabbit and turkey. The feline version is in bites and medallions in chicken and rabbit. The website is [www.instinctpetfood.com](http://www.instinctpetfood.com).
K-9 Craving
A USDA approved balanced raw meat and vegetable diet for canines available in duck, mackerel, elk, turkey, chicken, beef, and beef and chicken. Available at www.k-9kraving.com.

Primal
A raw meat and vegetable balanced diet available in beef, duck, pheasant, pork, chicken, lamb, rabbit, venison, and turkey & sardine for canines. Feline varieties are beef & salmon, pheasant, turkey, chicken & salmon, rabbit, and venison. Both varieties have some high carbohydrate veggies, but in a small amount. This diet is hydrolyzed thus guaranteeing no salmonella or e.coli. Their website is www.primalpetfoods.com.

Raw Paws Pet Food
They have balance cat and dog diets in beef, chicken, turkey, goat, lamb, fish, tripe and duck. Their website is www.RawPawsPetFood.com.

Rad Cat
A balanced feline diet that meets AAFCO requirements. It is available in turkey, chicken and lamb flavors. The website is www.radfood.com.

Stella & Chewy’s
A raw balanced diet for canines and felines. The canine diets contain small amounts of high carbohydrate vegetables. This diet is cold pressed to eliminate bacterial contamination. The website is www.stellaandchewys.com.

Raw or Cooked Pre-Prepared Meat with Vitamins
It is very important that you pick the correct supplement intended to use with meat with bone OR without bone. Pet Sage has various protein sources of meats WITHOUT BONE available through Bravo (www.bravorawdiet.com) or Ayrshire farms (www ayrshiresfarm.com). There are also various boneless protein sources at www.hare-today.com. Pet Sage also has a product called TC Feline with organ meat that is a powder you can mix with the raw or cooked meat. Check out their website at www.knowbonespetsupply.com. There is another version available for cats called EZ Complete Fur Cats available at www.foodfurlife.com. The canine version is available at www.knowbetterpetfood.com. The U-stew version is for cooked meat and the Better in the Raw with Liver is for raw meat. Pet Sage has the Better in the Raw with Liver. Another meat without bone supplement combination for dogs is Thorne Sports Basic in conjunction with Animal Essentials Seaweed Calcium. Both are available on amazon.com. Rx Vitamins Canine Minerals combined with Essentials for Cats or Dogs is another option for supplementation without bone in the meat. These are usually sold through a veterinarian. Dr. Harvey has balanced mixes available that you just add meat. I recommend the paradigm and veg-to-bowl versions. These can be purchased on their website at www.drharveys.com. Often the organic supermarket meats tend to be cheaper so no need to splurge if you are not feeding raw. The other option is to order from www.hare-today.com whole ground chicken, turkey, or rabbit. Use the appropriate cat or dog version Better in the Raw supplement from
www.knowbetterpetfood.com. For cats you can also use the “with bone” recipe located at www.catinfo.org. Once again, for both with and without bone recipes rotate through three protein sources and preferably three supplements as well.

Homemade Cooked Diets

There are many recipes in many books for homemade diets. Many of these recipes are for raw diet, but can be adapted by just cooking the meat. Once again, I do not recommend buying supermarket meats to be fed as a raw diet due to the high bacterial content. It is also 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. If you are having difficulty finding organ meats, freeze dried hearts and livers are available at Companion Natural Pet Food (www.companionnaturalpetfood.com) and Bravo Raw Diet (www.bravorawdiet.com). Most pets require 1 cup of food per 20 pounds of body weight. Alternatively, the pounds of food they require is 0.02 x the body weight in kilograms. Please weigh your pet a month after starting a homemade diet to make sure they are maintaining their weight.

Homemade Diet
Chicken, ground, pan browned 16 oz by weight (1 lb)
Rice, brown, long grain, cooked 1/3 cup
Mixed vegetables, cooked lightly 1/3 cup
Salmon oil (Not cod liver oil!) 1 ½ tsp
Centrum adult multivitamin/mineral 2 tablets
Calcium Carbonate (lime or oystershell) containing 1100-1200mg/tsp calcium carbonate 1 tsp
Salt, lite, mixture ½ tsp
Choline bitartrate (Nature’s Way 250mg choline/tablet) 1 tablet
Taurine 1 gram
Calories in this batch: 1005 (enough to feed approximately 40 lb dog)

Approximate as-fed nutrient contents:
Protein 19% Carbohydrates 3.8% (about 10% by dry matter)
Fat 9.9% (about 30% dry matter) Moisture approximately 70%
Source of total calories: 42% from protein, 7.4% from carbohydrates, 50.2% from fat.

The Centrum should be given as a separate supplement daily since B vitamins are destroyed by heating. Give ½ tablet for pets under 20lbs and 1-2 tablets daily for pets over 20lbs.

Marsden’s Paleolithic Diet
Meat, cooked with fat 10 oz
Grains 0-1 oz
Mixed vegetables 6-7 oz
Menhaden or salmon oil; flax oil only if necessary 6 T
Lite salt 1-1 ½ tsp
Calcium carbonate (600mg tablet) 3 tablets
Multivitamin-mineral tablet (a human product) 1 tablet
If feeding a cat, add 250-500mg taurine daily.
This feeds a 50lb dog daily.

Hypoallergenic Homemade Diet
Rabbit, fish, venison, quail, duck, or goat (Lightly cooked in oven or pan with juices) 12 oz
Mixed vegetables, non starchy 4 oz
Olive oil 4 tsp
Dicalcium phosphate, bone meal, or other calcium source (hypoallergenic) 1 tsp
Salt (if possible avoid iodized if feeding a cat) ½ tsp
Hypoallergenic multivitamin-mineral supplement 1 tablet
If feeding a cat, add 500mg taurine daily.
This will feed 30 to 40 pounds daily.

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.
The above homemade diets are adapted from Manual of Natural Veterinary Medicine by Wynn and Marsden. Animal essentials herbal multivitamin with minerals in addition to the 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 other options for supplements available at many websites. Rotate through three vitamin combinations if possible. Vegetables and rice can be eliminated in the above diets in which case feed a ¼ lb of meat per 10lbs per day.

HOMECOOKED DIET
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!).

Adult dogs:

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

So for average crock pot- 5 lbs meat, 2.5 cups grains, several handfuls of veggies. If cooking cruciferous vegetables then you can put into crock pot. Otherwise, recommend that add veggies once crock pot is done cooking and on warm cycle. Let it sit for 30 minutes or so - that way
veggies will be cooked but not mush. Recommend add small piece of seaweed (nori) to pot while cooking grains. That will help to break down the grains for non-herbivore animals. Can cook grains separately or in a crock pot.

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.

Recommend feed 1 cup/20 lbs or begin at 1.5 times what they were feeding in kibble.

See the above homemade diet for instructions on balancing these diets with products like Rx vitamins minerals for the cat or dog before feeding as this will make sure that the diet has appropriate taurine, calcium/phosphorus ratio etc.

Steve Brown’s High Protein, Low Fat Recipe for Dogs

14 oz chicken thighs, skin and separable fat removed
(lightly cooked in oven or pan – keep juices)
1 lb sweet potato, baked in skin
½ lb broccoli stalks, lightly cooked
3 oz organic chicken liver – lightly baked or sautéed
1 tsp eggshell powder
¼ tsp iodized salt
120 IUS (6 drops) Vitamin E

Feeding Amounts:

<table>
<thead>
<tr>
<th>Dogs weight in pounds</th>
<th>Ounces per day to feed</th>
</tr>
</thead>
<tbody>
<tr>
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<td>75</td>
<td>47</td>
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<tr>
<td>100</td>
<td>58</td>
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</table>
These feeding amounts are for an older, inactive dog so the amount may need to be increased for younger or more active dogs.

This diet is from Unlocking the Ancestral Diet by Steve Brown.

**Doggie Oats**

5 cups raw rolled oats (about 11 cups cooked)

3 pounds (6 cups) lightly cooked in oven or pan with juices lean turkey, chicken, or beef (at least 90% lean) with 20% organic organ meat

¼ cup vegetable oil

1 cup lightly cooked vegetables

6 tablespoons Healthy Powder (see below)

8 teaspoons Naturvet Bone Meal *

10,000 IU vitamin A

400 IU vitamin E

1 teaspoon tamari soy sauce or ¼ teaspoon iodized salt

2 cloves garlic, crushed or minced

Bring 10 cups of water to a boil. Add the oats, cover and turn off the heat for 15 minutes or until soft. Don’t stir while cooking as the oats will become mushy. Combine with other ingredients. Makes 19 cups.

* If substituting calcium sources, you must consult Dr. Pitcairn’s book so as to ensure adequate calcium supplementation. Naturvet bone meal is available at www.entirelypets.com.

Grain substitutes for dogs: 1 cup rolled oats = ½ cup bulgar, millet, or barley

**Feeding Amounts:**

<table>
<thead>
<tr>
<th>Weight of Dog in Pounds</th>
<th>Amount to Feed in Cups</th>
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</thead>
<tbody>
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<tr>
<td>15-30</td>
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<tr>
<td>30-60</td>
<td>6-7</td>
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<tr>
<td>60-90</td>
<td>8</td>
</tr>
<tr>
<td>&gt;90</td>
<td>9</td>
</tr>
</tbody>
</table>
Beefy Oats for Cats

3 cups raw rolled oats or 4 ½ cups cooked oatmeal
2 large eggs
2 pounds (4 cups) ground at least 90% lean beef with 20% organic organ meat
4 tablespoons Healthy Powder (see below)
1 tablespoon Animal Essentials calcium (available at Pet Sage)
2 tablespoons vegetable oil or butter
10,000 IU vitamin A
200 IU vitamin E
1 tablespoon fresh lightly cooked grated vegetable with each meal
500 mg taurine

Bring 6 cups of water to a boil. Add the oats, cover, and turn off, letting the oats cook for about 10 minutes or until soft. Then stir in the eggs, letting them set slightly for a few minutes. Mix in the remaining ingredients. Yields 10 cups.

Cats usually prefer more meat than is provided in this recipe. This can be provided by lightly cooked beef with TC Instincts Beef with Liver at www.knowbonespetsupply.com or Pet Sage.

Feeding Amounts:

<table>
<thead>
<tr>
<th>Cat’s Weight in Pounds</th>
<th>Amount to Feed in Cups</th>
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</thead>
<tbody>
<tr>
<td>4-6</td>
<td>½</td>
</tr>
<tr>
<td>7-9</td>
<td>scant cup</td>
</tr>
<tr>
<td>10-15</td>
<td>1 1/3</td>
</tr>
</tbody>
</table>

Healthy Powder

2 cups nutritional or brewer’s yeast
1 cup lecithin granules
¼ cup kelp powder
4 tablespoons plus 2 teaspoons Naturvet bone meal (www.entirelypets.com)
1,000mg vitamin c (ground) or ¼ teaspoon sodium ascorbate

The two above oats recipes are from Richard Pitcairn’s Dr. Pitcairn’s Complete Guide to Natural Health for Dogs and Cats.
Dr. Royal’s Easy Basic Canine Recipe

1 pound organic lightly cooked in a pan or oven chicken, no bones, leave on some but not all of the skin, include well chopped heart and liver, cut into pieces

½ cup unsweetened pumpkin (can vary with other squashes)

¼ cup veggie, e.g. cooked green beans

1/8 cup fruit, e.g. blueberries

500mg Fish oil

2000mg calcium from bone meal

Pet vitamin three times a week

Can add psyllium if stools are hard at 1tsp per 30lbs

This will feed a 30lb dog daily. A typical 30lb dog will eat 2-5 cups per day although this may be doubled in puppies.

Types of meats: beef, lamb (tends to be high fat), chicken (use only some of the skin), 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

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
**Dehydrated Dog Foods**

I would not recommend these for cats as it is not possible to add enough water to avoid urinary tract issues. They also make products that can be added to cooked meat. Homecooked or raw diets are still better than this diet, but this is a nice compromise.

**WellyChef**

This is a no grain dehydrated raw diet for dogs and cats. It is available at www.wellytails.com

**Honest Kitchen**

These are balanced dehydrated diets available at www.honestkitchen.com.

**Calculating Carbohydrates from a Typical Pet Food Label**

Example of food guaranteed analysis on a can of food:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Guaranteed Analysis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crude protein</td>
<td>Min 11%</td>
</tr>
<tr>
<td>Crude fat</td>
<td>Min 8%</td>
</tr>
<tr>
<td>Crude fiber</td>
<td>Max 1.5%</td>
</tr>
<tr>
<td>Moisture</td>
<td>Max 75%</td>
</tr>
<tr>
<td>Ash</td>
<td>Max 2.5%</td>
</tr>
<tr>
<td>Total</td>
<td>98%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>2%</td>
</tr>
</tbody>
</table>

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**

**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 with taurine for cats, calcium, and vitamins as you may need to add these ingredients – see homemade diet.

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](http://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.

**Low Carbohydrate Feline Diets**

**Avoderm** - Chicken Chunks/Gravy, Salmon/Consomme, Sardines in Consomme, Swordfish/Consomme, Tuna & Prawns

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

**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

**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 Kharma 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 Turkery Entrée in Sauce, Shredded Whtie 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!

Merrick/Before Grain            Wellness Core  
Acana                              Taste of the Wild

**Pet Stores**

Nature’s Nibbles                Pet Sage  
2601 Mount Vernon Ave            2931 S. Dove St.  
Alexandria, VA                  Alexandria, VA  
(703) 931-5241                  (703) 299-5044  
[www.naturesnibbles.com](http://www.naturesnibbles.com)  
[www.petsage.com](http://www.petsage.com)

Old Towne School for Dogs  
529 Oronoco St.  
Alexandria, VA  
(703) 836-7643  
[www.otsfd.com](http://www.otsfd.com)