

USER FRIENDLY DIET

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effective and affordable for you and your dog.



USER FRIENDLY HOMEMADE DIET FOR DOGS

Welcome! This diet is designed to be easy, effective and affordable for you and your dog. It can be raw or modified raw. The diets recommended in many books can be confusing and expensive and difficult to implement in the average person's lifestyle. This plan is for people who are just beginning to incorporate natural feeding or for those who find other recipes too complicated or expensive. This diet uses grocery store foods and organic foods. This diet is not "rocket science": however it will deliver far more nutritious and usable food elements than any processed commercial product. Raw is preferred in doing this program, but if the dog or cat refuses to eat certain things raw, then try that item cooked in the diet. The protein in this kind of diet is high quality and easily digested, therefore far less will be undigested to trigger allergies. This diet is low in grains (not well used by a dog or cat anyway) and is formulated to duplicate what they would obtain in nature as much as possible, considering the availability of ingredients and time constraints of our daily life. This diet can also be a modified raw diet, or part raw and part cooked if needed.

Carnivores (dogs and cats ARE carnivores by nature) need protein, fat, plant carbohydrates and no grains. (their dietary needs are different from people). They need fruits and vegetables and "greens" just like we do. Studies show that dogs do not convert complex carbohydrates to energy for daily needs. They use fat for 80% of their direct energy needs. When a dog is too fat, reduce the carbohydrates first and don't deprive the dog of protein and fats and vegetables. Scrutinize senior foods to be sure you are not loading carbohydrates and drastically cutting the essential proteins and fats. Carbohydrates make them fat and elevate sugar levels, just like in us. This is why we recommend using carbogve ingredients like canned pumpkin, sweet potato and yellow squash varieties. As well as supplying some useable carbohydrate they have superb nutritional benefits as well. Watch out for "Lite" foods for this reason. Labels with "meat" as a first ingredient do not insure the food is low or free in grains. Labels can be deceptive. For puppies and pregnant bitches, you may add extra bone meal or a calcium supplements, such as DogZymes Bone Builder or KA Calcium. The puppy, the athlete, the couch potato dog, the working dog, or the old timer all usually do much better when fed a diet with a good variety of natural meat, vegetables and even some fruit. This is the best way to assure you are getting REAL antioxidants and highly digestible proteins and fats that can protect the health of the animal, just as in humans. Even if you feed raw foods, use the probiotic DogZymes Digestive Enhancer or Liquid Dispersible Digestive Enhancer, as it protects the gut from possible pathogens that could be present. This is the easiest way to protect the digestive tract for the lifetime of the dog.

If you are changing diets or the animal is stressed, use a double dose of DogZymes Digestive Enhancer. This keeps the digestive tract and bowel stable and the transition smooth. This is one of the most important additions you make every day. Just because a product is labeled as a "probiotic" does not mean it is equal in analysis and numbers to DogZymes brands. There is a vast difference in brands. Highest analysis and quality yields highest results and digestive protection.

Portions: This diet is very flexible. Start with about the same volume of food the dog or cat has already been consuming. Watch the dog's condition for a week and if you see undesired weight gain, cut the portions until you reach maintenance level. We recommend 2 to 3 feedings daily if possible. If you make a mistake one day don't panic, just straighten things out the next day. The dog usually makes its own metabolic adjustments and will be just fine. Things will happen and we all survive. A mature dog will eat approximately 4% of it's bodyweight daily of a homemade diet.

This diet recommends a 50%-25%-25% meat-carboveg-vegetable mixture for all dogs or cats. For dogs needing extra protein and energy for hunting, working, racing, etc, we alter the ratio to 60-20-20. The higher protein and fat provide support for these added nutritional demands. When stress and demands stop, go back to 50-25-25 ratio recommendations. Obviously an overweight dog would get little if any carboveg and a thin dog would get more carboveg.

An optional consideration of using this diet is to rotate the foods occasionally. Providing a broader nutritional base to more closely duplicate a natural diet and better meet the body's micro nutrient requirements. Add Bone Builder 122 or KA Calcium when feeding boneless meat. You do not need the calcium (extra bone meal, Bone Builder, KA Calcium) if the dog or cat is consuming bones in the meal. Use 1 teaspoon of Bone Builder per pound of boneless meat. Use 1/8 teaspoon of KA Calcium per cup of boneless meat. When feeding a pregnant bitch or fast growing puppies, a little more may be needed for growth demands and size increases. During these times, add extra bone Builder or KA Calcium to the diet at 1 teaspoon per cup of food mix for Bone Builder or 1/8 teaspoon of KA Calcium to each cup of mix.

If you are concerned about the transition to raw feeding start with meat cooked rare and work your way up to raw. Be confident in that you are doing what is best for your animals. One of the most important reasons to feed DogZymes Digestive Enhancer in every meal is to keep beneficial bacteria and fungi levels high is to keep environmentally negative pathogens from overwhelming the diet. These pathogens can be just as present in kibble and canned food. When beneficial bacteria and fungi levels are correct, negative pathogens are kept in check.

For those who have questions while introducing or following this feeding protocol, our consultation service can aid in answering questions and concerns in getting started or to discuss special needs. We do not charge any fees for light consultations. If you can prepare food for yourself and your family, you can do this too.

MEAT & PROTEINS

Raw or rare beef - Ground Beef or chunks

Venison - Raw or cooked (no deer liver)

Poultry - Raw necks & backs bones (These are safe bones)

Poultry wings, legs, thighs - raw or cooked and de-boned

Pork - Ground, Chopped or Chunked

Lamb - Raw or cooked de-boned except for raw joint bones

Bison/Buffalo - Raw or cooked

Cottage cheese or yogurt - Natural type or organic, not low/no fat brand

Fish - Mackerel, salmon, sardines, tuna, smelt (should be de-boned) Feed only one meal per month due to the presence of heavy metals.

Eggs - Cooked or raw, with or without shells

Organ Meat - Heart and gizzards for example. Feed up to 3 times per week or 10% of a meal, maximum (Liver and kidney no more than once per week.)

CARBOVEGGIES/CARBOHYDRATES

Pumpkin, fresh or canned (Not Pumpkin Pie filling)

White or Golden Potato high starch use only occasionally

Sweet Potato - Low glycemic a good choice for dogs

Yellow squash Varieties - low glycemic also

Apples and Pears - Good source of carbs and antioxidants

Yucca Roots - Great source of carbs and easily assimilated in the digestive system

VEGETABLES/FRUIT: If you feed raw veggies and fruit, pulp, mash or grind them in a chopper or processor. Once the dogs are used to them, you can try feeding chunks, but it is more difficult for the dog to break down because of the skins on the vegetable chunks. Even frozen vegetables with skins like broccoli stems, peas, green bean chunks and broccoli florets digest better if you chop them a bit in a food processor. The goal is raw for nutritional benefits but using cooked occasionally is fine. Feed raw vegetables at least once daily. Cooked veggies don't need grinding but are easier to blend if ground/mashed. Raw is preferable because valuable enzymes, vitamins and minerals are not damaged by heat. Sometimes it is necessary to cook vegetables to get the dog used to them in the diet. Raw is always better and most canines do fine with ground or chunked raw vegetables and fruit as long as the chunks are small.

Fruits: Apples, pears, cantaloupe, apricots, peaches, bananas, pineapple, cherries, watermelon, papaya, mango, and most other fruits are commonly used. **No Grapes or Raisins.** Be informed that fruits are also a source of carbohydrates.

Vegetables: asparagus, carrots, zucchini, collard greens, broccoli, winter squash, summer squash, cauliflower, kale, various frozen, thawed greens such as chopped collards, mustard greens, beet greens, turnip greens, (spinach can be fed once weekly) sweet corn, legumes such as soybeans, peas and green beans should be used sparingly and their use is not

intended to replace meat protein) tomatoes (don't overdo), cabbage, parsley, sweet potatoes, non-salted garlic powder on occasion, in moderation, not fresh cloves. **No ONIONS.**

Herbs: This is something to discuss with knowledgeable people unless you have a fundamental background in herbs. Call Natures Farmacy with any questions.

PREPARATION TIPS

You can portion into freezer bags for later use to save time. Buy foods on sale when possible. Please note that grains are not a necessary part of this program. Frozen vegetables are better, especially when you have included DogZymes Digestive Enhancer or Liquid Dispersible to the diet. Frozen vegetables and fruit need to be thoroughly rinsed just as does fresh produce. Put in a colander, thaw, and wash before chopping or processing. Add herbs like parsley, basil, oregano, garlic, etc. Organically grown is always best if you can get it, but in reality organic is not readily available everywhere and can be expensive. Otherwise, frozen vegetables are best. Frozen produce is picked ripe and processed immediately, therefore more nutrients are retained. Frozen produce also gives you a greater variety in winter. Any field-ripened, home grown vegetables are superior to the commercial supermarket version. Fresh commercial produce is picked under-ripe and has not developed its maximum nutrient value and does suffer nutrient losses while being transported and held for display. The concept of this diet program is to make it fit your lifestyle (User Friendly) so that you can develop a custom homemade plan that is simple and fits your routine. Feel free to call Nature's Farmacy for help. Our dieticians are always willing to guide you through until you have reached your comfort zone. There are many other diet ideas available that are much more complicated and need to be specifically followed. This diet is easily followed and is based on sound nutritional principles and practices, and provides a balanced diet that fits the needs of most dogs and cats, even those with special needs.

For treats, use vegetables, cheese or meats rather than dog biscuits containing grains. Give your dogs nutrition not fillers. Because this diet utilizes nutrient supplements, you can save some steps and eliminate most of your concerns. If you continue this diet long-term, as most do, it is simple and reassuring to have blood work done periodically to monitor your dog's nutritional status if you have any concerns or if the animal has a health problem. Talk to your vet about doing this. This is something many people do routinely anyway. Raw and modified raw diets have gained much popularity in recent years. Use red meat for at least 50% of the protein during a week. If your dog can't tolerate any of the different meat/proteins listed, eliminate the problem food. For example, if chicken causes your dog(s) problems, eliminate the chicken and substitute another meat. This diet can be used the same as prescription dog food products by eliminating what the dog can't tolerate or lowering protein or fat. Avoid sugar, excess salt, preservatives, propylene glycol, MSG, and other unidentifiable items. If your dog has a yeast problem, eliminate the grain. When feeding bones, raw is best as bones are made brittle by cooking and can splinter. It is our opinion that poultry wing, leg and thighbones are not safe, no matter raw or cooked. Consider safety when you feed any bones to your dogs. Knuckle bones work great. If they get dirty, boil 30 minutes or wash and put in the microwave for 30-40 seconds to kill germs. Refrigerate between uses. They benefit greatly from raw bones and they are a good source of nutrition. Nothing is better for healthy teeth. If you have questions about anything you want to feed, call us.

ESSENTIAL BASIC SUPPLEMENTS FOR BALANCED DIET:

1. **Vitamin Supplement:** DogZymes Ultimate, which will be utilized if and when needed. This has a guaranteed analysis and adding this maintains essential balance to the diet. All vitamins, trace and macro mineral, plus all essential amino acids for canine and feline for optimum health. Ultimate self levels daily so there is no danger of overloading on any nutrient.
2. **Probiotic (Beneficial bacteria, fungi and digestive enzymes):** DogZymes Digestive Enhancer (regular or Liquid Dispersible). This is "Nature's Way" of protecting the GI tract from bad bacterial growth (negative pathogens) and maximize nutrition, assist immune system, reduce allergy causing undigested proteins and reduce the potential for bloat and gas. This supplement is of extreme importance!!
3. **Calcium sources:** DogZymes KA Calcium use 1/8 teaspoon per cup of boneless meat. Bone Builder 1 tsp per cup of food.
4. **Vitamin C:** DogZymes Cran-Tri-C (Ester C, Ascorbate and Ascorbic acid) in concentrated organic 90% cranberry powder base. One eighth teaspoon contains 721 mg of C total, with cranberry as a whole food base to provide "whole food" synergy to correctly utilize the three forms of "C" in the cells. There is much difference of opinion in established "recommended" doses of C usage for dogs or cats. Use what you or your vet has determined to be functional and safe. Up to 5000mg per animal per day is considered safe by most

