

Muttville Lecture #7

August 29, 2013

HOME MADE DIET RECIPES: GENERAL GUIDELINES AND RECOMMENDATIONS

There is no perfect diet that will work for your dog forever. Preventative nutrition entails eating variety of fresh foods creating balance on weekly, seasonal, and annual basis thus preventing nutrient deficiencies. In the process of domestication dogs evolved to thrive on a variety of human foods and scraps, yet many retained strong digestive apparatus to extract nutrients from raw meats and bones. Like many omnivorous scavengers they can also gain sustenance from many 'spoiled' food and feces of herbivorous animals, tapping into rich stores of bacterial protein and fatty acids created in the process of fermenting fiber and complex carbohydrates.

Nutritional requirements of our dogs can vary greatly due to age, breed, activity level, home environment, climate and weather, and medical issues. It is very important to work closely with your veterinarian when implementing clinical nutrition plan, discontinue feeding and report any and all types of digestive upset or skin itch immediately.

Most individuals will dislike or have adverse reaction to some foods, always introduce new foods slowly, one new item at a time. Never start new foods when your dog is experiencing digestive upset unless instructed by veterinarian.

Size of food portions will depend on age, general health, body type, body condition vs. ideal weight, and activity level. Most dogs will eat 1 cup (1/4 lb.) of moist food for each 10-20 lbs. of body weight, twice daily (as long as pet is active and walked for at least 15-20 min twice daily).

For most overweight dogs carbohydrates (starches) are optional and/or not recommended, unless dealing with exhausted weak patients with multiple deficiencies.

INGREDIENTS

Carbohydrates (Carbs): cook well before serving, increase cook time if seeing whole foods passing through.

- whole grains (brown rice, whole wheat/barley, quinoa, oats)
- simple starches (well cooked white rice, potato, yam, cornmeal)

Protein: muscle meat (ground or chopped), 5-25% fat content: cook lightly or use prepared (canned) products, do not char/burn or overcook

-warming: chicken, lamb, venison, salmon

-neutral/moisturizing: beef, buffalo, venison, duck, turkey, salmon

-cooling: pork, turkey, white fish (tilapia, sole, halibut), rabbit, duck

Organ meats: rich in protein, essential fats, B vitamins, minerals; scald or cook very lightly:

-liver, heart, gizzards/tripe, tendons/ligaments.

Dietary Fiber

Vegetable:

-root vegetables: carrots, radish, beets, parsnip

-tubers: summer squash (zucchini), winter squash (pumpkin, butter, button, acorn)

-greens (leafy vegetables/florets): broccoli, cauliflower, kale/collard greens, cabbage/bok choy, celery, parsley, mustard greens, spinach, dandelion

-legumes: beans, peas

-seeds: walnuts, ground flax, coconut

Fruit:

-with pit: apple, pear, avocado, plum, peach, nectarine, apricot, mango

-other: papaya, pineapple

-berries, citrus fruit (orange, tangerine)

SUPPLEMENTS

-used to fortify homemade diet to prevent nutritional deficiencies or make up for low nutrient density in food ingredients

-best to add right before feeding vs. mixed in a batch of food (except for Calcium):

-Calcium Carbonate or organic bone meal (about 3 grams/TBS)

-Multivitamin, micronutrient, and trace mineral supplement

OPTIONAL:

-Enzyme and Probiotic Supplement

-Essential Fatty Acids/Oils: Omega-3 concentrate (fish oils), cold pressed flax and safflower oil, coconut oil

-Glandular tonics: glucosamine/chondroitin sulfate, desiccated organ concentrates (liver, spleen, heart)

-Anti-oxidant supplements: Vitamin E (mixed tocopherols), Selenium, Vitamin C, OPC/grape seed extract.

Supplement Sources:

-Animal Essentials (Seaweed Calcium, Herbal Multivitamin, Plant Enzymes/Probiotics)

-Standard Process (Whole Body Support, Min-Tran, glandular tonics)

-Vetriscience (K9 Plus, Fast Balance GI)

- Thorne Research (Basic Canine Nutrients)
- Nordic Naturals (Omega-3 supplements)
- Other: please research thoroughly to ensure quality and efficiency of supplements as they are not quality control regulated by FDA

BASIC BEEF

INDICATIONS: tonify blood, resolve dryness (skin, feet, eyes), nourish coat and tendons/ligaments.

INGREDIENTS:

- 1lb ground beef 80-85% lean
- 4oz organic beef liver
- 2 whole eggs
- 1 can of sardines in vegetable oil (low salt)
- 1 lb. of steamed carrots, rough chopped
- 1lb of steamed chopped broccoli and/or lightly wilted collard greens
- 1/4 – 1/2 tsp. light salt or sea salt to taste
- OPTIONAL: 1-2 cups of well cooked brown rice

SUPPLEMENTS:

- 6 grams of powdered Calcium Carbonate or organic bone meal
- 1 TBS of Omega-3 Fatty Acids
- 2 TBS of powdered multivitamin

COOKING INSTRUCTIONS:

- lightly cook protein and organ meats
- stir in eggs till whites cook, then add canned sardines
- add Calcium, mix thoroughly till lukewarm
- fold in prepared root vegetables and greens
- OPTIONAL: fold in cooked carbs
- allow to cool then refrigerate, freeze parts not intended for feeding within 3 days

IF PREPARING COMPLETE BATCH/NOT SUPPLEMENTING AT EACH MEAL:

- add Omega-3 and multivitamin supplement

NUTRITIONAL DATA (estimated):

- C/P/F ratio: 0:1:1 (1:2:2 with optional carbs)

YANG QI-KEN

INDICATIONS: warm up, strengthen, improve function of digestive tract/resolve digestive upset (gastritis, IBD, colitis, muscle wasting).

INGREDIENTS:

1lb ground chicken 90-95% lean
2 oz. organic beef liver
2 whole eggs
1(-2) lb. of well-cooked carbs (white rice, brown rice, or whole wheat pasta)
1 lb. of cooked/canned pumpkin
1/4 – 1/2 tsp. light salt or sea salt to taste

SUPPLEMENTS:

6 grams of powdered Calcium Carbonate or organic bone meal
1 TBS of Omega-3 Fatty Acids
2 TBS of powdered multivitamin

COOKING INSTRUCTIONS:

-lightly cook protein and organ meats
-stir in eggs till whites cook
-add Calcium, mix thoroughly till lukewarm
-fold in cooked carbs and pumpkin
-allow to cool then refrigerate, freeze parts not intended for feeding within 3 days.

IF PREPARING COMPLETE BATCH/NOT SUPPLEMENTING AT EACH MEAL:

-add Omega-3 and multivitamin supplement

NUTRITIONAL DATA (estimated):

-P/C/F ratio: 1-1(2)-1

COLD TURKEY/COLD FISH

INDICATIONS: cool down, decrease inflammation, moisturize/lubricate

1lb ground turkey 85-95% lean or white fish (sole, tilapia, halibut)
1 lb. of chopped poultry gizzards and hearts (duck, turkey)
4 oz. organic beef liver
2 whole eggs
1 lb. of well-cooked sweet potato/yam
2 lb. of lightly cooked and chopped green beans, peas, zucchini, and leafy greens mix
1/4 – 1/2 tsp. light salt or sea salt to taste

SUPPLEMENTS:

6 grams of powdered Calcium Carbonate or organic bone meal
1 TBS of Omega-3 Fatty Acids
2 TBS of powdered multivitamin

COOKING INSTRUCTIONS:

-lightly cook protein and organ meats
-stir in eggs till whites cook
-add Calcium, mix thoroughly till lukewarm
-fold in cooked carbs and vegetables
-allow to cool then refrigerate, freeze parts not intended for feeding within 3 days.

IF PREPARING COMPLETE BATCH/NOT SUPPLEMENTING AT EACH MEAL:

-add Omega-3 and multivitamin supplement

NUTRITIONAL DATA (estimated):

-P/C/F ratio: 2-1-2