

## **Pet Nutrition 101: Adding Fresh Foods and Home Made Diets**

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### **Is your dogs' diet complete and balanced? Is yours? How do you know?**

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.

Things that indicate that the diet is working well for your dog:

1. Good energy level and strong stamina: No problems on long walks, so soreness after strenuous activity.
2. Good appetite/healthy digestion: dog eats food readily but not ravenously, feces are firm, well formed, and consistent. No excess eating of grass or other inappropriate things.
3. Shiny coat, dandruff-free skin, and dark moist foot pads/clear nails (as opposed to dull dry coat, dandruff/thickened scaly skin, dry callused and rough foot pads).

Fresh foods that can be added to kibble and canned food:

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.

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)

## Dietary Fiber

### Vegetable:

- root vegetables: carrots, radish, beets, parsnip
- tubers: summer squash (zucchini), winter squash (pumpkin, butter, button, acorn)
- greens (leafy vegetables/florettes): 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)

### Examples:

1. 2 lbs. of finely chopped broccoli and 1 pt (about 3/4 lbs) of chicken livers: lightly steam the veggies until soft, then stir in chopped liver till lightly cooked.
2. 1 lb. of diced carrot and pea mix and 1 lb of ground chicken or turkey: steam the meat lightly until most of the pink is gone, shut off the heat and stir in diced vegetables.
3. Yogurt and apples: chop up a whole apple, mix in 2-4 tablespoons of plain yogurt. Add to kibble or serve as a separate snack.

### If preparing a home-made diet:

1. Add Calcium: 3 grams for each lb of muscle meat
2. Add organ meats (liver, heart, tripe): 10-20% of total meat content
3. Fortify with multivitamin supplement 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.

Other examples of fresh food additives or home-made diets:

### **BASIC BEEF RECIPE**

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

**INGREDIENTS:**

- 1 lb. 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
  - 1 lb. 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 RECIPE**

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

### **INGREDIENTS:**

- 1 lb. 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 RECIPE**

INDICATIONS: cool down, decrease inflammation, moisturize/lubricate

### **INGREDIENTS:**

1 lb. 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):**

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