

4Love of Dog

Dog Raw Diet Menu

Suggested Dogs Raw Diet Beginners Menu

This menu is not complete --- your research will make it complete!

How To Begin

Congratulations on choosing the best possible way to feed your pet! You will be thrilled with the results this diet can produce. This beginner menu is just that --- a beginner menu. Once you start your pet on a natural diet it takes a small amount of trial and error (nothing that will cause any problems) to finally get it right according to you pets' individual needs. A "one size fits all" approach does not work.

All pets have different requirements, although the differences in needs may be very small. Even pets with health problems can benefit. We just want the best for all pets!

How Much to Feed

Very Important --- keep your puppy lean!

Keeping the pup lean may slow down the growing process. A fast growing, overweight pup can develop many skeletal problems. For more on this subject please read Dr. Ian Billinghurst's book "Grow Your Pup with Bones". GYPWB goes into great detail on almost every skeletal disease and how to stack the deck in your pups favor --- preventing skeletal damage!

Weight Your Dog

Each day your dog should consume 2-3% of their body weight. Growing puppies require up to 10% of their weight per day.

For an adult dog 2% is a good place to start and can be adjusted from there by watching for unwanted weight gain or loss. It may be a good idea to start high with a pup, and adjust downward as needed.

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Here's an example using a 100 lb. dog being fed @ 2%:

100 lbs. dog X 16 = 1600 (dog in total ounces)

1600 X .02 = 32 ounces (for 2% body weight)

32 ounces is how much you would feed a 100 lb. dog per day if you are feeding @ 2% body weight.

Proper Mixture

Of that 32 ounces, 60-80% (see side bar) needs to be raw meaty bones (**RMB**) and the remainder of the 32 ounces being the meat grind mix (**MGM**). Divide this amount into the number of meals per day. Each meal does not need to be exact or even the same. You could feed all of the RMBs at one meal and the MGM at another meal. Whatever works best for your schedule as long as the percentages are correct for a days worth of meals.

How Often to Feed

Age 2-6 months - Feed 3 times per day

Age 6-12 months - Feed 2 times per day

Adult 1-2 years (see below) times per day

Some dogs can get a sour stomach when fed only once a day, which may produce vomiting (this is true for kibble fed dogs also). In that case, it is always best to divide the single meal into two meals. Many people feed the RMBs for one meal in the AM and the MGM in the PM, or vice versa.

What To Feed

The list is almost endless. A variety is highly recommended. Introduce new meats/RMBs slowly by adding a new one every 2 weeks. Watch for any indications that your pet may not be handling the new item well. It is easiest to start with chicken wings as the RMBs. Chicken necks can be used also, but not as an every day RMB. Necks are made of mostly cartilage and may not provide adequate calcium amounts for growing pups. Wait at least 1 week before adding vegetables and supplements, again, slowly and one at a time. As soon as possible you should feed fish once a week, organ meats 2-3 times a week, and 1 whole egg with shell 2-3 times a week.

Be sure not to overload on the poultry by using ground chicken/turkey for the meat grind mix. Occasionally, it is fine, but try to use red meats such as beef, lamb, deer or buffalo. Many people feed rabbit. These are what a dog would most likely eat if it lived in the wild and some feel that if you feed more red meat, the less you need to supplement.

Suggested vegetables:

Romaine lettuce, carrots, broccoli, yams, sweet potato, garlic, parsley, and celery for starters.

We recommend a combination of 2 above-ground vegetables (i.e., romaine, broccoli) and 2 below-ground vegetables (i.e., carrots, sweet potato) mixed and pulverized together. Garlic is very beneficial and can be added to all mixes.

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Bones are a very important part of this diet and must be given to the dog.

Basic Supplements

Basic supplements are fish body oil, olive oil, Vitamin E, and Vitamin C. Researchers now agree these are very important to human health, and we recommend them highly for dogs. Some dog owners also add kelp powder and alfalfa powder. Whether to add the extra supplements or not will ultimately be up to you.

The Power To Customize

Some owners feel that the dog should get all the nutrition it needs from this diet and supplementing could cause serious imbalances. In a perfect world, if your food quality, menu planning, food storage, and dog were all perfect there would be no need for supplements. The food and storage chain is not perfect. No dog is the same. Find out how your dog responds and their specific needs.

Never give cooked bones.

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Ask questions and find answers on our Dog Talk forum

Raw Meaty Bones

If the RMB has a low percentage of meat vs. bone ratio, you can feed more towards the 60% mark. Examples would be chicken necks, chicken wings and chicken backs

If the RMB has a high percentage of meat vs. bone ratio, you will need to feed closer to 80%. Examples would be chicken drumsticks, and chicken hindquarters.

To understand this, picture yourself cutting the meat off of the chicken drumsticks to add to the meat grind mix. With a high amount of meat on the bones, you need less ground meat.

Meat Grind Mix

MGM consists of ground muscle meat, pulverized vegetables, organ meats, eggs and supplements.

Important Note: If you are uncomfortable feeding whole bones, your pet can receive practically the same benefit if you grind the RMBs up! Even white teeth! The only difference being the exercise dogs get while eating RMBs whole and the time you spend in preparation. Join barfgrind@smartgroups.com to find out which meat grinders are best for this.

Digestive Enzymes

These may be beneficial for the beginner BARF dog and the dog with health issues. Horrific gas (I'm speaking from experience here) is a good indication that probiotics may be needed until the intestinal flora has adjusted to the new diet.

For Tripe's sake! (Green tripe that is!)

A great addition to a raw diet. Green means unwashed and unbleached and very smelly! Do not feed the white tripe you buy at a grocery store...very little nutritional value is left after everything has been removed. Go to greentripe.com or halshan.com for info on this doggie delicacy.

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What Now?

If you read all the top books, then join e-lists, or our forum. Ask plenty of questions, and experiment until you feel you are doing the best for your dog. It is much easier than it sounds. It can be a scary undertaking in the beginning, but before you know it, you feel like an old pro. Just remember, "balance over time". If you feel you made a mistake one day, it doesn't matter because you can make it up in the next day, or the next day. "Balance over time" actually can cover a 2 week period. You can make a few mistakes and still provide much better nutrition than almost all commercial dog food!

Highest Quality Food

Is there a difference in food quality? Yes! Organically grown vegetables and fruits are preferred. Look for ones that are grown from soil that has not been depleted of natural minerals and produces a superior product using very few pesticides.

Grass-fed livestock and poultry are raised without added hormones, and in the case of chickens, are outdoor (free-range) in the sun instead of in cramped indoor cages. Some people say the free-range chicken and eggs are more nutritious due to the sun exposure. For more on this subject, check out Dr. Mercola's very informative site.

Grain is not a natural diet for cattle. If we are feeding our pets a natural, species specific diet, it makes sense to feed them an animal that is fed a species specific diet also!

Organically grown fruits and vegetables can have hazards. If not treated properly after harvesting, they can become contaminated. As an example: an organic lettuce farm next to a cattle ranch. The dust from the cattle ranch can blow over to the lettuce farm, and contaminate the harvested lettuce with E. coli. This has happened, albeit, very rarely. I'm only adding this because organic is not synonymous with risk free. There are risks with everything.

For those of us who cannot afford organic foods, regular human grade products are still far better for your pet than any kibble!

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Traveling While Feeding a Raw Diet

It's easy! You can buy RMB's at any grocery store (usually chicken wings). Our pets can go without the veggies and supplements for a short while, thanks to "balance over time". Longer periods can be supplemented with canned pumpkin (not the pie filling with all the extra ingredients), canned mackerel, tuna or salmon.

Another suggestion for traveling or when your pet will be fed by someone other than yourself; is a fermented kibble called Balance Diet™. This is the best commercial dog food we have found, and the one product we are considering stocking. We use it ourselves when traveling or going to dog shows.

The Pur™ Difference

The Pur Filter uses two technologies: first, a straining membrane (or filter) that removes larger chunks (not all contaminants). Then, resin (ion) beads pull out impurities and improve taste.

Brita does not have this coarse screen filter.

If bacteria is a concern make sure your water filter contains an adequate filtering section. Many "filters" only have resin beads or only a coarse screening filter. A little carbon or charcoal filter will not protect you from tiny bacteria or viruses.

Good protection is a compressed carbon block or ultra-fine ceramic filter. Look at backpacking stores for excellent hand pumping filters.

Home use systems are not for untreated water. They are only for use on clean drinking water.

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