

Raw Feeding

I am trying to consolidate 3 years of knowledge into a few pages so bear with me.

Adult dogs need 2-3% of their weight. For example 130 dog needs between 2.6-3.9 pounds of food every day. You may have to weigh it out at first until you can eye it. Some dogs need less but few need more. Red meat has more calories so they may need less of that. I go by how the dog looks and adjust accordingly.

Of the 2-3% it is divided 80% meat, 10% bone, & 10% organ meat. It doesn't have to be equal every meal or even every day. I only give chicken bones so they get bone 4 to 5 times a week. I feed twice a day.

Bone

You determine amount of bone needed by stool. If you feed too much bone you will get white, chalky poop. Looks weird. Some dogs need more, some less. Bone is important. The marrow is loaded with red blood cells and calcium in a natural form. Anything you can provide naturally is better than supplementing. Again, I only give chicken with bones. I just think any others are too hard and sharp. They do get raw bones as recreational bones but they are the long round bones and they can't eat them. Percentage wise if you take a whole chicken and quarter it, each quarter has 10% bone. Leg Quarters have more bone so you can use them with just meat to get your 10%. For example, a quarter and a ½ pound of raw hamburger would be balanced.

Stool.

Raw feeding changes stool. Ideally you should get small, rounded balls. As you learn and change protein sources you will see variance in stool. This is normal as you are feeding a variety of foods in varying amounts. Canned pumpkin, (not pie filling!!) will firm up stool and help with constipation. It's a wonderful addition to their food. Just a couple of tablespoons and you can give it as often as you like.

Organ Meat

Very important part of diet. Start gradually or you will cause diarrhea in a big way. I like to use beef liver but any organ meat is fine. Kidney, liver, gizzards. Heart is NOT organ meat, it is muscle meat. A 130 lb. dog needs about 2.5 to 3.5 ounces a day. (10% of your 2-3%) You don't have to start the organ meat until they have acclimated to the raw meat but its best to give

organ meat every day. Stick with one type until they can tolerate it. After they get used to having it in their diet you can alternate daily with whatever you can find.

Meat

Most start with chicken. It's cheap and readily available. I would do boneless at first. As funny as it sounds, some dogs don't realize raw food is food and they won't eat it. If they refuse it try warming it just a little and then offering it. Usually they catch on pretty quick. Offer smaller amounts at first, not the whole 2-3%. Kibble takes way more stomach acid to digest and the dog will need some time for the stomach to realize this. Sometimes they will vomit yellowy foam in the mornings. This is from the acid. They will stop after the dog gets used to the raw diet and the stomach stops producing all the acid. Do the chicken for a week to 10 days, adding bigger pieces gradually. The goal is to offer a ¼ or ½ chicken in one piece, depending on if you feed once a day or twice. Just do the meat at first, nothing else.

Then you can add other protein sources one week at a time. After a week of chicken then go to something else for a week then back to chicken for a week. This will help them tolerate different meats later on. Do a week of chicken in between every new meat source, if you can get another meat cheaper than chicken then its fine to use it as your primary source. Chicken is just usually the easiest for most people.

We feed a lot of turkey heart meat too. Heart meat is NOT organ meat! Gypsy loves them and it is a good source of iron. We get them at the turkey plant as well. They also have turkey necks. We feed necks as a great natural source of glucosamine and it keeps the stool firm since I don't feed bone every day. We get duck necks too from our raw food place. They love duck but it's a greasy, heavy meat and they definitely have to get used to it!!

Fruits & Vegetables

This is an area of controversy. I feed fruits and vegetables because the dogs like them and I know they need nutrients other than what is in meat. If its healthy for you it is healthy for them with the exception of onions. NO ONIONS!! No APPLE SEEDS!!! NO GRAPES!!! Fruits and vegetables must be frozen or smashed. They have a cellulose binder that has to be crushed before the dogs can digest them. My dogs love bananas, apples, carrots,

cooked potatoes-white and sweet, spinach, squash and anything else you can find. The riper the better, even overripe is fine.

Grains

Another area of controversy. Grains for pets are treated and stored differently than grains for humans. They are easily contaminated by rat poop, poisoned rodents etc..Human grade grains are treated and stored in a much safer way. Most of the problems associated with grains and issues with dogs are due to the contamination factors, not the grains themselves. Now, some dogs do have grain allergies and do better without them. My experience has been this. When I feed grains and pastas my dogs don't eat grass, when I stop within a few days they are grazing like cows so I feed them some form of grains just about every day. Cooked brown rice, pasta, oatmeal. Not a huge amount, maybe ¼ cup or less.

One weekend day is oatmeal day. They get cooked oats with fruits, butter, goats milk, and honey. Then they fast the rest of the day. (just the adults, the littles get supper!)

Supplements

This is where the fun part comes in. I supplement with honey, coconut oil, (raw, virgin, organic), ester-c, vitamin e, vitamin d, flinstones chewables, flax seed oil, kiefer-a probiotic, goats milk, greek yogurt, cottage cheese, eggs and olive oil. Not all together and not the same time!! Coconut oil they all get every day. Ester-c the littles get about 3 times a week, it helps the body absorb the vitamins by keeping the food in the gut a little longer. Vitamin E about twice a week, Vitamin D if it hasn't been sunny for a few days. Flax seed in the oatmeal and occasionally just for a little protein. Honey for allergies and a source of natural sugar. Keifer for digestion, goats milk for calcium, eggs for natural calcium and protein and olive oil for fat. Flinstones just in case I miss anything, just a couple of times a week.

Again, it doesn't have to be balanced every day, just an overall mix of everything.

There is a great book, "Give Your Dog a Bone" by a vet in Australia. Dr. Ian Billingsly or something. You can download it or order it off amazon. It is very informative and will answer a ton of questions especially about supplements.

Sample Menu

This is a typical menu. We get chunks of white meat turkey, boneless very cheap. It is from a processing plant about an hour away. I feed that as my core protein source. Every other week, they get turkey. We switch off the other weeks with beef, pork, chicken or a mix. Depends on what wal-mart has in the markdown bin!!

Now because the turkey is boneless, I do feed chicken a couple of times during the week just about all the time.

Sunday AM

Oatmeal with apples, bananas, honey, butter (real), goat milk. Sunday night-adults fast and littles get half of normal dinner.

Monday AM

Roughly 1 ½ pounds turkey, 2 oz beef liver crushed egg, squirt of honey, tablespoon or so of coconut oil, handful of pasta.

Monday PM

1 ½ to 2 lbs turkey, handful rice, few frozen peas, coconut oil, squirt of olive oil

Tuesday AM

¼ of whole chicken, coconut oil, cooked potato (divided by 4), turkey hearts, beef liver, vitamin e

Tuesday PM

Turkey, coconut oil, fresh spinach, (pureed in ninja!!) squirt of honey, ¼ cup goats milk, smashed banana (divided by 4), ester-c

Wednesday AM

Turkey, coconut oil, turkey hearts, beef liver

Wednesday PM

Turkey, egg **with shell** blended in ninja with apple. (3 eggs 1 apple divided 4 ways) handful of pasta, flintstones

Thursday AM

Turkey, coconut oil, ester-c, ¼ cup goat milk, turkey hearts, beef liver, vitamin e

Thursday PM

Turkey, coconut oil, squirt of honey, olive oil, handful of rice, smashed banana (divided by 4) frozen broccoli-1/2 cup divided 4 ways.

Friday AM

Turkey, coconut oil, cooked sweet potato, (divided 4 ways), beef liver

Friday PM

¼ of whole chicken, coconut oil, olive oil, turkey hearts

Saturday AM

Turkey, beef liver, coconut oil, handful rice, smashed banana, squirt of honey, vitamin e

Saturday PM

Turkey, turkey hearts, fresh spinach and eggs pureed in ninja, (3 eggs divided 4 ways, with shells), flinstones, ester-c

This is just an estimated plan. Some days I use cottage cheese, yogurt, anything I might have. I am careful with using too much calcium on the littles, a lower real-protein diet which is what raw is, combined with a reduction in calcium gives them that nice even growth rate that helps joints and toplines!! Reduction doesn't mean they get less overall, just less compared to the amount of protein.

This is my plan based on the research I have done. I use peer-reviewed articles on nutrition and my own experience to determine what I think is best. Every dog is different. Some need more meat to gain weight, some need less. Some need more bone, some need less. You just have to see how they do and go from there. I know that this is a thumbnail but hopefully it will give you an idea.

One last thing, don't mix kibble with raw food. Kibble digests much slower than raw food. This means the body holds the kibble and uses the raw. The kibble can ferment quickly and cause gas or digestive issues. The best way is just to get rid of the kibble, wait a day and then start with raw. Small amounts at first.

Let me know if you have any questions!!!!