



HOLISTIC PAWS NUTRITION

Real Nutrition for the Everyday Pet

Raw Dog Food & Supplements

A short guide on making the switch to raw feeding and how we can support our dogs nutritionally.

If you are currently feeding dead food - aka: kibble, you are not alone! About 75% of owners feed their dog's dry dog food. We have been taught as a society that kibble feeding is the ONLY way to care for your dog (this applies to cats and other animals too). Your vet will tell you that kibble feeding is the safest and more secure type of feeding - but is it? I am not here to have you go be irate with your vet and challenge them based on their opinions, but please remember that our medical professionals are not trained in nutrition. Most are equipped to see a problem, send the owner home with instructions on how to fix that problem, and then follow up to see how that patient is healing. I say most, because not all medical professionals take the time to solve a problem. A quick fix of prescriptions usually does the trick. It also makes their sales reps happy! Our veterinarians are not given the opportunity to dive deeper into the world of pet nutrition. Their books and learning materials are designed by large dog food companies (MARS Inc) that have a greedy need to fill their bank accounts. It's sad, but true.

Ok - so, how does this apply to your dog's health? Well, if we have vets and feed officials (AAFCO) that have no base line education on the K9 body and how it functions, but they are making decisions on what goes in our dog's dry or wet food then can we really trust the ingredients and the process? That's like putting a Pet Nutritionist like me in charge of our country's international trade. I would know the basics of what our people need but would not know the fine details on making trades. I would probably have to resort to a more 'cost effective' and 'simpler way' of making a deal just because I do not have the knowledge. I'll stick to Pet Care & Nutrition!

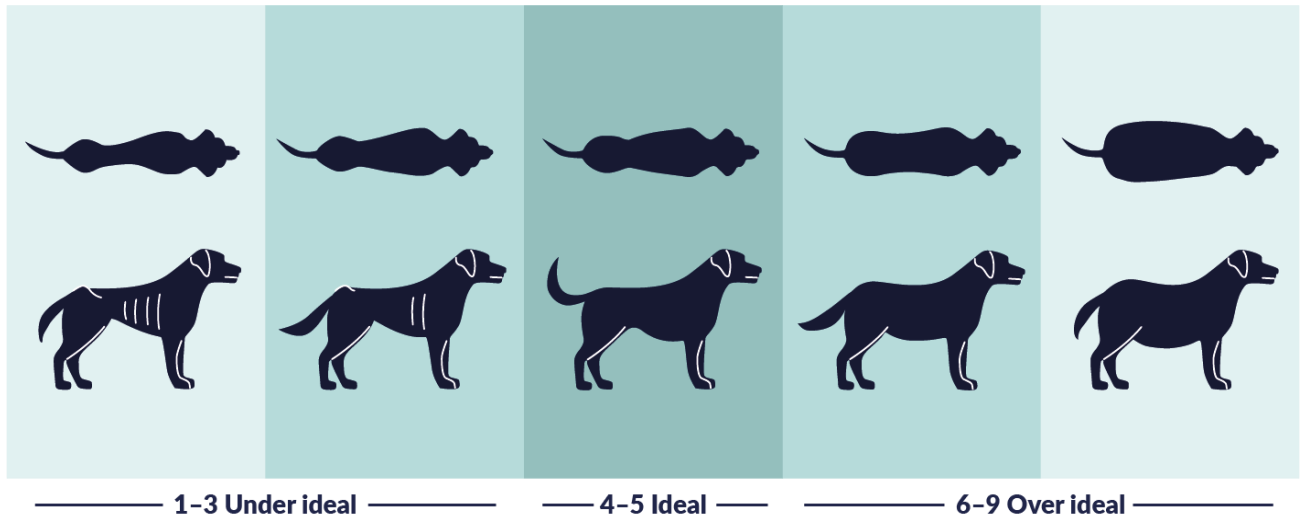
Now that we have that out of the way, let's dig in!

Proper Body Composition

Dog Body Composition - A body condition score chart gives you a silhouette and a list of characteristics to look for. If you have a very fluffy pet, think of how they look in the bath when their hair is all wet.

The four main things we assess when deciding on overall body condition are:

- Ability to feel **ribs**, lower spine and bony prominences.
- Ability to see a '**waist**' - tucking in of the abdomen after the ribcage when looking at your dog from above.
- Ability to see an '**abdominal tuck**' - tucking up (upward slant) of the abdomen after the ribcage when looking at your dog from the side.
- Presence of fat deposits



Weight guide for your dog

1-3: Under ideal

1 - Ribs, lumbar vertebra (lower back), pelvic bones and all bony prominences can be seen from a distance. No discernible body fat. Obvious loss of muscle mass

2 - Ribs, lumbar vertebra, pelvic bones and all bony prominences easily visible. No palpable fat. Some evidence of other bony prominences. Minimal loss of muscle mass

3 - Ribs easily palpated and may be visible with no palpable fat. Tops of lumbar vertebrae visible. Pelvic bones becoming prominent. Obvious waist (viewed from above, narrowing in front of the pelvis). Abdominal tuck (viewed from the side, the belly runs upwards from the front legs towards the back legs)

4-5: Ideal

4 - Ribs easily palpable, with minimal fat covering. Waist easily noted, viewed from above. Abdominal tuck evident

5 - Ribs palpable without excess fat covering. Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed from above.

6-9: Over ideal

6 - Ribs palpable with slight excess fat covering. Waist is discernible viewed from above but is not prominent. Abdominal tuck apparent.

7 - Ribs palpable with difficulty; heavy fat cover. Noticeable fat deposits over the lumbar area and base of tail. Waist absent or barely visible. Abdominal tuck may be present.

8 - Ribs not palpable under very heavy fat cover, or palpable only with significant pressure. Heavy fat deposits over the lumbar area and base of tail. Waist absent. No abdominal tuck. Obvious abdominal distention may be present.

9 - Massive fat deposits over the thorax, spine and base of tail. Waist and abdominal tuck absent. Fat deposits on neck and limbs. Obvious abdominal distention.

Feeding Calculations

We want to feed raw dog food at a % of our dog's IDEAL weight. We say IDEAL because we want to feed for the dog we want to have and not always what we have currently. That is why body composition is so important. You should never have an overweight dog. If you do start today on training yourself on how to feed your dog less and better! Too much weight is the leading factor of dogs having chronic lifetime illnesses and will lead to a shorter lifespan.

Feeding Percents:

2% - to lose weight

2.5% - to maintain current weight

3% - to gain or for working dogs

You can simply feed based on taking your dog's ideal weight and multiplying it by the proper percentage. For example: **GSD at 60lbs, feeding at 2.5% would be 1.5lbs of food per day.**

If you want to get more technical - factor in calories, age, spay/neuter, activity level. Then please reach out and we can go through those calculations together.

For now, using a percent between 2% - 3% works perfectly!

Feeding Models

There are two types of feeding models for a raw diet - BARF or PMR

Biologically Appropriate Raw Food - BARF consists of (also know as RMB, raw meaty bone diet)

- 70% uncooked muscle meat
- 10% raw bones content
- 5% liver
- 5% other organs
- 10% vegetables, fruits, and seeds

*Traditional BARF will have no fruit

PREY MODEL RAW - PRM consists of

- 80% uncooked muscle meat
- 10% raw bone content
- 5% liver
- 5% other organs

*Traditional PRM will have no fiber

As an owner you can mix and match what you do each day, week, or month. This is where you have to decide what is best for your dog based on your current knowledge of your dog.

Once you pick which one you would like to follow - it's time to calculate how much of each item your dog will need. We will use the 60lb GDS as our example.

GSD, 60LBS, FEMALE, ON BARF DIET:

GSD needs 1.5lbs per day to maintain current weight.

.7 x 1.5 = 1.05lbs of meat

.10 x 1.5 = .15lbs of raw bone

.10 x 1.5 = .15lbs of fruit, veg, seeds

.05 x 1.5 = .075lbs of liver

.05 x 1.5 = .075lbs of other organs

you would do the same with the PMR diet just use different %'s

How to Feed Raw

Ok - check list time

- My dog's ideal weight is _____
- I plan to feed my dog _____% of their body weight
- I have chosen _____ model to feed
- I have calculated how much of each item my dog needs each day

Now I need to know where to get the food from? Do I make it or buy it?

Good question - and the answer is ... you can do either!

When it comes to raw feeding you want to feed variety, variety, variety! Do NOT feed your dog the same meats each month. That is one of ways any animal (including humans) can start to develop a food sensitivity and eventually an allergy.

If you plan to DIY your dog's food here are some food options to help you formulate your food. You can make each meal individually, or you can make a big batch and freeze it (probably will need a meat grinder or know a butcher that will help).

If you'd rather not do DIY, scroll down for commercial and semi-commercial food options!

Meat Types: red vs white meats, *all in bold are meats I have found and purchased for my dogs*

Red Meat Proteins: Alpaca (very lean), antelope, **beef, bison (leaner than most beef)**, caribou, **deer (venison), duck (red meat even though it is poultry, fatty)**, elk, goat, goose (red meat, very fatty), **kangaroo**, llama, moose, pork (depending on age and cut), **beaver**, **sheep** (depending on age and cut) and squirrel.

White Meat Proteins: **Chicken**, emu, **fish**, ostrich, pigeon, pheasant, port (depending on age and cut), **sheep** (depending on age and cut), **quail, turkey and rabbit.**

IMPORTANT INFORMATION

- Always freeze meat for a minimum of 24 hours if not already frozen before serving.
- Pork must be frozen for 3 weeks to kill all bacteria before feeding.
- Be sure to wash hands, and prep areas before and after meals.

• **Fruits - must be blended or mashed**

- apples, no seeds
- Blueberries
- Peaches
- Watermelon
- Pears
- Bananas
- Cantaloupe
- Craibberries
- Strawberries
- Kiwi

• **Vegetables - must be blended or mashed**

- Broccoli
- Brussels Sprouts
- Peas
- Pumpkin
- Sweet Potatoes
- Carrots
- Beets
- Cucumbers
- Kale
- Spinach

• **Seeds**

- chia
- flax

- hemp hearts
- pumpkin
- **Additional items to consider**
 - Cottage cheese - limited ingredients cottage cheese
 - Tripe - grassfed
 - Single Ingredient dog treats!
 - Raw Goat Milk
 - Green Lipid Muscles
 - Supplements where they might be needed

Commercial & Semi-Commercial Food Options

What is the difference between the two you ask?

Well - commercial will claim to be "balanced" nutritionally. This means the food supplier has added synthetic vitamins and minerals to be AAFCO compliant. This sounds good and official; however, it does not always mean it's the most nutritious option for your pet. Still better than kibble though!

Semi-commercial means the food supplier is just providing you the meat, organs, and bones in a more convenient way (ground, patty shaped, tubed, frozen). No synthetic vitamins are added, only natural vitamins from the ingredients themselves.

The bold option below in the Semi-Commercial section is what I am currently feeding my dogs. Best price (even with their shipping cost), and the ingredients are local and high quality.

Commercial Options:

Darwin's Natural Pet Products - Delivering Raw Pet Food Direct to Your Door | Darwin's Pet Food (darwinpet.com)

Raw Dog Food Delivery Company | We Feed Raw

Freeze Dried, Frozen & Raw Pet Food Products | Northwest Naturals (nw-naturals.net)

Semi-Commercial Options:

Home - Raw Dog Food and Company

Home Page | Hare Today (hare-today.com)

Products for Shipping - UPS Shipping - Raw Delivery - Natural Pet Food and Treats (rawdeliverymn.com)

Supplements

This can be SO hard for owners to understand and know what is best for their dog!

There are a lot of options out there, BUT you have a nutritionist and studying herbalist in your backyard, so I am happy to help!

There are some basic 'supplements' that are needed when doing a raw diet, they are:

- OMEGA-3 Oil
- Vitamin E
- Vitamin C with bioflavonoids
- Vitamin D3

The great news is that all of these can be supplemented with food if you prefer not to do powders or pills!

OMEGA-3 Oil: this can be in a capsule form, oil form, or given as small fresh fish

- sardines in water are my favorite to give
- Nordic Natural OMEGA-3 oil - make sure your oil is from natural waters and not a fish farm

Vitamin E: Powder form or dark leafy greens, organ meats, or raw eggs. So if you're feeding raw your dog is more than likely getting enough Vitamin E. If your dog is having dry skin or is fighting a disease, more Vitamin E may be needed.

- If doing a supplement, in terms of a pill, make sure you are finding the cleanest version of that vitamin. No fillers, no preservatives, no additives!

Vitamin C with bioflavonoids: Foods that are naturally high in Vitamin C include broccoli, brussels sprouts, kale, cabbage, parsley, pineapple, strawberries, spinach, turnip greens, and collard greens.

While vitamin C supplementation may not be necessary when dealing with healthy, happy animals, recent studies report that if dogs are sick or stressed, their bodies' output of vitamin C can be depleted rapidly.

*The most significant cause of vitamin C depletion in dogs is stress, both physical and emotional. Physical stress can be due to many reasons, such as lactation, gestation, growth, hard work (dogs used for tracking, herding, hunting, etc.), injuries, vaccinations, ear cropping, or illness. Emotional stress can be due to weaning, relocation, or demanding training. **The correlation between stress and vitamin C levels in a dog is so consistent that researchers can measure a dog's stress level through the degree of vitamin C depletion in the dog's blood.** On the other hand, many studies show that dogs (and humans) who supplement with vitamin C are more resistant to disease and can recover from injuries or illnesses better.*

- If doing a supplement be sure to get a 1:1 ratio of Vitamin C : Bioflavonoids

Vitamin D3: Dogs can not get their D3 from being outside in the sun due to their fur and coats. It is best to supplement D3 via food and not a powder, pill, or liquid (unless your dog is not healthy and is fighting off a disease).

- Salmon, Mackerel, Sardines, Beef liver, Egg yolks, Plain yogurt, Prey blood.

Guide for dosage:

| | | |
|-----------|--|---|
| Vitamin E | <p>IU</p> <p>50-100 IU for dogs up to 25lbs</p> <p>100-200 IU for dogs 25-50lbs</p> <p>200-400 IU for dogs 50-75lbs</p> <p>400-800 IU for dogs 75-100lbs</p> | <p>1 IU = 0.67 mg for d-alpha-tocopherol (natural) 1 IU = 0.9 mg for dl-alpha-tocopherol (synthetic)</p> |
| Vitamin D | <p>IU</p> <p>100 IU for dogs up to 20lbs</p> <p>200 IU for dogs 20-50lbs</p> <p>300 IU for dogs 50-80lbs</p> <p>400 IU for dogs 80+bs</p> | <p>1 IU = 0.025 mcg</p> |

- Example: 60LB GSD would get 200-400 IU's, we'll use 300 IU = 201 mg daily
- Example: 60LB GSD would get 300 IU's, 300 IU = 7.5 mcg daily

Final thoughts on supplements:

As long as your dog is getting a variety of meats, veg, fruits, then there should not be a need to do additional supplements. You have all the control as to how you would like your dog to get the proper nutrients.

If you have a dog with a specific problem, such as IBS or Kidney Failure, then your meal plan and supplement list will look different. This information is for a fairly healthy dog that is ready to make the switch to better health. If you have a dog with an ailment, please reach out and we can formulate a plan that fits your dog's needs.

I do recommend a probiotic while transitioning your dog. This helps your dog's GI reset and build a better gut biome. Basically, setting them up for success for their future feeding.

If you need a specific recommendation, please reach out! Below are a few of my favorite brands!

- Adored Beast Apothecary Fido's Flora Species Appropriate Probiotic – Dr. Judy Morgan's Naturally Healthy Pets (drjudymorgan.com)
- Roots | Soil & Sea - Primordial Pre & Probiotics – Dr. Judy Morgan's Naturally Healthy Pets (drjudymorgan.com)
- Roots | The Wolf - Species Appropriate Probiotic – Dr. Judy Morgan's Naturally Healthy Pets (drjudymorgan.com)
- Adored Beast Apothecary Healthy Gut Digestive Enzyme – Dr. Judy Morgan's Naturally Healthy Pets (drjudymorgan.com)

- Woof Creek | Gut + Digestion Support for Dogs – Dr. Judy Morgan's Naturally Healthy Pets (drjudymorgan.com)
- Adored Beast Apothecary Leaky Gut Protocol for Dogs – Dr. Judy Morgan's Naturally Healthy Pets (drjudymorgan.com)
- Digest - Digestive Enzymes For Dogs | Four Leaf Rover®
- Search Four Leaf Rover Products

Now what?

1. Make a choice on how you plan to feed.
2. Make an order for the supplements and food you choose.
3. Get organized! Prep for when the food and supplements come - it's good to have a drawer or cabinet spot ready. Make sure you make a spot in the freezer too!
4. Thaw your meat, leave it in the sink for a day to thaw, run warm water over it if needed.
5. Place meat into another container to use throughout the week.
6. Eyeball or weigh out how much food your dog needs, add supplements - and feed!
7. Clean bowls and area after feeding - make sure to use an anti-bacterial spray or vinegar.

For further questions and guidance please contact Abby at

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