

NEVER FEED: Grapes or raisins, onions, macadamia nuts, cocoa beans or products.

Do NOT feed cereals, or rice. This includes mixer biscuits or treats containing these things – read labels! Buckwheat, Millet, Amaranth and Quinoa are good fillers as they are not cereal grains.

Use a good mineral and vitamin supplement, especially as your pet gets older.

Treats: Try baked liver cubes, freeze-dried meats, meat jerky, fresh veg pieces & fresh or dried fruit

How to bend the rules (and other tips):

- If feeding raw meat turns your stomach, very quick flash frying in olive or coconut oil to 'seal' the meat is acceptable.
- Liquidised raw veg will last for 48 hours in the fridge, so blending 2-3 times weekly is fine.
- Rice, or one of the alternatives above, are OK in small amounts but avoid pasta, or other wheat products.
- A high-quality mixer biscuit can be added to the diet once or twice weekly: feed no more than 1/3.

Do not use any cereals if you are trying to avoid allergy due to grains.

- If you haven't the time or inclination to make your own raw diet, then there are various pre-made mixes available. These contain meat, veg and ground bone, plus supplements. We stock locally made **WOLFTUCKER**. Bones can be fed as an odd meal replacement with these diets, giving the dental benefits gained from chewing.
- If you really struggle with the concept, or practicality, of a raw diet there are now a range of Biologically Appropriate kibble foods – they are high protein, low carb & probably the best you can get in a bag! We stock **ORIJEN** and **ACANA**. They are also useful for raw feeders when on holiday, along with dehydrated foods.

Further Reading:

The Barf Diet, by Dr Ian Billinghurst

Real Food for Dogs and Cats, by Clare Middle

Natural Nutrition For Dogs & Cats: The Ultimate Diet,

by Kymthy Schultz

Natural Feeding Handbook, by Jonathan Self of

Honey's Pet Foods – this gives a great little overview of raw feeding, and is only £7.50 from reception

Switching onto Raw

There are various ways to make 'the switch':

- 1) Straight switch - literally stop feeding the old food & start feeding raw
- 2) Fast for a day, then feed raw
- 3) Fast for a day, feed tripe for 2-3 days then start feeding the usual raw food
- 4) As above, but wean the usual raw into the tripe from the start or after a few days
- 5) Slowly start adding raw food into current diet, increasing the amount each day, until fully raw after about 1wk

With ill or old dogs, you should take as long as you need to switch over - there is no time limit! If you get a bit of a tummy upset, wait a few days before increasing the amount of raw again. Adding green tripe or probiotics can help support the gut during the switch

Surely that's expensive? Economically, it will cost you about the same as a good quality processed diet.

Scares: Some claim that a raw diet can lead to bacterial infections, that pose risks to humans. Dogs have a short, highly acidic gut, making it naturally resistant to pathogens found on raw meat. Pre-made raw mixes have to undergo strict tests/checks before sale. However, proper hygiene measures MUST be followed when handling all raw meats.

If you have any concerns, or have very young, old, or immuno-compromised people in your household, then talk with your doctor or another health professional.

It may appear challenging at first, but people pick up the basics of natural feeding very quickly.

With the availability of pre-made raw diets, it's never been easier to feed raw.

Give it a try ☺ with the positive differences you're likely to see in the health of your dog, they will thank you - and you'll thank yourself – for years and years to come!

If you don't believe us, www.dogfoodanalysis.com or www.allaboutdogfood.co.uk can tell you what's really going into your commercial pet food

Natural Feeding for Dogs



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Dogs, Food and History:

For thousands of years, dogs roamed the ancient world, making their homes on the Savannahs of Africa, the plains of India and the forests of Europe, Asia and the Americas. Packs of dogs traversed all terrains in every climate. They ate what they could, wherever they could. Their food, like that of wolves now, came from 3 sources: prey, scavenged and grazed items. Prey would be mainly herbivores, like rabbits, deer, or sheep. Scavenged food was devoured from the scraps left over from the meals of big, messy carnivores such as lions, bears and pumas. Grazed food included apples, berries and other wild fruits and nuts in season, forming a small but significant part of a dog's diet, especially during summer when their prey were well fed and harder to catch. Coprophagia (eating of faeces of herbivores) gave an even greater nutritional scope.

This makes dogs carnivorous omnivores, not true carnivores, like the cat. Their glucose metabolism after a protein feed is more similar to a human, as an omnivore, than to a cat.

Dogs hunted in packs and devoured their prey completely, leaving virtually nothing of the carcass. The soft internal organs, or *viscera*, were first to be eaten, followed by the gut contents. In herbivores, the guts would be full of chewed and partially digested vegetable matter, with a tiny amount of cereals. Then the muscle (meat) would be eaten. The bones, skin and hair comprised the final course, being nature's way of cleaning the teeth after a large meal. The skin and hair also helped protect the gut against hard pieces of weight-bearing bones. Man has been feeding dogs for *about* 40,000 years. Dogs helped with the hunt and man rewarded them with some of the leftovers. Life was easier for both species under this arrangement: man got a useful hunting companion; the dogs got a pack mate who fed them a broad-ranging diet without them having to do too much work, and gave them shelter. Both dogs and humans like creature comforts!

Dogs, in our opinion, should ideally eat a completely raw diet, like wolves. It's simple to feed, and it's what dogs have evolved to eat. Choose Natural – Choose Raw

Commercial, Processed Diets:

In the early 20th century, food producers in the US came up with a novel idea to sell the large amounts of leftover, poor-quality meat, gristle, viscera and cereal by-products that they couldn't hide in sausages: Put it in tins and call it 'dog food'! Suddenly, people could buy convenient food made especially for their dogs. The idea caught on, and soon people *forgot* that they used to simply feed raw meat and bones with vegetable scraps – a diet with a broad variety of foods, which retained their nutritional value due to minimal processing.

Today people are bombarded with pet-food adverts. There are so many processed foods to choose from that it's hard to know where to turn. A college lecturer once said, 'If there's more than one answer to a problem, then they're probably all wrong'. Is this the case with pet food? We believe so. In a drive for convenience the pet food industry has forgotten the basics of nutrition!

Before feeding your dog, ask of the food: *If this food is as great as they say it is, why aren't they giving it to people to eat? Astronauts or soldiers, for example? Would you eat this stuff, or feed it to your children?*

Convenient Diet? Or Convenient Disease?

How convenient is a diet really, when your pet develops a persistent itch, eczema, dental problems, smelly breath, an inhalant allergy, colitis, food hypersensitivity, lethargy, a dull or scurfy coat, kidney disease, or rheumatoid arthritis – to name but a few?

So how does a raw diet work?

Dogs should be fed on a variety of raw meat and bones. Just sticking to one meat will deprive your dog of nutrients. Don't use the best human meat - rough, chewy, gristly meat is best for dogs. Avoid pork. Care with beef if your dog has skin or bowel issues - wait 4 weeks to ensure it won't cause a reaction, then introduce gradually. Green tripe is amazing, being naturally full of probiotics, & can be tolerated by some beef intolerant animals. Raw poultry carcasses can be fed as a meat source 2 or 3 times a week and are ideal, cut up, for small dogs and puppies over 5wks.

Bones should ALWAYS be RAW, and ideally non-weight bearing & meaty. Weight-bearing bones are harder and more brittle, making digestion slower and harder work. Meaty bones should be fed, in addition to meat, at least twice weekly. Minces with ground bone content can also be used. Dogs should be supervised with any new bone type until you're happy they can handle it sensibly!!

NEVER give cooked bones - they are prone to splinter and can cause blockages or damage in the gut. *Raw* bones are easily chewed and digested, providing much-needed calcium (essential for pups). It is *very unlikely*, but not impossible, that bones will become stuck in the digestive tract. If you do *not* give bones to clean teeth, poor teeth and a general anaesthetic for dental work is *very likely*. Giving raw vegetable stalks (broccoli, cabbage, cauliflower etc.) or whole raw carrots & other fibrous vegetables also helps to keep teeth clean.

Feed fresh viscera approximately once a week instead of meaty bones (heart, kidney, lung or liver) – this forms a necessary part of a balanced diet, however distasteful it may appear. Vary the organ meat weekly.

Rough Ratio: 1/3 Meat, 1/3 Meaty Bones, 1/3 Veg

For every handful of meat, feed approximately one handful of *liquidised* raw veg (&fruit). Freshly ground nuts & seeds should be added to the 'veg' portion along with herbs & oils (e.g. fish). Cooked beans (kidney beans, chickpeas etc.) can replace meat only occasionally.

'Liquidised veg'?

Place any vegetables, leafy greens and fruits in a blender with a little water & mix to a rough broth. You can use just 1 or 2 ingredients in any batch, but make sure you have variety from week to week. Pour the liquidised mix onto the meat until you have an equal meat-to-veg ratio by volume.

Feed 2-3% of body weight (200-300g of meat per 10kg of body weight). This is a guideline to start with: if your dog is gaining weight, reduce the quantity; if it is losing weight, increase it.

You can feed once or twice daily. A weekly or fortnightly fasting day can be beneficial for the liver in healthy dogs.