

### NATURAL RAW DIET for YOUR DOG

Based on Dr Ian Billinghurst 'Give your Dog a Bone' (BARF)<sup>1</sup> & 'Raw & Natural Nutrition for Dogs', Lew Olson, PhD

To substantiate a balanced diet, incorporate all the food types over a 2 – 3 week period, job done! This means that you do not aim to make every meal a balanced diet, ie it really is not natural for a dog to have a 'complete' diet in each meal (as suggested by commercial food PR).

It is wise to change over gradually, perhaps start with a couple of ounces of tripe or raw chicken mixed with current food. Foods to incorporate into your dogs' diet include:

1. [Fruit/Vegetables](#)
2. [Oils](#)
3. [Animal products](#)
4. [Miscellaneous..](#)

#### [1.Vegetables/Fruit to include: \(liquidise to enable dog to digest\)](#)

- ❖ Fresh [green leafy vegetables](#) eg spinach, cabbage, spring greens, outer lettuce leaves, cauliflower, broccoli, brussel sprouts, herbs, etc., – best fed raw
- ❖ Corn, (must be cooked), pumpkin, squash, marrow, mushrooms, peppers, cucumber
- ❖ [Root vegetables](#) eg potatoes/sweet potatoes (both should be cooked), carrots, radishes, turnips, celeriac, parsnips, swede etc., (never onions)
- ❖ [Legumes](#) – peas, beans, baked beans etc. (always cook legume family)
- ❖ [Fruit](#) – to include apples (no pips), pears, oranges, kiwi, peaches, mango, banana, avocado, plums, berries, pineapple etc., (not grapes)
- ❖ [Whole grains](#) including brown rice (cooked), oat flakes, wheatgerm, wheat bran, oat bran, wholemeal bread  
(Personally I prefer not to feed grains at all, occasionally give oat bran, but never wheat)
- ❖ [Food scraps](#) can be incorporated into the diet eg pasta, pulses (cooked), cooked egg, rice (brown is best).

Grains are not necessary in our dog's diet, despite what the dog food manufacturers would have us believe. Our furry friends are able to manufacture carbohydrates from fats within the body. In many cases where dogs suffer allergic reactions, feeding a natural raw diet can cure the offending allergies when carbohydrates are omitted. The only carbohydrates that can be beneficial to our dogs are vegetables and they should not amount to more than 20% (or less) of an entire meal, a few times a week is adequate.

Manufacturers of dog food put a huge proportion of carbohydrates into dried food:

1. Because it is cheaper and
2. If they did increase the quantity of required fat in dried food, it would decompose quickly.

This is even if they added MORE preservatives (necessary where there is a high fat proportion), but higher levels are considered a danger to health, putting enormous strain on the liver and kidneys.

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<sup>1</sup> BARF – Bones And Raw Food

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**2. Oils** – Salmon oil (excellent supply of Omega 3) , cod liver, corn, soya bean, wheat germ oil, safflower, sunflower. Omega 3 & 6 are essential, but Omega 3 is not found in many foods, I give salmon/oily fish and salmon oil.

### 3. Animal Products

- ❖ Raw meaty bones from chicken, lamb, beef, rabbit & pork
- ❖ Muscle meat from chicken, turkey, lamb, rabbit, beef, pork, tripe ([www.landywoods.co.uk](http://www.landywoods.co.uk))
- ❖ Organ meat – liver, lung, kidneys, heart, brains (Landywoods’ economy mix includes lungs/ hearts)
- ❖ Raw eggs, especially the yolks
- ❖ Cheese, cottage cheese, probiotic yoghurt, milk, butter
- ❖ Seafoods, fatty fish eg herring, mackerel, salmon (off-cuts from fishmonger), sardines etc., (we also give white fish on occasions).

**4. Miscellaneous** – Brewer’s yeast (pasteurised), Kelp powder (found in Dorwest ‘Keepers Mix), Molasses and/or local honey, Vitamin C.

### THE DIET in BRIEF...

We order between 4 –5 different meats from [www.landywoods.co.uk](http://www.landywoods.co.uk) eg beef tripe, lamb, beef & kidney, lamb tripe, turkey, rabbit, chicken mince etc., plus tripe chunks, turkey necks, liver, kidney etc.. We do acquire chicken backs/carcasses/wings, lungs, heart, liver, bones from the local butcher. An example of Pippa’s diet for a week: (She weighs 35kgs and has approximately 2.5% of body weight per day):

DAY	BREAKFAST	DINNER	DAILY WEIGHT – ish
1	150 gms Beef tripe + 80 gms ox liver, liquidised pepper, olive oil + beef bone	350 gms beef tripe with liquidised carrot + crushed garlic/rosemary	875 gms
2	2 x chicken backs/carcasses (400gms) + whole raw egg + salmon oil	350 gms lamb mince + mashed cooked sweet potato/potato peelings/mint	875 gms
3	150 gms lamb/ mince + probiotic yoghurt + salmon oil + lamb bone	400 gms heart/lung mix + liquidised cabbage/apple/sage	875 gms
4	150 gms turkey mince + raw egg + cottage cheese +250 gm chicken back/carcass	350 gms turkey mince, squash / parsley + salmon oil + probiotic yoghurt	875 gms
5	150 gms lamb tripe, cod liver oil + 250 gms chicken back/ carcass	350 gms lamb tripe + liquidised broccoli/cauli/pear + probiotic yoghurt	875 gms
6	200 gms beef/kidney/raw egg/ salmon oil + beef bone	300 gms beef/kidney/oat bran + liquidised cooked pulses/chopped mint	875 gms
7	150 gms mackerel/sardines/oily fish + yoghurt + 250 gm salmon head	350 gms rabbit+ with cottage cheese	875 gms

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Please note that over a period of 2–3 weeks Pippa has a wide variety of fruit, vegetables and herbs, as follows:

- ❖ Vegetables above ground eg cabbage, cauliflower (outer leaves as well), spring greens, squash, marrow, sprouts, celery, runner beans, peas, spinach, French beans, pulses (always cooked)
- ❖ Vegetables below ground eg potatoes/sweet potatoes (cooked), celeriac, turnips, swede, carrot, parsnip
- ❖ Fruit eg apple, banana, pineapple, kiwi, pear, strawberries, blackberries etc.
- ❖ Variety of Herbs – parsley, mint, rosemary, basil, sage, marjoram, thyme, oregano etc., (whatever I have)

**Guidelines** for meat/bone combined quantities are between 2 – 3% per day of your dog's body weight (adjust according to age, weight etc.), – to include bones and raw chicken:

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### In addition:

- ❖ 1 tbsp of oil eg cod liver oil, sunflower oil, salmon oil or olive oil etc., each day
- ❖ Raw egg every 2nd day – often give a whole one which Pippa plays footie with on the lawn, so funny ☺
- ❖ Lamb bones once or twice a week
- ❖ Beef bone once or twice a week – these are much harder bones so be careful with older dog because they can easily damage (chip) teeth on marrow bones
- ❖ Chicken backs/carcasses/wing – many butchers supply them free
- ❖ Fruit – incorporated into vege eg cabbage and apple, kiwi and spinach etc.
- ❖ Oily Fish – give fish once or twice a week, raw. Sometimes give Pippa white fish and for some reason she prefers this cooked, but will eat oily fish raw eg mackerel, sprats, salmon off-cuts
- ❖ Kelp mix supplement – can recommend Keepers mix from [www.dorwest.co.uk](http://www.dorwest.co.uk) – 3 x week
- ❖ Brewers' yeast (pasteurised) – from Holland & Barratt, a tbsp 2–3 times a week
- ❖ Vitamin C tablet – 4 x week
- ❖ Oat bran – twice a week and/or porridge oats occasionally
- ❖ Honey (and/or molasses) – 2 x week
- ❖ Once a week crush a garlic clove and chop some fresh rosemary and incorporate into meal (twice a week in July/August), to keep fleas/ticks/parasites away
- ❖ Offal essential for health 4 x week eg heart, liver, kidney, lungs, tripe. We find our friendly butcher will supply ox heart, liver, kidney and lungs at little or no cost.

Tend to have fruit, garlic, honey, oils, herbs (grow in the garden), oat bran in anyway, so the extra store cupboard requirements are a kelp mix supplement, cod liver oil and brewers' yeast.

NB – If your dog's has an upset tummy, give him/her a bone and/or root vegetables (eg cooked potato/sweet potato) as a mixer the next day and if stools are hard, give vegetables above the ground the next day, eg cabbage, spinach, spring greens, to address the balance.

This diet is really easy once you get into the swing of it, honest!

### ADVANTAGES of FEEDING A NATURAL RAW DIET

1. In most circumstances BARF diet alleviates sensitive tummies, easy to pick up well formed stools
2. Dogs have a short digestive tract, as their forefathers, wolves and other wild dogs (now shown to be related by latest DNA research). *Canis familiaris* is designed to eat a raw natural diet of predominantly meat, fat and bones. Teeth are designed to tear and chew on raw meat/bones, dogs do not have molars for grinding grain
3. Most dog food contains a high proportion of cereal grains (main ingredient), not a requirement for your dog
4. Essential biologically appropriate nutrients are in short supply in manufactured foods
5. Dogs require 9 essential amino acids (they are able to produce the other 15 in the system). Many essential amino acids are destroyed by the intense heat used to manufacture processed foods

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6. Manufactured food for dogs have added supplements eg vitamins and minerals, because of the high number that are destroyed during the high temperature processes. These added supplements are synthetic ie laboratory produced, (unlike those found in fresh, raw food) and are not readily assimilated during digestion
7. The nutrients in a raw natural diet are easily assimilated during digestion
8. Processed food contains preservatives in order to give them a very long shelf life
9. All processed food contains flavour enhancers that are not conducive to healthy, happy dogs, sometimes making them 'hyper' like children on junk food
10. Preservatives and flavour enhancers are toxic
11. Manufactured pet foods contain a high proportion of carbohydrates because they are cost effective. Carbohydrates are not a requirement for a dog. Dogs are able to manufacture fats into sugars (carbohydrates) and (unlike us), it is essential that they eat fat in larger proportions than we do, (40% for a healthy dog) to fulfil their needs and for health
12. There is insufficient fat content in processed dry foods to fulfil the dogs requirement. If the fat content was increased to meet this requirement, the preservatives necessary to stabilise it, would be at toxic levels
13. There is strong evidence suggesting that feeding dried kibble puts the liver and kidneys under enormous strain and in some cases causes disease and kills
14. Teeth are not cleaned when using a proprietary dog food, causing periodontal toxins to perfuse major organs which can cause long term effects ie bad breath is a sign of something wrong. Teeth that are not naturally cleaned by chewing on bones, meat organs etc. are vulnerable to cancers and other infections
15. There is also evidence suggesting that dogs are more likely to suffer from contortion when fed kibble, in part due to the high % of unnecessary carbohydrates
16. When you feed your dog a natural raw diet, you know exactly what he/she is eating
17. Dogs really do get bored of kibble, but my girlie never gets bored with her food and loves it
18. You are aware of every ingredient that is in your dogs' food
19. No more upset tummies
20. It is a joy to see how much your dogs enjoy a natural raw diet, the result is a happy, healthy dog.

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### Suppliers of Natural Raw Meat for Dogs..

[www.raw2paw.co.uk](http://www.raw2paw.co.uk) : delivers south west mainly, high delivery charge/ no minimum order.

[www.raw2go.co.uk](http://www.raw2go.co.uk) : delivers Nationwide, but high delivery charge/no minimum order

[www.landywoods.co.uk](http://www.landywoods.co.uk) : – necessary to ring to check which areas they deliver to. min order of £30

[www.daf-petfood.co.uk](http://www.daf-petfood.co.uk)

[www.bulmerdogfood.co.uk](http://www.bulmerdogfood.co.uk)

[www.albionmeatproducts.co.uk/](http://www.albionmeatproducts.co.uk/)

<http://www.martinsmeats.com/index.php>

[www.naturalinstinct.com/](http://www.naturalinstinct.com/)

[www.thedogfoodcompany.co.uk/](http://www.thedogfoodcompany.co.uk/)

[www.tpms.co.uk/](http://www.tpms.co.uk/)

[www.honeysrealdogfood.com/index.php](http://www.honeysrealdogfood.com/index.php)