

Home Cooked Dog Food Stuff

This document was built from copying items from "Totally Home Cooked", "Dog Nutrition", "Natural K-9 Nutrition" Yahoo Groups and several web sites (as noted). It was compiled from 2001 – 2002.

You asked what I feed my Service Dog, a German Shepherd.

I feed a homemade diet of fresh whole eggs, plain yogurt, fruits, veggies, nuts & seeds, some legumes, cottage cheese, wheat germ, vegetable oils, Red Star Nutritional Yeast VSF, blackstrap molasses, raw garlic, and these starches/grains: sweet potatoes, basmati brown & white rice, oatmeal, amaranth, quinoa, & *occasionally* potatoes, pasta, whole grain breads.

The eggs, & limited dairy, are organic, high EFA, free range/cageless, & meet my criteria for more humane treatment of the animals. (I currently buy the eggs for \$3 - \$3.25 Canadian, an Xtra Lg dozen.)

I do not feed any soy. The legumes we like are chick peas (& as hummus, falafel), white beans, split pea soup, lentils, some of the more easily digestible ones.

In the morning, I feed a small meal of fruit in yogurt (cantaloupe, papaya, pineapple), hot/cold cereal (oatmeal or as above) in nutmilk w/mixed nuts & berries. Nuts are toasted, chopped. In the evening, I feed the meal w/eggs or other chosen protein, chosen starch/grain, veggies, nutritional yeast, oil. I provide at least one midday "snack," as this is a Service Dog with special requirements. The drinking water is filtered, w/added apple cider vinegar.

I feed meals that are balanced daily, as recommended for humans. I add a multi-Vit/Min & calcium every day (eggshell powder). I recommend this for all homemade diets.

And though I do not think either is *necessary,* I also give a special coat/skin supplement popular for show/working dogs in my breed and SG's SeaMeal.

This the recipe that we use for preparing our three schnauzers their meals, a batch is made and frozen in "Foodsaver Bags".

- 2.5 Pounds of mixed veggies (peas, string beans, carrots, broccoli, kale, lima beans), other different ones added from time to time.... Couple garlic cloves. This is cooked in the Pressure cooker.
- 1.5 cups white rice. 2.5 Pounds of either ground Turkey or Beef. Cooked in pan, top of stove.
- 2 teaspoons ground egg shells, added when cool.

All the above is mixed together and put in bags for their meals.....

When their meal is served they also get, 1 Vit/Min pill, 100 IU Vit-E, 100 mg Vit-C, 1/2 tsp EFA and 1/4 tsp of Prozyme.

In the morning they get fruit and yogurt plus every other day a hard boiled or poached egg...

Usually on Sundays, they get steamed salmon vice turkey/beef.....

Of course they get their morning dog cookie.

Homemade dog food recipe

This is a very simple and economical way to feed your dog. It only takes about two hours to make, a little longer if you plan to pressure can the end results in jars for later use. This recipe uses leftovers, particularly gnawed on chicken bones. Start saving all the leftover chicken bones in a bag in your freezer, along with chicken fat, innards, juice, and gravy. When you get a bread bag full of frozen bones, it is time to start saving a different kind of leftover; the vegetables. Dogs need some vegetables to maintain a balanced diet. About three cups of vegetables should be enough. Save this in another bag in the freezer along with your chicken bones.

You will need a pressure cooker that holds at least six quarts and something to bind the liquid together. If you don't have a pressure cooker, you can always cook this the long way. Rice, cornmeal, flours, especially flour mixtures leftover from batter frying. But be careful with highly seasoned flours for they can upset your dog's tummy. Eggs, old (but not spoiled) milk, and cheese make great additions. If you have some dog food that your dog wouldn't eat, you can sneak this in, too.

Home Cooked Dog Food Stuff

After you have everything together, you are ready to begin. First, put a rack in the bottom of the pressure cooker. Then load up the frozen chicken bones with about three cups of liquid. Vegetable water, noodle water, old milk or plain water is acceptable.

If you are not using a pressure cooker, any large pot will do, a rack will help to keep the contents from scorching. You will also need two tablespoons of apple cider vinegar to help soften the bones. You will also need more liquid, perhaps four to six cups; you will add more as needed.

Put on the lid and set your pressure cooker to fifteen pounds pressure for forty-five minutes or you can set it to ten pounds pressure for one hour.

Without a pressure cooker, this could take anywhere from three to eight hours. You will need to keep a close eye on the bones and add more liquid as needed.

What happens is that the chicken bones will cook to a finger softness, allowing all that good bone marrow to be safely ingested by your dog.

After the timer has gone off on the pressure cooker, allow it to cool until you can handle it safely.

Get out a large spoon to stir and break up the chicken bones, a potato masher works well, too. Next, roll up ourselves and stick your hands in to finish the breaking up of the bones. While you have your hands in there you can remove the rack, you won't be needing this any more. You will find that the bones will be amazingly soft. If by chance they aren't, add one tablespoon of cider vinegar and more liquid, if necessary, and recook for about fifteen minutes. This mixture should be fairly wet and soupy.

After you get the bones all mashed up with your fingers, you can add your three cups of leftover vegetables and any other goodies to the pot and stir it all in. If you have extra eggs, add them now, as you cook this mixture further they will help to bind everything together. Slowly heat this mixture while adding the other binding materials. Heat thoroughly yet slowly as it will scorch as it thickens, and will thicken even further as it cools.

At this point you can freeze or pressure cans your dog food for future use. This method will not work with other bird bones such as turkey, although the ribs and back will soften, the rest of the bird won't. Older birds seem to take longer to soften than young ones. Other bones won't soften, but you can crack them and boil out that good marrow, then remove the bones and proceed with the rest of the recipe.

Dog: One-on-One

Now here's a truly inspired recipe, easy to remember and easy to multiply, because it uses exactly one unit of each ingredient. It's also economical and earth-friendly, deriving part of its protein from beans. The protein levels vary from 22.2% (using beef heart), to 23.2% (main version), up to 28.5% (using turkey and oats). The calcium: phosphorus ratio is consistently excellent throughout the many variations. If you want to boost the protein content about 1%, you may add one egg or one tablespoon of nutritional yeast.

The key to convenience in this recipe is to cook large quantities of beans in advance. Follow the directions on the package. Freeze extra quantities in 1-cup units (or appropriate multiples if you increase the recipe) and thaw as needed. The main version uses rice because it coordinates well with many people's own menus, but the other grain choices are higher-protein and, for the most part, faster cooking.

1 cup (=1/2 lb) lean hamburger (or turkey, chicken, lean heart, lean chuck)
1 cup brown rice (or 2 1/2 cups cooked)
1 cup cooked kidney beans (1/2 15 oz can)
1 tablespoon Healthy Powder*
1 tablespoon vegetable oil
1 tablespoon bone meal (or 1600 mg calcium or 1 teaspoon eggshell powder)
1 5,000 i.u. vitamin A&D capsule (or part of a larger one)

Home Cooked Dog Food Stuff

(optional) 1 teaspoon of soy sauce or dash of iodized salt
(optional) 1 small clove garlic, crushed or minced

Preparation

Bring 2 cups of water to boil for every cup of rice. Add the rice and simmer 35-45 minutes. Mix in the other ingredients and serve.

Yield

1609 kilo calories, about two day's worth for a 25 pound dog or a day's worth for a 65 pounder. Triple it to feed a very large dog for a couple of days.

Grain Substitutes: For the greatest resulting protein value, all of which are greater than the main rice version:

2 cups rolled oats (+2 cups water = 2 cups cooked)
1 cup bulgur (+2 cups water = 2 1/2 cups cooked);
1 cup millet (+3 cups water = 3 cups cooked);
1 1/2 cups cornmeal (+6 cups water = 6 cups cooked);
or 1 cup barley (+2-3 cups water = 2 1/2-3 cups cooked)

Bean Substitutes: You may use one cup, cooked, of any of these: soybeans, pintos, black, or white (Navy) beans. (Soybeans have the most protein.)

Molly's Kibble - A versatile recipe for dog kibble (dry crunchy dog food)

Directions

I developed this recipe myself, after doing some research on what's healthy for dogs, and experimenting in the kitchen. This recipe is very versatile, and can be adjusted according to your own dog's needs. Consult your veterinarian to make sure this meets your dog's nutritional needs.

1 lb Chicken Livers (or Salmon)
2 T Garlic Powder (or 1 clove fresh garlic, minced)
1/4 C Olive Oil
1/4 C Water
1/4 C uncooked rice (can be omitted if using at least 2T rice flour)
3 Eggs (including the shells)
1/4 C Dried leafy green vegetable (Kale, spinach, etc)
1 t Honey, Molasses, or Brown Sugar
1/4 C Grated carrot (not shredded)
1/4 C Rolled Oats OR Wheat Germ
1 T Brewer's Yeast
2-4 C Flour - rice, soy, whole wheat, all-purpose, or mix of these
1 T Olive Oil (to grease cookie sheet)

NOTE: Rice flour is best, as it is easier to digest, soy flour has more protein, all-purpose flour is not as healthy, but will do.

Using two knives, cut livers in the blood (as you would cut fat into flour) until it is finely chopped. Heat olive oil in large skillet on medium. Add garlic and cook 2 minutes, stirring constantly. Add livers to skillet, and cook well, crumbling it as you would ground beef. When fully cooked, add 1/4 C water, and bring to boil, stirring constantly. Reduce heat. Add rice, cover, and simmer for 20 minutes. Remove from heat, and pour mixture into large mixing bowl. Beat on low with electric mixer until mixture is well mixed and ground together. Add eggs to mixture, placing shells and kale in a separate bowl. Grind shells & greens as fine as possible (powdered), add to mixture, and beat well. Add sugar, carrot, wheat germ, yeast, and 1/2 Cup Flour. Beat thoroughly. Add enough flour to make a stiff dough. Shape into bite-size pieces. Bake at 350 for 20-45 minutes, depending on size of pieces. Turn oven down to 200 and bake another hour. Cool. Store in airtight container

Feed 1 Cup for every 20 lbs of dog's weight, or as directed by your pet's veterinarian.

Home Cooked Dog Food Stuff

The Following is from Monica Holmes:

Some asked for my basic stew recipe in a general sense that I use as a base stew recipe when I am making one for my dog. It goes quickly in prep time - well, it will once you get the hang of what you are going to put into it. Its a great way to add to your dog's kibble, just spoon up a ladle full or however much your dog eats and they should love it. And its fine to serve alone....one of the best ways to fill up a hungry dog and to help them feel satisfied. Stews can be a great way to help a dog lose weight also by including more veggies than meat if necessary. My girlfriend uses it to keep her dogs from becoming picky eaters in the vet during boarding. So hope your dog likes it - remember if its something new for your dog start out slow as to not begin any digestive issues.

Basic Stew Recipe Your Choice by Dry Baked Dog

3 lbs - 5 lbs cut up (cubed) raw boneless meat or stew chunks (pick a meat)
1 lbs cut up raw or frozen beans - green beans, wax beans, pole beans (pick one)
1 lbs raw sweet veggies - whole baby carrots or cubed/sliced sweet potato (pick one or both)
2 lbs raw or frozen leafy green - mustard greens, kale, collard greens - use only the leaves (pick one)
1/2 lbs - 1 lbs cut up raw celery include the leaves
1/2 lbs - 1 lbs cut up raw okra

Directions:

Use a large family size crock pot or stew pot. Cube or cut up all ingredients to your specifications. Put all ingredients in the pot, fill pot up with a generous amount of water so that it covers the ingredients. Bring to a rolling boil for 10 minutes. Reduce heat to low and let simmer for at least 1 hr - 6 hrs depending on how thick you want the broth. Allow to cool then serve. Refrigerate or freeze any unused portion immediately. (skim off fat if necessary)

Optional Ingredient Extras:

1 lb cut up (cubed) or chunks raw heart
1/4 lb - 1/2 lb cut up organ meat - liver, kidneys, sweet breads
1 cup - 2 cups of grain (pick one)

Optional Spices:

Few pinches of a variety of seaweeds
1/2 tbsp granulated garlic powder
Few large pinches of dulse
Few large pinches of sweet basil powder

Notes: You can substitute raw/frozen veggies for canned try and get no-salt or low-salt veggies. You can use fresh garlic instead of garlic powder but please watch how much fresh garlic you put in the meal it can overpower the stew. You can also buy very cheap cuts of meat because with the slow cooking the meat will be tender once done. Omit any ingredient that would cause your family pet a problem.

Date: Sun, 19 May 2002 22:39:43 -0400
From: "Monica" <msmonih@hotmail.com>

Let's see what else, i am making pork jerky all week so i decided to buy pork chops - bone in since they were cheaper. cut the bone out and lo and behold the dog loves pork chop bones which i knew already but sometimes he can be iffy about them. he does better with the pork chop bones than he does with pork neck bones. he eats about 95 percent of the pork chop bone. so for now, we will continue with raw in the morning and home cooking at night. next week i may switch up again and do home cooking in the am and raw at night but i do like the fact that the stews are more filling than any other home cooked meals. mainly because i can increase his veggie intake which makes him feel more full. but all of his stews with have meat in them...maybe during his no meat and bone day, i will make a interesting veggie stew but i'm not sure what i will use.

okay so i'm babbling now and about ready to fall out from being tired, sleepy, and outside all day....we are finally done with feeding an entire ox tail, i bought one last week and had it cut into 6" pieces. that's what his raw meals were. i did allow pooh

Home Cooked Dog Food Stuff

bear to decide how much of the 6"ox tail piece he would eat. i thought he would be a pig and eat the whole thing but every time he only ate about 3"- 3 1/2" and would save the rest for the next day. time to pull out the chicks and quails this week for a change of pace in regards to his raw meals.

Billinghurst Diet: Food For Thought by Leanne Bullard (originally published in the "Coaching Lines", newsletter of the Dalmatian Club of Southern New England) We introduced our (then 3) Dalmatians to a raw diet just over 2 years ago. "Why?" you might ask. Well, after Dianne asked me to write something for your newsletter I had to sit down and think about it. This is what I came up with.

We have owned Dalmatians for going on 11 years now, and I will always remember the breeder of our first dog, Sabre, telling us, "Dalmatians have very sensitive skin, wash him with only Sunlight soap" (this should have been Hint No. 1 for us). Being good, obedient owners, we did just that. I don't remember that we ever had any huge problems with him as far as allergies and skin problems go, just the normal "summer itch", but everyone gets that, right? Right!!! (Hint No. 2). Soon after this, Kayla moved in she also suffered through "summer itch". We lost Sabre early in his life to liver cancer; he was only 4 (Hint No. 3).

Our next two dogs, Fluke and Tari, arrived at about the time we decided to "show", and we bought a dog each to start our new hobby. All was going well, when suddenly Tari "blew" coat. Now this was a bit of a shock, but we coped. However, she then started to completely lose her coat in balding patches. Her breeder told us, "Oh yes, her mother is the same; she's allergic to red food colouring"(Hint No. 4). Thus began our search for a better (colour-free) food for our dogs.

Now let me also add here, that during these years of owning Dals, I worked as a qualified Veterinary Technician, so I was fairly up-to-date with the latest in foods for dogs, and my guys tried them all. We found that a different food would give a huge improvement in Tari's coat (which otherwise looked moth-eaten) for a month or two, and then it would go bad again. "Why" we asked ourselves? It must just be the breed; Dals are known for their "skin problems". Well, unfortunately, I'll never know how our raw diet would have worked for a dog like Tari as she was spayed and placed in a new home before our move to Toowoomba in Queensland. That trip changed the way we feed our dogs; to this day we have never looked back.

On our move we visited with friends in Tamworth, a country town in New South Wales, and watched (in horror) as they fed their dogs (also Dals) a "STRANGE" new diet. At this time, they had had their dogs on this diet for approximately eight months. In the days before they started on this "Give Your Dog a Bone" diet, they lovingly called their Dals "The Cortisone Kids", as it was back and forth to the vet for skin problem after skin problem. Looking at these dogs now (and even back then), you would never have known all the problems they had had previously. Now, being a Vet Tech, I must admit I was not completely convinced of this diet, I so decided to get a copy of the book for myself. We have not used commercial dog food since!

The Billinghurst Diet (the book is called "Give Your Dog a Bone" and is written by Dr Ian Billinghurst, B.V.Sc.(hons), B.Sc.Agr., Dip. Ed.) advocates the feeding a raw bone-based diet. A lot of Aussies are following his lead. (Dr. Billinghurst now has his own web-site where you can learn more about this diet. I can be found here: <http://www.drianbillinghurst.com>)

OK, first off, why feed a raw diet?

All raw foods are abundant in enzymes. Cooking kills all enzymes and all commercial foods are cooked. Food enzymes are a major component of an animal's anti-aging, anti-degeneration mechanism. Enzymes help to prevent and even reverse some aspects of joint disease or arthritis. That is part of the reason fresh fruits and vegetables are important in alleviating arthritis in older dogs.

A few facts about commercial processed dog foods:

1. Most processed commercial dog food is high in cereal - Dogs are made to eat meat. Cooked cereals have not figured in a dog's nutritional history, and dogs fed on a predominantly cereal-based diet develop numerous health problems, including such things as obesity, pancreatic insufficiency, sugar diabetes, arthritis, bladder stones, skin and dental problems, cancer, and so on.
2. All processed commercial dog foods are COOKED - When foods are cooked they turn into a product the dogs are not designed to digest, for the cooking process removes such nutrients as vitamins, enzymes and anti-oxidants, in effect "killing" the food.

Home Cooked Dog Food Stuff

3. Processed commercial dog foods have low vitamin levels - The minimum levels of vitamins the law requires in dog foods are far less than the amounts required to promote optimum health. This is particularly true in times of stress i.e.: growth, lactation and sickness.
4. Processed commercial dog foods are low in natural and added anti-oxidants - These nutrients help prevent degeneration both in foods and living tissues.
5. Processed commercial foods are low in essential fatty acids.
6. Most processed commercial foods contain nutrient excesses - after cancer, kidney disease and heart disease are the leading causes of death in the modern dog. Excesses of salt, phosphorus and protein, consumed over a lifetime, are a major cause of both kidney and heart disease, and excessive levels of calcium result in problems with growth, as well as with the reproductive and immune systems. Dog foods are not required (by LAW) to provide optimum or ideal levels of nutrients; so long as the product contains nutrients in excess of a legal minimum, there is no limit to the amount the food can contain. This is one of the most insidious and dangerous aspects of commercial dog food. Vets and owners often worry about deficiencies, but we rarely worry about excesses. Unfortunately too much can be just as bad as too little. At the moment in Australia commercial dog foods contain approximately 5-9 times the required levels of phosphorus, 10-20 times the required levels of salt and anywhere from 3-11 times the required levels of calcium.
7. Most commercial processed dog foods contain "meat by-products"- ask yourself what exactly these are? The Billinghurst diet advocates feeding dogs the way THEY are best able to cope, the way they would probably eat in the wild (with a few of the comforts of home). This diet is based on 60-70% RAW meaty bones, of that 60% would be chicken. We feed backs (carcasses) which have a good mix of meat, skin and bone. In the backs they also get small amounts of liver, kidney and other offal. The other percentage of meat/bone is lamb which is cheap over here but I know of people over in the States who find that beef, turkey and other meats are cheaper.

All the bones are given RAW. When you cook bones they splinter, because cooking changes the physiology of the bones. Before bones are cooked, they are very soft and, as such, cause no problems. We have had no problems with salmonella, but I believe that some people in the States who feed the diet wash their meat in GSE (grapefruit seed extract) which is a natural anti-bacterial agent. I'm not sure how to use it as we never have had a need, but you can use it.

Our dogs get a bone meal 7-8 nights out of 10; the other nights they get a meal of veggies and fruits which are pulped and fed in a mushy mess. I put in any vegetables (mainly the green leafy kind) that I have left over, as well any fruits laying around.

They fast about once a week (although less often in winter).

Mornings they get what we call a milk drink which consists of Acidophilus yogurt, raw egg, brewers yeast, kelp, Vit E, Vit C, wheatgerm and garlic. To that, we add anything extra we have, like leftover rice, pasta, vegetables and fruit plus things like honey, cheese, cottage cheese, milk, sardines etc. We mix a bit of warm water with the mixture to make it drinkable. Puppies and bitches in whelp or lactating get this drink each day (puppies till 12 months). The other adults have it about 3 times a week. Occasionally they get a meal of beans and pasta. They get a balanced diet over a two week period, the same as we do. Each meal follows the concept of separating predominantly starchy meals from predominantly protein meals. No meal attempts to be complete and balanced, which gives the body a chance to absorb just what it needs from each meal.

We find feeding this diet as easy as feeding dry food, except the nights I pulp vegetables, that takes about 20 minutes to do in either a juicer (best) or a food processor.

The last time I worked out the cost of this diet, it was around \$3.00-\$4.00 (Aust) per dog per week, though now I get my meat cheaper since moving back to Canberra cost would be much less.

Our dogs are healthier and happier on this diet. In the two and a half years they have been fed this diet, they have not been to the vet once (not even one of them, and we now have four Dals). So, if nothing else, this diet has saved me money on vet fees. We have no fleas (and we use no chemicals), no flea allergies, no skin problems, no dental problems, no anal sacs that need to be expressed.

On this diet our Dals are livelier than they were before (is this a good thing for Dalmatians!!!) even to the point that Kayla, who was starting to slow a bit at age 8 and is now 10, races around lure coursing livelier than she was at 8 with no hint of any arthritis or other problems.

I love this diet, and so do the dogs. So far the only downfall has been that I now have a dog who is a chicken killer. She started the diet as a baby, so I don't know if she would have been a chicken killer anyway. It's hard to say, as none of the others care about the live chooks* at all.

Home Cooked Dog Food Stuff

We are about to have our first litter in 3 years, and we have been planning our natural diet for whelping mother, lactating mother and weaning pups with much excitement. The bitch is in excellent health; time will tell how it goes, but during the whelping period she has been in glorious condition, coat, mind, and body. She is not as ravenously hungry as during previous litters. We can only put it down to better quality food.

Well, this has been our experience with diet, and for us there is no looking back. I still do a lot of reading, and just as the evolution of what we feed came about over a period of time, so to anyone who is interested in making the switch I suggest doing a bit of reading and be prepared for the unconventional. Below are some books I recommend as a good read and which helped us in our diet choices.

Many of you will say, "Oh, my dog is just fine on ***** ", but I challenge you to add some raw fruits and veggies to your dog's diet (and, to the brave, some chicken wings, RAW of course), and see what a difference real food makes to your dog's condition.

Some dogs live a long and happy life on processed dog foods, but then again some people live a long and happy life on an exclusive diet of McDonalds....

Thank you, Dianne, for asking me to write this bit. I hope, if nothing else, it gives you something to think about!

Books we have found helpful:

1. "Give Your Dog a Bone" "Grow Your Pups with Bones" Dr Ian Billinghurst
2. "The Holistic Guide for a Healthy Dog" Wendy Volhard & Kerry Brown, DVM
3. "The Complete Herbal Handbook For the Dog and Cat" Juliette de Bairacli Levy

*chook means chicken Down Under

We've received a number of enquiries as to how to make your own dog food. The following is the recipe (or guidelines) we use, which, for us, works well.

Ours is a 3-part formula PLUS vitamin-minerals

Part 1 -- Use regular ground beef (or ground veal or poultry, but not pork), cook it and add either ground or diced tomatoes and a spoonful of chopped garlic. Do not drain off the fat, as dogs metabolize fat the same way humans metabolize carbohydrates (in dogs it is converted to energy). The ground meat is your protein source and the tomato adds acid to prevent urinary tract problems while the garlic aids immunity;

Part 2 -- Cooked oatmeal (or brown rice) or a mixture thereof;

Part 3 -- Cooked veggies. We use peas and sometimes add carrots. Freshly cooked broccoli is OK, but avoid corn (passes right through) or beans of any sort (causes flatulence)

Vitamin-Minerals -- It is essential that you use a combined vitamin-mineral supplement to ensure that your dog gets the required calcium, phosphorus, etc. We use Visorbis, but have in past used Theralin which is a product of Lambert-Kay. Any combined vitamin-mineral supplement is fine -- just make sure that you use the amount of supplement needed for the weight of your dog.

We also give our dogs one 650mg Kelp tablet each day (to provide the trace minerals and vitamins which may be missing in their diet) and a teaspoon twice daily of cold pressed safflower oil (which contains the necessary linoleic and linolenic acids for their coats; these essential fatty acids, which are contained in raw meat, are converted to the less desirable trans-fatty acids by heat and so the addition of cold-pressed safflower oil makes up the deficiency).

Adjust the quantity you feed to fit the lifestyle and life cycle of your dog -- give more to puppies, pregnant or lactating bitches and dogs recovering from illness, and less to seniors.

Home Cooked Dog Food Stuff

An alternative recipe (which we have been feeding for the past couple of years quite successfully) uses raw meat in place of the cooked ground meat in Part I.

The canine species would, in the wild, kill and eat raw meat. While dogs are omnivorous, their gastric system easily digests raw meat.

When raw meat is used, the advantages are:

- There is no need to add safflower oil
- The essential fatty acids, linoleic and linolenic acids, are still in the food, as they have not been destroyed by cooking
- You are not introducing carcinogenic (cancer-producing) trans-fatty acids to the dog's diet. These trans-fatty acids are a product of the cooking of fatty acids.

We had bought our meat for dogfood from local butchers who grind the tripe, lungs and trimmings from human grade (inspected and fit for human consumption) beef and then bag it and freeze it for us. When this is not available, we buy frozen lean ground beef from (of all places) Costco, where they have it packaged in separate 1-pound blocks, which we defrost as needed.

This is a modification of what is sometimes referred to as the BARF diet (Bones And Raw Food).

From <http://v2.vsquare.com/jordemm/recipe.htm>

Basic Beef Mixer Our usual kibble additive:

In a large pot, cook 1 pound hamburger, 1 pound gizzards, 2 cups mixed veggies plus any herbs and spices of your choice (avoid salt.). Cook thoroughly, then put into food processor and process until well mixed and "canned" type consistency. Place in rubbermaids, freeze excess and use it like canned food, adding a tablespoon per cup of kibble with a tablespoon very warm water.

I also prefer to save drippings from roast beef, pork or chicken to add to this mixer. It adds extra flavour and aroma!

Rick's Garlic Goodies! A kibble additive.

In a sauce pan, over medium heat, brown a pound of ground beef or venison. Add 2 tablespoons olive oil, 2 tablespoons minced garlic, 1 cup warm water and 1 1/2 cups oatmeal. Divide as needed, not more than 20% of a meal when added to kibble.

Donna's Chicken Pate! A kibble additive

Buy a package of chicken gizzards and hearts and chicken livers. Boil until cooked through. Place into a Cuisinart and blend into a paste! Dogs love this yummy treat. It should be added to kibble. Use only a small amount (tablespoon per 10 pounds) as the liver can cause loose stool! Watch your dogs wag for more!

Beef and Barley Stew

Warm 4 cups water in your crockpot. Add 1 pound browned ground beef, 2 cups mixed vegetables, 1 cup barley (pearled, cracked is quickest). Add 2 bay leaves, some chopped green onions. Optional is 1 TBS of flour to thicken the juice into a gravy. Cook on high for 2 hours, then 2 more on low or until the barley is completely cooked. Separate into Rubbermaid containers, freeze excess and add 2TBS per cup of kibble!

Baked Liver snaps A treat!

A favourite of our good friend Dresden! Get a pound of sliced beef liver. Boil for 15 minutes. Cut into strips and place on cookie sheet. Bake 350 for 40 mins!

Home Cooked Dog Food Stuff

Watch your doggies drool! You can season to taste prior to baking! Makes good ring bait or obedience training rewards! Refrigerate... lasts one week.

Gobie's Favourite Flavour! Peanut Butter Bears! A treat.

You'll need a bear shape from 3 to 5 inches, or any shape you prefer!

Ingredients: White Flour, Rye Flour, Whole Grain Oats, Peanut Butter, Eggs, Molasses, Vegetable Oil, Filtered Water, Vanilla, 2 cups Rye Flour, 1 Cup Oatmeal (finely ground)

Use your food processor

3/4 Cup Molasses, 1 Cup Peanut Butter, 1/4 Cup Vegetable Oil, 2 Eggs, 1/4 teaspoon Vanilla, 1 Cup water (to make dough into a pliable ball)

Mix all ingredients together. I use my cuisinart. Mix water in small amounts at a time to make into a workable dough. Roll to a bit more than 1/4" thickness Use your cookie cutter and place on a greased cookie sheet. I like to make a paste with one beaten egg and brush a coat on the cookie.. It makes the cookie shiny instead of dry looking. Bake 35 minutes at 350. Cool and serve!

Honey Peanut Energy Biscuits

1 1/2 cups Flour, 1 1/2 cups Oatmeal, finely ground, 3/4 cups Honey, 1 cup Peanut Butter, 1/4 cup Olive Oil, 1/4 teaspoon Vanilla, 2 Eggs

Preheat oven to 350. Spray pan with olive oil spray. Roll out to 1/4" thickness. Cut into shapes that your dog enjoys. Bake for 20 minutes for soft consistency and up to 30 for crunchy. Taste testers say they are GRRREAT! But not too many, there's a reason for calling them Energy Biscuits!

Meatloaf Bars! These are wonderfully warm bars, a great option to a raw diet. As long as it is varied, the dogs will glow with health!

2 Cups Oatmeal (Quick cooking), 1 1/2 Cups Hamburger, Olive Oil, Bone meal, 1 Cup Veggies (variety, chopped), 1/2 Cup Ground Liver, Herbs, Sweet Potatoes, Fruit, 2 Eggs (with Shell finely Crushed), 1/4 Cup Molasses, 1/2 Cup Cottage Cheese

Preheat oven to 350 Degrees. Mix all ingredients together into a somewhat lumpy batter, but stirred enough to spread the ingredients throughout the batter. Spray 13 by 9 inch pan with non stick spray. Cook on top rack for 45 minutes. You want it to be a dry meatloaf consistency that will hold its shape without crumbling. Cut into appropriate serving size squares. After cutting into squares, let cool on paper towels on your counter until near room temperature. Then store in ziplocks or Tupperware in the fridge. When traveling, use a cooler. You may also slice the bars up into 1" squares for healthy treats that complement the natural diet. **When choosing veggies, go for a healthy variety such as spinach or kale, carrots, zucchini, and fruits such as apples and bananas.**

Homemade "Canned" Food: This is a nice alternative to canned food, which I add to kibble or fed alone.

In a crockpot, brown 1 pound ground beef, chicken or turkey. Add 1 cup oatmeal, 1 cup crushed corn or wheat flakes, 1/8 cup kelp, 1/8 cup alfalfa, 1/8 cup bone meal or dry milk, 1 Tblspn wheat germ, 1 cup pulped veggies, and 2 to 3 cups of water, mixing to a canned-like consistency. Cook in crock pot on low for 2 hours. Divide up into Rubbermaid containers. Refrigerate portion to be used over a week and freeze the extra containers. Add to kibble or feed as a complete meal. Watch your dogs drool!

Home Cooked Dog Food Stuff

Krumbled Kibble

A great recipe to produce your own kibble, with your fresh ingredients!

1 pound cooked ground hamburger, 1 cup mixed cooked and minced veggies, 1 Tablespoon bone meal, 2 cups ground oatmeal (flour consistency), 1 cup wheat or white flour, 1/2 cup oil, 1 to 1 1/2 cup water, 2 eggs, 1/4 cup parsley, dry or fresh chopped, 1 apple, cored and minced

Preheat oven to 400. In food processor, grind oatmeal until it is flour. Add flour, bone meal, parsley, mix well. In separate bowl, beat egg, oil and water. Add slowly to flour mixture in food processor. Cook hamburger and veggies, mince well. Core and slice apple, mince. Add to the food processor, making it uniform consistency throughout. Spray pan with non-stick cooking spray. Dough should be like pizza dough, a bit waterier though. Spread about 1/2" thick onto pan like you would a pizza crust. Bake 45 minutes at 400. Remove from oven. Cool, break into bite size pieces. Spread on baking sheets and bake at 350 for 20 minutes. Remove, cool and refrigerate. Feed as you would kibble.

Easy Plate Special

This is a simple and balanced meal for a dog. Probably can use it to feed a dog its entire life, provided it's varied.

Brown 1-pound hamburger in skillet or microwave, toss in 1 cup mixed veggies to fry in the hamburger grease. Once browned, drain grease. In a food processor, mince hamburger and veggies together to desired consistency. For especially picky dogs, you will want to mince it to canned food consistency so they cannot pick out the veggies. You will have to experiment with amounts to determine how much your dog needs. Using an equal sized portion as the meat mixture, add Cottage Cheese or Plain Yoghurt. Mix well. Add equal portion of Cooked Oatmeal or Noodles, or even bread or cereal. Imagine dividing up the plate into thirds. One third will be the meat mixture, one third for the calcium source and one third for the grain source. You may want to mix it all together. Serving size Examples (Fed Twice Daily): My 4 pound toy poodle gets a tablespoon meat mixture, a tablespoon grain and a tablespoon cottage cheese. My 20 pound dog gets 1/3 cup meat, 1/3 cup grain, 1/3 cup cottage cheese. A 50 pound dog would get 2/3 cup of each.

It is easy to lower protein amounts if needed for a dog with reduced kidney function or a weight problem. Daily add a NuVet vitamin or even a human Centrum vitamin (1 for about 60# of dog). Meats can be varied, you can also add organ meats along with (1 pound meat, 2/3 cup organ meat). Feel free to toss in herbs, spices, garlic, etc. For time savers, brown up a week's worth of meat mixture and grain source (oatmeal or noodles, etc). Remove just the portion you need, warm in the micro for a few seconds, Add dairy source, mix well and serve!

Easy on Tummys!, Chicken Bars

Seasons change and according to Chinese 5 Element Theory, dogs may want a change in protein in the spring or fall. Here is an excellent variation of the Meal Bars above, which are beef based.

1 Whole Chicken, 1/2 tub of Oatmeal, 1 cup cooked Brown Rice, 1/2 can Pumpkin (plain, not pie filling), 2 cups minced veggies, 1 minced apple, 2 Tbls Kelp, 2 eggs with shell crushed, 1 1/2 cups Ricotta cheese (full fat), 1/2 cup slivered almonds

Prepare the chicken by placing in the crockpot in its entirety, include gizzards, heart, liver and neck. Cook on low until bones fall apart (Usually 36 hours.) Make sure the pot does not dry out. It is a long time to cook chicken, but it is complete and I don't worry about adding calcium. This is the way dog food is made also :). Once your chicken is completely cooked and the leg bones mash easily, use your food processor to blend the chicken together and break up the bones. (should be effortless for the processor, if it is catching hard bones, cook them longer.) Split into 2 large mixing bowls. Preheat oven to 350. Add the other ingredients. Mix very well. Use cooking spray to coat pans. You may use a 13x9 pan or muffin pan for easy serving sizes. I prefer the muffin pan. They just pop out and are ready to serve once cooled. Bake 45 minutes or until golden brown. Cut into bars, cool and serve. Store in ziplocks in fridge or freezer.

From the web site: <http://thegourmetpooch.com>

Home Cooked Dog Food Stuff

Economy Cookies

3 cups whole wheat flour
3/4 cup water
1/2 cup skim milk powder
1 egg
1/4 tsp garlic powder
1/4 cup corn syrup
1/3 cup margarine

In a large bowl, combine whole wheat flour and margarine. Set aside. In a separate bowl, combine skim milk powder, garlic powder, egg, corn syrup, and water. Add liquid mixture to flour mixture in small quantities until all is mixed and dough like. Roll out to fit size of Pam covered cookie sheet. Use pizza cutter to cut up into treat size pieces. Cook at 325 degrees F for 50 minutes. Turn heat off and leave cookies in oven for 1 more hour to make cookies nice and crunchy. Give to dogs whenever they need some extra love.

Shush Puppies

2 cups cornmeal
1 cup wheat flour
1-2/3 cup cheddar cheese
3 tsp garlic powder
4 Tbsp oil
1/2 cup powdered milk
1-1/8 cup water

Preheat oven to 400 degrees. Combine all dry ingredients in a bowl. Add oil and gradually add water, stirring to mix well. Dough should form a sticky ball. Using a tablespoon, scoop and form a small oval shape biscuit. Place on a greased cookie sheet and bake for 20 minutes.

Good for You Gobblers

1 cup white flour
1 cup whole wheat flour
1/4 cup chopped sunflower seeds, unsalted
2 tbs. applesauce
1 tbs. peanut butter
1/4 cup molasses
2 eggs, beaten
1/4 cup milk

Mix the dry ingredients (flour and seeds) together. Add applesauce, peanut butter and molasses and stir well. In a separate bowl mix the egg and milk together. Add to the dough. Add a little more milk if the mixture is too dry - you want a firm dough. Knead for a few minutes. Roll out to 1/2" thickness. Cut into desired shapes. Bakes at 350 degrees for 30 minutes, or until biscuits are brown and firm.

Classic Canine Cookies

4 cups whole wheat flour
1/4 cup cornmeal
1/4 cup cooked rice
1 egg
2 Tbsp. vegetable oil
Juice from a small orange
1 2/3 cup water

Home Cooked Dog Food Stuff

Mix all ingredients together well. Turn out onto a lightly floured surface and knead. Roll out dough to about 1/8 inch thickness and cut out desired shapes... doggy bones, paws, balls, etc... have fun!

Dipping Sauce:

#1	#2
3 cups vanilla chips	3 cups carob chips
1 Tbsp. spinach powder	1 tsp. Vegetable oil
1 tsp. garlic powder	1 tsp. Turmeric powder
1 tsp. vegetable oil	

Melt chips in a double boiler or microwave. Add oils and seasonings. Dip tips of cookies, when cooled, into desired sauce and place on a pan lined with wax paper until set. Yield: about 12 pieces

Massive Mastiff Munchy Muffins

2 carrots
2 3/4 cups water
1 egg
1/4 tsp. vanilla
2 Tbsp. honey
1 1/2 bananas, overripe and pureed *
4 cups whole wheat flour
1 Tbsp. baking powder
1 Tbsp. cinnamon
1 Tbsp. nutmeg

Shred the carrot with a hand shredder or in a blender. Mix all wet ingredients together in a bowl, then add the pureed banana. Mix together thoroughly. Set aside. Combine the dry ingredients. Add the wet ingredients to the dry and mix thoroughly, leaving no dry mixture on the bottom. Coat a 12 muffin pan with nonstick spray. Fill each muffin hole 3/4 full. Bake about 1 hour at 350 degrees. Yield: 12 muffins

Chipper's Favourite Cupcakes - (A*starz: Modern Natural Rearing)

2 lb. meat (chicken, turkey or beef)
3 c. oatmeal
2 c. brown rice
4 eggs
1 c. sunflower oil
1 c. lentils
2 c. cornmeal
2 c. veggies (kale, carrots, parsley)
3 garlic cloves
1/2 c. water, or sufficient to mix

Cook rice and lentils together. In a food processor, mulch up vegetables, garlic, eggs, meat. Mix all ingredients together. Spoon into lightly oiled oversized cupcake pans. Bake at 350 degrees for about 40 minutes. Freeze what you are not going to use in 5 days. This makes about 4 dozen larger-size cupcakes.

Highly digestible, leaving very little stool volume and no loose stools. Originally from Peter and Holly Colcord, adapted and posted by Donna Stekli. (Bonnie Ott uses a large glass baking dish; mixes rest except liver and oatmeal while rice is cooking; then purees liver, cooks oatmeal in microwave, dumps in rice, bakes, cools, cut into squares, freeze a weeks worth per freezer bag. Joanie Fraser uses meatloaf pans: double the recipe to make about 6-7 pans full, 5" w x 9" l x 3" h; keep two out (for 4 Kees) and freeze the rest; sometimes add tuna instead of all meat; spinach instead of kale; topped with spaghetti sauce; add small amount of liver; use 7 grain cereal instead of just oatmeal; cornmeal doesn't seem to cause problems but prefers to use white corn meal and "new process" since lower in fat and less spoilage; bread crumbs, cracker crumbs, ground cereals instead of or with cornmeal; liquids: soup, veggie juice, apple juice; add chopped apple; NO ONION; mixture should have the basics

Home Cooked Dog Food Stuff

and feel like meatloaf, baked at 350 degrees for 40 minutes, checking every 5-10 minutes after first 30; oil or spray pans prior to filling.)

Real WWII Homefront Dog Biscuits

This recipe is from a wonderful old pamphlet put out by Ohio State University for the state 4-H program during World War II.

3 1/2 cups All-Purpose flour
2 cups Whole-wheat flour
1 cup Rye flour
2 cups Bulgur
1 cup Cornmeal
1/2 cup Instant nonfat dry milk
1 pkg. Dry yeast
1/4 cup Water (110F. to 115F.)
2-3 cups Chicken broth (I add 3 chicken bullion cubes to this mix)
1 Egg
1 tbs. Milk

In large bowl, mix all dry ingredients except yeast. Sprinkle yeast over warm water and stir dissolve. Add yeast mixture and 2 cups of broth to flour mixture. Mix well with hands. (Dough will be very stiff.) If necessary, add a little more broth. On floured surface, roll out dough to 1/4" thickness. Cut into desired shapes and place on ungreased baking sheets. Beat egg and milk together. Brush biscuits lightly with egg-milk mixture. Bake at 300F. 45 minutes. Turn oven off and let biscuits remain in closed oven overnight.

*Note: Dough must be used immediately, but baked cookies will last for months if stored properly.

Soft Doggie Cookies (good for older pets who have lost a few teeth)

3 (2 1/2 oz. each) jars of baby food; either beef or chicken
1/4 cup Dry milk powder
1/4 cup Wheat germ (cream of wheat can be substituted for wheat germ)

Combine ingredients in bowl and mix well. Roll into small balls and place on well-greased cookie sheet. Flatten slightly with a fork. Bake in preheated 350 F. oven for 15 minutes until brown. Cool on wire racks and STORE IN REFRIGERATOR. Also freezes well.

*Variation: substitute cream of wheat for wheat germ and then used tablespoon to make cookie sized drops on plate. Microwave for 4 minutes on Medium-High. Suggest keeping an eye on them in microwave and perhaps start out for only 3 1/2 minutes. They do come out soft. Also suggested using Beef/Vegetable Dinner Baby Dinner instead of Beef or Chicken. Kitties like this one too! ;)

Floyd's Doggie Cookies

3/4 cup Wheat germ
3/4 cup Powdered milk
1 Egg
1 Jar baby meat - preferably Liver or beef
1/2 Jar of water

Mix well and drop on a cookie sheet. The cookies should be the size of a quarter. Bake for 20 minutes at 350F. or microwave on HIGH for 7-12 minutes. Refrigerate.

Home Cooked Dog Food Stuff

Rowdy's Dog-Gone Good Cookies for Overweight Pups

3 1/2oz Jar liver or beef baby food
1/3 cup Wheat germ
2/3 cup Non-fat dry milk

Mix baby food, wheat germ and dry milk. Add a little water if too thick. Drop by the tablespoon-full onto a greased cookie sheet.

Bake in a preheated 350F. oven for 12-15 minutes. Let cool before giving to your dog. Refrigerate in a closed container.

Rex's Dog Biscuits

1 1/2 cups Flour
1 1/2 cups Whole wheat flour
1 tsp. Garlic powder
1 cup Rye flour
1 Egg
1 cup Oats
1/2 cup Vegetable oil
1 cup Cornmeal
1 3/4 cups Beef broth
1/4 cup Liver powder; available in health food stores

Place oven rack in upper third of oven. Heat oven to 300F. Line a cookie sheet with foil. Mix flours and all other dry ingredients in a large bowl. Add egg, oil, and beef broth. Mix the dough, adding enough additional flour to make a dough that can be rolled. On a floured surface, roll to 1/2" thickness, then cut into heart shapes with floured heart cookie cutter or pattern cut from cardboard (2" dia. for small dog; 3 1/2" for large). If using pattern, flour top of dough first. Place hearts 1" apart on foil-covered cookie sheet. Reroll scraps. With a skewer prick a line of dots halfway through dough 1/4" from sides and down centers. Bake for 2 hours. Turn the oven off, and let biscuits stand in oven overnight to harden. Can be stored in plastic bags at room temperature up to 3 months. Makes about 24 - 3 1/2" hearts.

Lassie's Chicken Liver Cookies

2 cups Flour
3 tbs. Vegetable oil
1 cup Wheat germ **
1 Egg; lightly beaten
1/2 cup Chicken broth
2 tsp. Chopped parsley
1 cup Chopped chicken liver; Cooked

Preheat oven to 400F. Combine flour and **cornmeal. In separate bowl, beat egg with oil, then add broth & parsley, mix well. Add dry ingred. to bowl a little at a time, stirring well. Fold in chicken livers and mix well. Dough will be firm. Turn dough out on lightly floured surface and knead briefly. Roll out 1/2" thick and cut into shapes. Place on greased cookie sheet 1" apart. Bake 15 minutes or until firm.

Maxine's Gourmet Dog Biscuits

12-16 ozs. raw liver
1 1/2 lbs. white flour
8 ozs. Quaker Oats
3 bouillon cubes, (meat or chicken flavored)
Approx. 1 cup water
2 eggs, beaten

Preheat oven to 350F. Grease 3 tins (cookie sheets?). Chop the liver finely, or put briefly in a blender. Mix flour and oats,

Home Cooked Dog Food Stuff

crumble in the bouillon cubes, add eggs and the chopped liver. Add enough water to make a firm but slightly sticky dough. Spread evenly on the tins, about 1/2" thick. Dip a small dog-biscuit cutter in flour before cutting out each portion. Bake 1 hour. Can be kept for about 2 weeks.

Big Ben's Multi-Grain Dog Cheese Biscuits

1 cup Uncooked Oatmeal
1/4 cup Margarine
1 Egg; Beaten
1 1/2 cups Hot Water or Meat Juices
1 cup Cornmeal
1/2 cup Powdered Milk
1 cup Wheat Germ
4 oz (1 cup) Grated Cheese
3 cups Whole Wheat Flour

In large bowl pour hot water over oatmeal and margarine: let stand for 5 minutes. Stir in powdered milk, grated cheese, egg. Add cornmeal and wheat germ. Mix well. Add flour, 1/3 cup at a time, mixing well after each addition. Knead 3-4 minutes, adding more flour if necessary to make a very stiff dough. Pat or roll dough to 1/2" thickness. Cut into bone shaped biscuits and place on a greased baking sheet. Bake for 1 hour at 300F. Turn off heat and leave in oven for 1 1/2 hours or longer. Makes approximately 2 1/4 pounds.

Towser's Treats

1 pkg. Dry Yeast
1/2 cup Warm Water
2 cups All-Purpose Flour
2 cups Warm Chicken or Beef Broth
1 cup Cornmeal
1/2 cup Powdered Milk
1 cup Wheat Germ
1/4 cup Margarine
2 cups Cracked Wheat
1/4 cup Honey
4 cups Whole Wheat Flour
1 Egg; Beaten

In small bowl, dissolve yeast in warm water. In large bowl combine broth, powdered milk, margarine, honey, egg. Add yeast/water and mix well. Stir in flour, cornmeal, wheat germ and cracked wheat. Mix well. Add whole wheat flour, 1/2 cup at a time, mixing well after each addition. Knead in the final amounts of flour by hand and continue kneading for 4-5 minutes until dough is not sticky.

Pat or roll dough to 1/2" thickness and cut into bone shapes. Place on a greased cookie sheet, cover lightly and let set for 20 minutes.

Bake in a 350F. oven for 45 minutes. Turn off heat and leave in oven several hours or over night. Yield: @ 3 1/2 pounds.

Rin Tin Tin's Cookies

2 cups All-Purpose flour
1 cup whole wheat flour
1 cup cornmeal
3/4 cup regular wheat germ
1/2 cup non fat dry milk
1 pkg. Active dry yeast
1/4 cup warm water
1 can (10 3/4 oz.) beef broth
1 egg, slightly beaten

Home Cooked Dog Food Stuff

1 tbs. Milk

Combine the flours, cornmeal, wheat germ, dry milk in a very large bowl. Soften the yeast in the warm water and add it along with the beef broth to the dry ingredients. Mix well with hands, for dough will be very stiff. Divide dough into halves and roll each half out on a floured board to a thickness of 1/4". Cut into shapes with a cookie cutter. Place fairly close together on an ungreased baking sheet. Combine beaten egg and milk; brush over surface of each cookie. Bake in a 300F. oven for 45 minutes. Turn off oven heat but leave baking sheet with cookies in the oven to harden overnight.

Yankee Girl's Recipe for home baked Dog biscuits:

In a bowl mix following ingredients:

2-1/2 cups whole wheat flour

1/2 cup powdered milk

1 tsp. sugar

1 tsp. salt

8 tbsps. melted butter

1 egg

1/2 cup cold water

1 bouillon cube- crumbled into water

Heat oven to 350 degrees. Roll to approx. 1/2 inch thickness; Cut into desired shapes (bone shapes); Place on greased baking sheet

bake for approx. 35 min. Cool for 15 minutes If you lack room in the oven for all of them, then just place them in a dry spot until they are quite hard. Yield: 74 2" cookies

Cooking for your Dogs

Ever wondered why your best dog-buddy clings to your side when you have *your* dinner in hand? Ever notice how *happy* your dog-buddy gets when you give him some of your food? Well, duh, it's because it just tastes better than the dry stuff you put in the dog dish!!

With very little effort you can make a home version of canned dog food to add to their truly balanced dry food. I make this in large batches and freeze it in bags or containers, adding a heaping spoonful (like 1/4 cup or so) to my dogs' meals. They love it...and I love to see them enjoy their food!!

Many dog nutrition discussion these days involves providing as much raw and uncooked meat, bones, fruits and vegetables as possible. I give my guys raw liver, raw fruits and veggies and such...but some people can't bear to do that. In which case, giving your pups cooked meats, veggies and good grains is WAY better than just giving them a non-stop diet of kibble. My daughter, a college student, for instance, won't touch raw meat...she's gonna starve as an adult, but for now, I cook her this mixture so her pup doesn't live on leftover pizza crusts (which he LOVES) and plain kibble (although she does buy him lots of bananas!)

Warning: Do not substitute this for your dog's regular food, as it is not tested for nutritional completeness. It is intended as a supplement, the same as any table scraps you might be tempted to provide.

1. Purchase raw liver, about 3-4 pounds
2. Purchase raw chicken or turkey (I prefer chicken), the best value price you can get (I like it when they have leg quarters on sale for 40 cents a pound), about 3-4 pounds.
3. Make sure you have a pound or so of brown rice on hand, along with some soup herbs (such as bay, sage, rosemary, etc.) and some vegetables (carrots and green beans are good...don't use onions since most dogs don't digest them well. Avoid lots of gasey vegetables too, like broccoli and cabbage.) You can cook some barley as well as oatmeal to go along with the rice. Make sure you have a dozen eggs on hand also.
4. Place the liver in a pot and cover with water. Cook on low heat, stirring occasionally until the liver is just cooked. Drain water and cool liver.
5. Place the chicken and herbs in a pot and cover with water. Cook for several hours until chicken is *very* tender. Drain soup stock and reserve. Cool chicken, pick off skin and meat and discard bones and cartilage.

Home Cooked Dog Food Stuff

6. Use soup stock to cook rice or barley or oatmeal -- be aware that they have different cooking times, so cook the rice separately from the barley. Use soup stock to cook vegetables until they are soft or just grate or chop vegetables and add them to the hot grains after they have cooked.
7. Cook eggs using canola oil (if you have it) for shortening to grease the pan. Otherwise, use margarine or butter. (I like to add garlic to these!) as scrambled, breaking them up into small pieces as they get cooked. Cool.
8. When all ingredients are cool, use a grinder, blender or food processor (food processor is best) to chop up liver and chicken, using the remaining chicken stock to make it easier in the food processor or blender. If grinding, just add the stock to the mixture. Mash or chop vegetables. Mix all ingredients together, getting a balance of meat, rice and vegetables.
9. Store in the freezer for use as needed, as a supplement to add flavor and variety to your dog's regular balance dry food. They will love it!!

Thanksgiving Dinner For Your Dog: Include Fido in the Feast!

Undeniably my favorite time of the year is Autumn; the brilliant fire of the trees mixes with abundant fields of ripe apple trees and pumpkins, making those early evening strolls with my dog in the crisp air a sensory delight. But whether one is surrounded by acres of woods or fresh produce stands on busy urban streets, there is no denying the exhilarating change of seasons in my part of the country. And along with the cooler air arrives a holiday steeped in tradition that so perfectly and completely helps us usher in the warmth of winter and the holiday season.

Thanksgiving, for me and my family, as for so many others, means an annual gathering of loved ones and a feast guaranteed to feed the soul, stretch the pants, and eventually lull you into an early evening snooze.

This is a day that we are all reminded of just what it is we have to be thankful for in our lives. And I'll be the first to admit that my dog is at the top of that list; at times almost an extension of myself giving love unconditionally and unflinchingly, asking for very little in return. So it should come as no surprise that despite the preparation and general business that occurs during Thanksgiving (I always cook the dinner!) I am adamant about including my dog in the festivities, right down to the dinner. By being careful and little bit creative, our dog enjoys much of the same delights we feast on ourselves.

One of the biggest mistakes people make, especially during holidays, is to "treat" their dogs to foods they aren't used to eating - foods smothered in rich gravies, sugars, salt, etc... . It may seem fun going in, but such a heavy diet, even for just a night, can wreak havoc coming out. If you want your dog to be able to enjoy a true Thanksgiving meal, yet still keep it healthy, read through the suggestions listed below that have worked for us through the years.

Don't feed the dog turkey skin. As tempting as it is, the skin is not only high in fat and hard to digest, but also holds any marinade, butter and oils, or spices used in baking, which can cause stomach upset. Instead, peel the skin off a big slice of turkey (white meat is the most bland and usually the best tolerated), then cut into appropriate-sized pieces.

As you prepare side dishes, set aside some of the good stuff before adding all of the cream, salt, butter, wine, etc... . A scoop of plain mashed sweet potatoes, a cup of cooked carrots, broccoli or green beans, even a small biscuit without butter or some dressing without gravy will be a treasure for your dog, and is good for them in addition!

A good substitute for gravy for your dog is a little turkey broth. If you cook the giblets in water for stock, save a little to help moisten meat before you turn it into gravy. Or buy it canned!

If your dog normally eats only "dog food" (i.e. kibble), don't offer up a big plate full of turkey, veggies and potatoes all at once. This can stress his system. Instead, try adding a slice of turkey and a few veggies to his kibble. Save some veggies for "treats" throughout the evening.

If your dog is going to be planted under the table during dinner, denying him those irresistible flavors and sweet temptations may seem impossible, especially if your guests "mean well", but can't say no to that cute furry face! One way to help the off-limit food stay that way is to place a few "treat cups" around the table. Fill these with small pieces of plain sliced turkey, cooked veggies, pieces of bread - anything sensible. Guests will still get a kick out of feeding the dog, but it will be much healthier than what is on most people's plates. And once the bowls are empty, that's it!

If your dog is used to a homemade diet, have fun and be creative as you indulge him in his Thanksgiving feast. Oh, and for dessert? Instead of apple pie a la mode, how about some sliced apples with a "scoop" of mashed potatoes, and maybe some

Home Cooked Dog Food Stuff

applesauce on top? Pumpkin is also very good for a dog's diet, but make sure it's real pumpkin, and not the filling that is loaded with sugar and fat.

Thanksgiving dinner should be fun and fulfilling - a special treat on a special day. By carefully preparing your dog's meal, the holiday can be enjoyable for every member of the family, even the furry ones!

Lasting Leftovers Recipes!

The-Day-After Turkey Omelet

1 egg
1-2 tbsp. mashed potatoes
1/2 cup diced cooked turkey meat
1/2 cup cooked vegetables, chopped
1/4 cup desired cheese, grated

Heat a medium-sized pan with a small amount of olive oil. Whisk together the egg and potatoes. Spread in pan. Place turkey and veggies on top in even layers. Cover; simmer until egg cooks and the mixture is warm. Sprinkle cheese on top, then cook a few more minutes until cheese is melted and egg is golden brown. Let cool. Cut into wedges. Store in refrigerator.

Turkey Balls

(These are so good you may want to try them yourself!)

1 loaf uncooked bread dough or pizza dough
1/4 cup turkey broth
1-2 tsp. flour
3/4 cup cooked turkey, cut up small
1/2 cup cooked vegetables
1/4 tsp. garlic powder
1/4 grated cheese
1/4 cup sesame seeds

Roll out the dough and cut into 3 inches circles with cookie cutter. In a saucepan, combine the broth and flour, stirring until flour is dissolved and mixture thickens. Add the turkey, veggies, and garlic powder. Cook until mixture is heated through. Let cook a bit.

Spoon one to two teaspoonfuls of the turkey mixture onto each circle. Fold up the sides and pinch shut. Roll into a ball shape. Mix the cheese and sesame seeds in a small bowl. Roll or sprinkle each ball with the mixture. Arrange the balls on a cookies sheet. Cook in a preheated 375 degree oven for 10-15 minutes, until they are golden brown. Let cool. Store in the refrigerator.

Doggie Gravy For Dry Food – Submitted by John Bateman

1 Boneless/skinless Chicken Breast
4 Cups Water
1 Cup Flour
2 Whole Eggs
(all items approx.)

Boil chicken breast for about 1/2 an hour, remove to cool. Add flour to chicken water. Beat out lumps. Add pre-beaten eggs. Cook on low heat until it's done thickening. Pulverise chicken in food processor. Add to flour/egg gravy. May need to add more water.

Unfortunately it won't freeze. But using a few tablespoons daily, it should be used up before it sours.

***Starz Dog Stew**

This recipe was developed as a way to get away from canned dog food mixers. The first step away was Campbell's soups, of which "Chicken & Stars" was the *Starz dog's favourite flavour. Ha Ha.

Home Cooked Dog Food Stuff

3 cups meat (chicken, turkey cooked or lean beef)
1 cup raw organ meats (chicken/pork/beef livers, kidneys or hearts)
2 cups peas
2 cups brown rice
1 cup lentils
3 cups raw veggies (kale, carrots, parsley, tomatoes, sweet potatoes)
4 garlic cloves

Bake the non-raw meats along with any dry vegetables, such as split peas. (If you are using beef, there is no need to cook, just use it raw.) Debone the meat and shred pieces by hand. In a food processor, mulch up raw meats. Cook the brown rice and lentils together. In a food processor, mulch up vegetables and garlic. Mix all together and spoon into containers for freezing. Take concentrated stew, add some water and heat in microwave until warm. Mix in with dry dog food and serve.

Doggy Gravy

3 pounds browned ground beef, pork, turkey or combination
2.5 pounds cooked and pureed carrots
1.5 stalks cooked and pureed celery
2.5 pounds cooked and mashed potatoes
4 cups rice cooked

Mix all ingredients in very large pot. Add enough water, as you mix, to blend into a very wet paste. Store in quart freezer bags in freezer until needed (Should last several months). To use, thaw and add more water to make enough paste to make sauce coating (doesn't take much). Microwave for about 80 seconds.

Leftovers Stew

Any dog safe leftovers
2 eggs
Milk (as much as your dog prefers)
Dog food (you won't need too much)

Cut up leftovers into pieces. Be sure there are no tiny bones. Use as much as you want. Mix in two raw eggs. Pour in milk. Use as much as you want. Mix together, and heat in microwave for 20-30 sec. (or serve cold) Poor over dog food.

Auggie's Wolfdown

16-qt stew pot with cover
Enough olive oil to coat bottom of pot
5-6 lbs. ground beef
2 50-oz cans chicken broth
4 cups water
1 3-lb bag frozen corn
1 3-lb bag brown rice

Brown ground beef in olive oil. When beef is cooked, add broth, water, and corn. (Note that broth and water amount to just over a gallon of liquid; you can also just dump in a gallon jug of water and add a bunch of bouillon cubes.) Bring to a boil. Add brown rice, stir well, cover, and bring to a boil again. Reduce heat to low and simmer, covered, for 1 hour. Remove from heat and let cool overnight. Makes approximately 40-45 cups of food.

For Auggie, my black lab, I divide the yield into generous 2-cup portions and freeze most of it (it freezes well). I always have some thawed in the fridge and microwave it for a minute or so to get it to room temperature. I then serve it as follows:

Breakfast

1 portion (2 cups) Wolfdown
1 cup high-quality all-natural kibble

Home Cooked Dog Food Stuff

Dinner

1 portion (2 cups) Wolfdown
1 cup fresh shredded veggies
2-3 times a week: a little non-fat plain yoghurt and an egg yolk

Auggie was a reluctant eater with commercial foods; now he's a tail-waggin', dish-movin', food inhalation machine. Bon appetit!

Microwave Minced Lamb with Pasta, Carrot & Parsley

1-1.5 kg of lean lamb mince (can use veal, chicken, beef or hamburger (lean) or combination)
1 bag of vermicelli egg noodles (Nanda/Maggi is better than Vetta)
250 g bag of grated carrot (eg from Woollies/Big Fresh) or do your own
Half a bunch of parsley
1 clove of garlic (if very small, use 2), finely chopped or crushed
250 ml lactose-free milk (e.g. Pets Own) or water to make a veggie puree
Half a cup of Meat-Bix (from pet shops, they get it in bulk and sell by weight).

Puree the carrot and parsley with milk or water. Use a hand held blender in a beaker or tall, narrow bowl, and use as much milk or water as you need to puree with. I usually end up with 500 ml of carrot and parsley smoothie. Boil some water to cook the egg noodles in. Put the mince into a covered microwave-safe dish large enough to hold all these ingredients and mix in the garlic. Cook on high for two minutes then remove and stir. Cook a further minute and stir - repeat this process until meat is cooked evenly (approx 8 minutes total). Break up egg noodles (it is easier to do this now than after they are cooked!) and cook for 3 minutes, then drain. If you use the Vetta noodles, you will definitely need to add oil to the water first, with the Nanda it doesn't seem to matter). While you are cooking the noodles, add the Meat-Bix to the cooked mince and mix well. It will absorb any liquid from the meat. Add the drained noodles to the meat mixture and mix well - if you think it needs more cooking do so now, before adding the pureed vegetables. Mix in the pureed vegetables. Divide into portions and freeze until needed.

COMMENTS

This recipe is based on one given to me by Moose & Squirrel's breeder. These quantities, if mixed half and half with dry kibble at feeding time, are enough to feed two 5-month-old maltese puppies for about two weeks.

Akita Style Lamb & Rice

(Eastern Goldfields Kennel Club)

1 lb. ground lamb (or beef)
1-1/2 cups brown rice
2 stalks broccoli
2 or 3 medium potatoes
3 medium carrots
4 cloves garlic
1 sheet kombu (sea kelp, optional)
salt, pepper, water

Brown lamb in a fry pan. After it gets going, put on the chopped garlic to brown. Boil water, put about 4-5 cups into a crock pot, so it is already hot while you are fixing the rest of the ingredients. Add cubed potatoes to the fry pan. Cut broccoli and add this to the crock. Put the rest of the works in the pot, add enough hot water to cover. Add salt and pepper to taste. Throw in 1/2 c. brown rice and mix. Makes about a dozen 8 oz. baggies of stew; add 1/2 bag to kibble morning and night.)

Goulosh

1 lb meat - ground beef, ground turkey, ground venison, etc.
2 cups cooked BROWN rice
2 cans veggies, or fresh veggies (about 3 cups)- broccoli, asparagus, sweet potatoes, green beans, carrots, spinach, kale

Home Cooked Dog Food Stuff

2 hardboiled eggs chopped and shells crushed
1 can of mackerel
2 cloves of garlic, minced
chicken livers or gizzards, chopped (about \$1.00 worth)

Pulverize veggies, either in a blender, processor, grinder, etc. Mix all ingredients together in a big pot. Add enough water to cover, mix well. if you feed raw, which we do, place into containers, enough for one feeding in each, and freeze. We use plastic baggies. If you don't feed raw, cover the pot and simmer for about 2 hrs, stirring occasionally. When it is done cooking, cool, and place into containers or baggies, enough for one feeding in each and freeze.

Simply get out in the morning to thaw in the fridge. Dogs get this every evening for dinner, with 1/4-1/2c kibble mixed in, depending on size of dog. **feed 1c per 15 lb body weight**

Garlic Chicken

Chicken is an excellent source of protein, and very good for both you and your dog. This is a quick option when you don't feel like baking.

4 boneless chicken breasts or 6 chicken tenders
Garlic powder
Oregano
Basil
2 teaspoons butter
2-4 cups water

Melt the butter in a skillet. Rinse the chicken pieces, and place them in the hot pan. Sprinkle liberally with Garlic, Oregano and Basil, turn and season the other side. When the pieces turn white/light brown, add 2 cups water to the skillet, and cover. Simmer until the chicken is thoroughly cooked, adding more spices (no salt) to taste. Serve with egg noodles and veggies.

Beef & Mushrooms

2 small beef tenders or steaks (adjust for more people/dogs)
1/3 cup olive oil
1 teaspoon butter
2-4 cups water
1 can mushrooms (or about 1/2 cup chopped mushrooms)
Garlic
Thyme
Oregano
Soy sauce

In a small skillet, heat the olive oil. Sauté the mushrooms for about 10-12 minutes, and place on a paper towel suspended over a bowl. In a large skillet, heat the butter and 1/2 cup water. Brown the steaks on both sides, adding spices to each side. Add 2 cups water, cover and simmer until almost cooked through. Uncover, letting most of the water evaporate, and add mushrooms to skillet. When the meat is done, remove and serve with mushrooms over egg noodles with carrots on the side. For variety, melt some Swiss or provolone cheese with the steaks and mushrooms.

Katie's Natural Food

Katie follows the idea that your dog's diet should be composed of about 30% fresh and raw (i.e., unprocessed) foods because processed food has had the enzymes and micro-nutrients cooked out. Katie cooks this up about once a month.

8 cups oats
2 cups brown rice
6 Cups barley
2 lbs. carrots finely grated
3-4 bunches broccoli - grate stems, chop flowerets
6 zucchini grated or 1 lb. green beans chopped

Home Cooked Dog Food Stuff

1/2 bunch parsley, chopped
4-5 cloves garlic, minced

Use 8 quart stock pots. Cook oats. In another pot, cook brown rice and barley. Cool (to save time, cook in evening and cool overnight). Next day: Cut vegetables - use food processor. Using rubber gloves, combine all ingredients in a 25 quart stock pot. Shape into balls about 1/4 lb. each. Wrap and freeze. This recipe can be easily scaled down for smaller batches.

Home Cooking

This is a bulk recipe for those with more than one dog who want to feed well balanced home cooked food.

Approx. 5 lbs. of ground beef/turkey or chicken

3/4 cup canola oil

4-5 cloves garlic

32 cups water

8-10 cups processed veggies (various -- carrots, celery, broccoli, cauliflower, bean sprouts, potatoes, sweet potatoes, red peppers, spinach, beets, lettuce, tomatoes, etc. ** NO ONIONS** not good for dogs)

2-3 cans kidney beans

1/2 cup molasses (optional)

42-45 oz oatmeal (quick cooking oats)

Eggs can be added to boost protein

In a large 24 qt pot brown ground meat, add canola oil and garlic. When well cooked, add water. Bring to boil, then add veggies that have been processed, (frozen or canned veggies will work too). I use dried kidney beans and soak them the night before preparing a batch of food. While I am cooking the meat I have the beans in another pot cooking them. Once cooked, they are added to the above mixture. Next, the oatmeal is added. Frequent stirring is necessary at this point as the mixture will stick. Remove from heat, cool and put into containers.

The above mixture feeds 3 Boxers for 1 week. I occasionally add pumpernickel bread and some times substitute brown rice for some of the oatmeal. This recipe is very flexible. I also add a mixture called Healthy powder to each meal. I feed twice daily and add 1 tsp of healthy powder to each meal for each dog.

Chipper's Favourite Cupcakes

This recipe was originally obtained from Peter & Holly Colcord. It was used on "Chrissy" [Ch. YanKee Starkist, one of the top keeshond bitches in history] while she was being campaigned. It has since been adapted and changed according to what I have learned about nutrition. I have raised puppies on it, fed it to brood bitches, stud dogs and as road food. It is highly digestible, leaving very little stool volume and no loose stools.

3 lbs. meat (chicken, turkey or beef)

3 cups oatmeal

2 cups brown rice

4 eggs

1 cup sunflower oil

1 cup lentils

2 cups cornmeal

2 cups veggies (kale, carrots, parsley)

3 garlic cloves

1/2 cup water, or sufficient to mix

Cook rice and lentils together. In a food processor mulch up vegetables, garlic, eggs, meat. Mix all ingredients together. Spoon into lightly oiled oversized-cupcake pans. Bake at 350 degrees for about 45 minutes. Freeze what you are not going to use in 5 days.

Home Cooked Dog Food Stuff

Magic Meatballs

1 lb. Hamburger
2 cups Dry Kibble
1/4 cup Honey
1/4 cup Wheat germ oil
1/4 cup Linatone or other

Grind Kibble in food processor or blender. Mix all ingredients together & freeze. Use as needed for treats, bait or weight gain.

Grrrrisotto

Olive oil
Sesame oil
1 potato, peeled and finely chopped
3-4 button mushrooms, cut into quarters or sliced
50g/2 oz cooked whole grain rice
50g/2 oz canned sweet corn
75 g/3 oz cooked chicken, in strips or chunks
39 g/2 tbsp plain yoghurt

Heat the oil, throw in the potato pieces, and sauté until translucent. Add the mushrooms, and keep stirring while adding the rice and the sweet corn. Next add the chicken, stirring a little longer; reduce the heat to low. Keep stirring for a further 2-3 minutes. Lastly stir in the yoghurt, reduce the heat to very low. Continue to stir for 1 more minute. Cover and leave for 5 minutes, lifting off the lid and stirring briefly every minute or so. Allow to cool completely. Sprinkle sesame oil on top of food (optional).

Snobben's Chilli

Chunks of meat
Chilli beans
Can of crushed tomatoes
Garlic
Chilli pepper
Jalapeno peppers
Bell peppers
Beer

Soak the beans in water overnight. Fry the meat in oil with peppers and spices. Pour in some beer. Put in the beans and fill up with water and a can crushed tomatoes. Leave to slowly boil until meat and beans are almost dissolved. Serve with corn chips. Drives my Old English Sheep dog almost mad, the hotter the better. My poodle doesn't like it at all.

Cold Day Delight

1 cup of cornmeal
1 cup of bacon pieces
1/2 cup of chopped ham
3 eggs
1/4 cup of bacon grease
1/2 cup of whole milk

Pour cornmeal, bacon pieces, ham, eggs, bacon grease, milk together in a cooking pot. Mix well and put on stove to simmer about twenty five minutes, after thickening, add water to make into mush. Cook on medium for thirty minutes till it smells good. Let cool and your dogs will be there waiting.

Home Cooked Dog Food Stuff

Mint Rice Hamburger

5 cups of uncooked rice
10 cups of water
2 pounds low fat hamburger
5 tbs dried mint

Bring rice to a boil. Add hamburger and mint. Bring back to boil. Mix well. Reduce heat to low. Cook until all water is absorbed. My golden retriever loves this meal and the mint gets rid of bad breath!

Pasta Hash Supreme

This is a bulk recipe for those with more than one dog who want to feed well balanced home cooked food.

2 lbs. pasta (The shapely kind has more texture)
2 lbs. brown rice
32 oz Cottage cheese
1 package chicken leg quarters
1 lb chicken liver
1 lb Mixed veggies (No corn, it just comes out the other end undigested so why waste the money)
Garlic
Italian seasoning

Place liver and rice in pot with 2-3 cloves of garlic add water in a 2-1 ratio (2 cups water to 1 cup rice). bring to a boil. Turn down heat and cook for 40 min. Season chicken with spices and bake in oven at 400 degrees for 1 1/2-2 hours. Or till a little crispy. After chicken is done. Boil water in a large pot add pasta. Cook 8-10 Min. Dump rice and liver mix into a large container(it will need to be big enough to mix all the ingredient together. Large Tupperware works great). Place frozen veggies in colander. Drain pasta over veggies. Debone chicken add to rice mix. Add pasta mix. Add cottage cheese. Stir well. Serve mixed with a little kibble or just by itself.

Caution this can be a little messy with the rice kernels and cottage cheese. serve in a place that can be easily cleaned up after the pig out session. Save chicken bones and boil with a pot full of water until 1/4 of the water remains. This makes a great broth for the next time you make the rice mix just substitute 1/2 the water for this rich broth. The dogs really love it.

Minced Veggies & Rice

500g low grade mince (but not pet mince)
1 kg Mixed frozen veggies (no onion)
2 Cups rice
Water (to cover ingredients)
Beef stock or gravox

Break up mince into a large saucepan, cover with water and bring to boil. Add veggies, rice and more water if necessary (to cover) and beef stock, gravox or other seasoning to taste. Simmer until rice is cooked, adding more water if necessary. Allow to cool and serve.

Rrrruvery Rrrrisotto

3-4 cloves garlic mashed
500gms/1pound minced meat
1 1/2 cups rice
4 cups finely chopped veggies (NO onions! they're toxic to dogs)
1 stock/bullion cube
5 cups water

Home Cooked Dog Food Stuff

Gently fry the garlic. Add meat & brown it through. Add rice & mix well. Add 3 cups water (with stock cube dissolved). Bring to boil & simmer gently for 5 minutes. Add veggies & remaining water, simmer very gently for about 20 minutes, till water is absorbed. Add more water if it gets dry! Cool & serve, or freeze for later. ENJOY!!!!

This is very good for "high-energy" dogs like terriers, who do a lot of racing around, burning up calories! Or dogs who are a bit fat, and don't need too much protein in their diet!

Dog Cook Ease Meal

6 chicken thighs
4 cups frozen vegetables (NO onions)
3 tsp. garlic minced
3 cups oatmeal
3 cups flour
3 eggs

Boil chicken pieces, de-bone, puree w/food processor, set aside (use broth from chicken as needed) Puree vegetables add with chicken (use broth from chicken as needed) Preheat oven 350 Add garlic, eggs, and hand mix well Add oatmeal, flour, hand mix well Coat baking pan with non-stick oil (pam) (first coating only, not needed for next batch) Drop by large heaping tablespoon on cookie sheet (Flatten the dough out a little with spoon) Bake for 15 min. for chewy 20 min. for brown bottom (they are not made to be real hard)

Basic Dog Food Recipe

4 cups rice
9 cups water
1/4 cups oatmeal
1 tsp salt
1 tbsp eggshell, ground fine (about 2 eggshells)

Put all the above in a large cooker and bring to a boil, then add, while stirring:

1/2 cup 2% milk
2 tbsp parsley, chopped fine
3 oz. liver, chopped fine
8 oz. ground beef (or chicken or lamb)
3 tbsp corn oil
2 eggs, beaten
2 clove garlic, chopped fine
2 cups vegetables (carrots, broccoli, cauliflower, etc.), chopped fine

Stir, turn heat to low, and cook for about 20 minutes until all water is absorbed. Then spread out in flat Tupperware containers, cool and cut into half cup squares. When feeding, add cottage cheese or yoghurt, and 1 tsp. Supplement mix per 30 lbs. of dog weight:

Supplement Mix:

1 cup brewer's yeast
1 cup wheat germ
1/8 cup powdered kelp

Scruffy's Dog Food

1/2 cup (1/4 lb.) hamburger or chicken
2-3/4 cups rice (white or brown)
1 egg

Home Cooked Dog Food Stuff

2 tbsp flaxseed oil, or extra virgin olive oil
1 calcium carbonate tablet, crushed
1/8 tsp salt
2 tsp. parsley or carrot
1/4 clove garlic, minced

Mix together and bake at 300 degrees for 30 minutes. After cooking, add multivitamin powder and 1000 mg. of vitamin C.

German Shepherd Casserole (Eastern Goldfields Kennel Club)

500 gms. of any meat
1 carrot finely chopped
1 small potato finely chopped
1 stick celery finely chopped
1/2 cup sliced green beans (stringless)
1 T. Gravox

Place all ingredients into a large casserole dish. Cover with water and mix. Place lid on casserole. Microwave on High for 10 minutes and then Medium for 10 minutes. This should be cooked at least an hour before feeding so that it is well cooled. (Also from Canine Connections, with 1 lb. ground beef or turkey, 1/4 c. rice, no Gravox.)

German Shepherd Dog Pie (Eastern Goldfields Kennel Club)

6 oz. broth
8 oz. meat scraps
1 cup whole wheat flour
8 oz. dog meal
salt

Grease a pan and spread half the meat in it. Sprinkle the meat generously with flour. Spread remaining half of meat into pan and salt to taste. Sprinkle again with flour. Cover with dog meal and pour broth over. Bake at 150C. for 45 minutes and then allow to cool.

Feed warm. Vegetables and cheese can be added depending on your dog's taste.

Potatoes Au Canine Or Feline (SOAR)

3 cups boiled sliced potatoes
2 tbsp grated vegetables
1/2 cup creamed cottage cheese
1 tbsp nutritional yeast
2 tbsp grated carrots
1/4 cup whole milk
1/4 cup grated cheese

Layer in a casserole dish the first 5 ingredients (potatoes, vegetables, cottage cheese, yeast, and carrots). Then pour the milk on top of all; sprinkle with cheese. Bake about 15 minutes at 350 F. until cheese melts and slightly browns. Serve cool.

As a potato substitute, you can use 3 c. of cooked oatmeal or 3 c. cooked brown rice.

Home Cooked Dog Food Stuff

Romantic Rottie Dinner for Two

1 lb of Regular Ground Beef
2 eggs
3 carrots
1 cup cabbage
2 tablespoons Canola, Flax Seed, or Olive Oil
1/2 cup peas
1 can of baked beans
1 tin of sardines
Garlic (cloves/pureed or powder)

Puree vegetables in food processor or blender. Mash vegetables and ground beef together in a bowl, with a potato masher or with your hands. Crack the eggs into the bowl, including the shells (for extra calcium). Add remaining ingredients and keep mashing until everything is smooth and there are no large chunks of egg shell. For extra nutrients, mash in a Vitamin E capsule, or Echinacea. Your dogs will clean the bowl so well you'll think it's straight out of the dishwasher!

Chock Full O Chicken Chow

1 piece of chicken for every 20 lbs. your dog/puppy is(on the bone for extra flavor)
2 Carrots (or about 10 baby carrots)
2 Potatos
1 Celery Stick
1-2 Cups Rice
2 Tablespoons of Garlic Powder
1 Cup Water

Cook the chicken on the bone completely, with a pan to catch the broth. Chop celery and the carrots (if not using baby size) into about 10 pieces. Then, cut potatoes into small cubes. Cook vegetables until soft. Cook the rice as suggested on the package. Put everything in a pot and stir. Take the gravy from under the pan you cooked it on, and pour it into the pot also. Stir well. Let cool in the refrigerator for about 1-1 1/2 hours. Take the doggie stew out and let it sit for about 5-10 minutes. Serve. BONE appetite!

Rice & Meat Mania

1/2 cup of either hamburger, ground pork (cooked all the way through), ground chicken, ground turkey, or liver
4 cups rice
1 cup vegetables-- choose 1 or more of either sweet potato, regular potato, green beans, carrots, or spinach
1 tablespoon vegetable oil
2 cloves garlic

Boil all ingredients together in a large pot. Be sure that if you used pork, it is cooked all the way through.

OPTIONAL INGREDIENT FOR VARIETY

Noodles

Use all the ingredients above, except you boil 1 pound of noodles separately. Mix noodles in with all other ingredients when the ingredients are ready to serve.

NOTE Italian and Chinese noodles work best. BONE appetite!!

Yummy Chihuahua's Stew

2/3 cup- turkey, liver, hamburger
1/2 cup rice
1/4 cup potato
1/4 tsp. garlic powder

Home Cooked Dog Food Stuff

1/2 carrot
1 cup water

Cut meat into tiny bite size pieces, slice the potato, and cut the carrot. Put all into a pot, add 1/2 cup water, then garlic powder. Turn on stove to high, let boil. Cook the rice. While cooking add a little of the water every so often to the stew. Add rice to pot, stir, keep at bowl for 2 more minutes. take from heat. Strain juice into separate pot. Let food cool. Once done, add a little juice. ((if wanted))

Loosey-Goosey Chicken Fix

3 boneless, skinless chicken breasts
1 cup cooked plain white rice
1 cup cooked plain carrots
1 cup non- or low-fat cottage cheese

For dogs that have had a bit too much 'stuff' that they're a little bit 'loose.' (Get it?)

Boil chicken breasts in a small amount of water until done; chop. Cook carrots in a small amount of water until tender but not mushy. Mix both with the rice and cottage cheese. You may want to add some broth from the meat or carrots if it seems too dry. A nice plain meal to get your baby 'firmed up.' Keep any leftovers in the fridge. Optional flavorings (add 1 if desired): 1/4 cup mashed banana; 1/4 cup mashed or chopped plain potatoes; 1/4 cup low-fat cheddar cheese.

Remember to go easy since you're trying to get their little tummies back to normal!

Good for You Gobblers

1 cup white flour
1 cup whole wheat flour
1/4 cup chopped sunflower seeds, unsalted
2 tbsp. Applesauce
1 tbsp. peanut butter
1/4 cup molasses
2 eggs, beaten
1/4 cup milk

Mix the dry ingredients (flour and seeds) together. Add applesauce, peanut butter and molasses and stir well. In a separate bowl mix the egg and milk together. Add to the dough. Add a little more milk if the mixture is too dry - you want a firm dough. Knead for a few minutes. Roll out to 1/2" thickness. Cut into desired shapes. Bakes at 350 degrees for 30 minutes, or until biscuits are brown and firm.

Divine Doggy Dinner

1/2 lb. ground beef (OR turkey, chicken, lamb)
1/4 cups cooked rice
One small potato
1/2 carrot
1/4 cup green beans (about 5-8 beans)
1/4 tsp. garlic powder

Brown the meat in a pan. When completely cooked, drain the fat. Add the cooked rice; mix well. Set aside. Cut the potato, carrot, and beans into small bite-sized pieces. Place in a pot with water; bring to a boil. Simmer until veggies are tender (about 15-20 minutes). Drain. Add the vegetables to the meat mixture. Add garlic powder; toss thoroughly under low heat. Let the dinner cool thoroughly before serving to prevent burning. Yield: about 2 dinners

Home Cooked Dog Food Stuff

CHOW CHOW CHICKEN

2 chicken pieces (breasts, thighs, whatever's preferable) 3 carrots, peeled and cut in half
1 stick celery, sliced into chunks
2 small potatoes, peeled & cubed
2 cups rice, uncooked

Place chicken pieces in large pot. Cover with cold water (5 -6 cups). Add carrots, celery, and potatoes to water. Add salt to taste if you want. Cover and simmer on low heat about 2 hours until the chicken becomes tender. Add the rice, cover and cook over low heat for about 30 minutes until the rice is tender and most of the liquid is absorbed. Remove soup from heat. Pull the chicken meat off the bone (if will practically fall off), discard bones. Return shredded pieces to pot. Stir well. Let cool. Store in the refrigerator or freeze.

Mutt's favorite rice n' hamburger

2 cups rice
1/2 pound hamburger
1 tsp vegetable oil
1 clove garlic
1/2 cup carrots or broccoli or spinach
4 cups water

Put all ingredients into a large pot, boil until done, then cool off and serve. I feed my dogs this kind of meal or a variation every day, instead of store-bought food. They've got shiny coats, are full of energy and love eating dinner again!

MEATBALL MANIA

1/2 lb. ground beef
2 tbsp. grated cheese
1 carrot, finely grated
1/2 tsp. garlic powder
1/2 cup bread crumbs (whole wheat is healthiest)
1 egg, beaten
1 tsp. tomato paste

Preheat oven to 350 degrees. Combine all ingredients together; mix thoroughly. Roll into meatballs - whatever size is appropriate for your dog. Place on a cookie sheet sprayed with non-fat cooking spray. Bake for 15-20 minutes, or until they are brown and firm. Cool and store in the fridge or freezer.

From the "Totally Home Cooked Email Group Messages":

For the cats, I go strictly by the diet formula I got from my consultation. I make up HUGE amounts though, and freeze in the disposable food containers. However, as I mentioned, I am able to feed a few canned diets now since my gal's IBD is under control and we need to be ready to evacuate. I do parboil turkey hearts for the added taurine and feed those separately.

For the dogs, I feed 2/3 kibble to 1/3 cooked or canned per day. My dogs are 70 to 78 pounds. On a kibble/canned day, the diet is complete, so nothing has to be added, except I like to add warm broth. My dogs eat all their PM meal at one time, but if you have a dog that nibbles, it is not recommended to wet the food. Any wet food left out can colonize bacteria. So, they get < 1 cup dry kibble for AM and either a catfood meatball for pills, or p-nut butter or dog food. It's OK to feed a dog a little cat food but it's not OK to feed a cat dog food.

<This sounds very similar to what I do. I would like to feed 1/2 Kibble/ canned to 1/2 home cooked per day though. The past 2 days they have had kibble and canned in the morning and home cooked at night. >

I have a scale that weighs in oz and grams. Many of the diets I use go by grams so it's just easier for me to follow suit. I start

Home Cooked Dog Food Stuff

with a base of kibble. My male gets a scoop which is about 1 cup; my female gets a scant scoop. I top with about 80 grams of cooked meat (roughly almost 4 oz or the size of the palm of my hand or a deck of cards. I use twice as much carbohydrate. I have one of those boiling water faucet thingys (180 degrees) so it "cooks" 1 minute oatmeal or baby rice cereal. When I make rice, I use white rice as it is more digestible. I also use well cooked boiled or baked potatoes or sweet potatoes. Or pasta. Or worms, that's what the dogs know as spaghetti. <G> Rarely, I'll use millet or barley. That takes care of 2 food groups.

<Again very similar, but I make meals and freeze for my dogs like you do for your cats. Petey is 52 lbs and Woody is now 55 lbs. In the AM Petey gets 3/4 cup kibble and 1/2 can wet. Woody gets 1/2 cup kibble and 2 heaping spoons of wet with 1 TB ACV and Seameal. Pm Petey gets 12 oz of home cooked and Woody gets 8 oz.. Petey gets the carbs Millet or Rolled Oats 1 cup cooked I do not add this in the meals because I am trying to get Woody to lose a few lbs and I need to cut out the extra carbs for him. Petey is a skinny guy. I would like to keep him that way but I do not want him to lose weight.>

Then, I add cooked vegetables and/or fruit. Many times, I use baby foods for this if we don't have left overs. I use about 1 or 2 tablespoons of baby food, or solid pack pumpkin, or squash or broccoli or asparagus. My dogs LOVE asparagus. I never use starchy beans (green beans are OK and peas are) or cabbage. That's now 3 food types, fiber. Last night, the dogs had baby food blueberries and apple. They loved it.

For the 4th food type--fat--I use lipiderm for the omegas and it has A in it too. If I'm out of that, I use olive oil or tuna oil (soybean). Sometimes I feed 2 to 3 sardines for the protein, so then I leave off the calcium tab and if the sardines are packed in oil, I use about a teaspoon of the oil for the fat.

<I used 2 sardines packed in water only 40 mg of sodium (mackerel only 60 mgs) each with every home cooked meal for the calcium and B12. I still give the 1/2 ts of eggshell powder. Do you think this is too much calcium? I am having a hard time figuring out the calcium/phos ratio.>

Next we have calcium. I already have calcium carbonate for the cats and myself, and it's OK for dogs too. I simply break a 600mg tab in half, and put it on top of the food after I've added warm water and "mushed" everything up. I can't give the cats the calcium plus vit D, but the dogs and I can take calcium plus D, or not.

I do not always give a multi-vitamin, but when I do, I use one of the human multis Dr. Remillard suggested, Theragram. Look for a human multi approved by USP. Dog and cat vits, I understand, are not really complete.

<I feed raw honey, Black Strap molasses, yogurt with acidophilus and bifidus, cottage cheese, ricotta cheese for different supplements all randomly with my home cooked meals. I have been giving Vita-mineral Mix by Halo (Spot's Stew) made for dogs on raw or home cooked diets. I also give 200 iu of E and randomly vitamin C. I am going to try the Theragram as you and Wendy have both suggested it. Now, if I want to feed all cooked at night, I feed twice this concoction, minus the kibble of course.>

Since I only supplement or "top dress" with cooked usually, I do depend on the kibble/canned to make sure it's complete and balanced. I don't make up batches ahead of time, just cook the meat portion if I'm using fresh. But as you can see, a lot of what I do is assemble, more than cook. If we have fish for dinner, I cook extra for the dogs. I also keep canned salmon with bones on hand in addition to the other canned items I've mentioned. Monica mentioned jack mackerel the other day, so I got some for the dogs and they love it!

It's my understanding that pet foods have more protein, vitamins and minerals than animals "need", so if I goof, I can't goof too much.

About the section in _SACN_ on home prepared, I think the stated concern is that Vets tend not to suggest appropriate home prepared diets or review a homeprepared diet a client is feeding. Other stated concerns were some of the printed diets that are out there.

The book does make an argument for Vets to help clients develop a complete and balanced diet. One example is that of clients caring for a sick animal and needing to feel supportive. The authors mention that homecooking a nutritious diet is one way the client can demonstrate that desire to help the animal get well or enjoy the time left.

Home Cooked Dog Food Stuff

I've actually had two different Vets provide appropriate home cooked diets for my cats. One was Hill's homemade for low phosphorus for a renal kitty and one was a hypoallergenic diet for my IBD kitty. That one was from SACN.

The Vet dermatologist told me I could use fish/potato RX diet for my allergic dog, or I could cook fish/potato. It was her opinion though that I didn't need to worry about complete and balanced for the 12 weeks my dog would be eating it. I would have felt better getting specific instructions on that, though!

If I were going to totally cook for my dogs, I'd just use my gram scale and follow the generic diet for healthy adult dogs. I think it's on pg 170? It is for 1 day's feeding, based on an 18kg dog and everything is in grams. The dog's weight is in kg, so all you have to do is multiply 2.20 X your dog's lbs to start the calculations for your dog. Unless your dog is less than 39 lbs!

<I would like to feed half and half. I feel I need to be a little more balanced to do that. What do you think? Also the Solid Gold that I feed is complete however, it is made to be supplement with raw or cooked protein,veggies extra. It can be fed alone as a complete low calorie meal for thoughts that need to shed a few lbs. The vitamins/minerals are supposed to be low (yet complete) to avoid excesses.

From Fuzzy Faces Web Site

I said on the "Dog Food" page of our links section that picking an appropriate dog food is the most important and most basic decision we make for our dogs. I strongly believe that it determines how long they live and what kind of health they will enjoy during their lifetime. Don't make the decision lightly. A bad animal-grade dog food is almost a guarantee of bad health for the dog and many vet bills at some point during their lives. A dog food that doesn't have what your breed specifically needs can have the same results. I want my girls with me for every day I can have them with me, and I will do whatever I can to make that a long time.

Animal-Grade Dog Foods: If you are feeding any of the foods that are on the "Dry Dog Foods (Kibble) - Grocery Store/Department Store Foods" page of Earl Wolfe's "Dog Food Comparison Charts" or any of the canned foods or treats sold in grocery and department stores (some pet food stores also carry at least some of these brands), you could be giving your dog some very bad dog food. Please read Carol Gravestock-Taylor's article, "Dog Eat Dog - What's Inside The Foods We Feed", if you haven't already, to get more information on this. She explains the differences between the animal-grade foods and human-grade foods.

Ann N. Martin has published two books--"Food Pets Die For - Shocking Facts About Pet Food" and "Protect Your Pet: More Shocking Facts" that also covers this subject--at length. You can buy these books from Dogwise, and you can order right on-line. Ann's first book was extremely good and well worth reading. It was, in fact, a real eye opener for me. I haven't yet read her second book, but I suspect it's just as good.

What certain companies are putting in their foods is a moral crime (unfortunately, not an illegal activity, though), and until every pet owner in this country is informed of what they're up to and stops purchasing the animal-grade dog foods, I won't rest.

I once told a friend of mine some of the horrible things that companies put in the animal-grade dog foods. During the next phone call I had with her, we were discussing dog food again, and she said she was feeding her German Shepherd Dog a certain brand of canned dog food. I said in a horrified voice, "Do you know what's in that?" She said, "I know, but it's cooked." Please don't be like my friend. Don't tuck your tail between your legs and ignore what's right in front of you. Do the right thing, because if you don't, your dog(s) will suffer.

Human-Grade Dog Foods: Our dogs have been very lucky, because they have always received mid-grade human-grade premium dog foods. We knew that certain kibbles were better, but we didn't know why at the time. I always kept my ears open in our booth at the dog shows, and I can't tell you how many questions I've asked of the exhibitors/breeders over the years. I am grateful to everyone who answered my questions! We found that the dog show people, almost without exception, are wonderful people often willing to answer questions, but I guess that's why we've stayed in the dog world so many years!

Earl Wolfe has some wonderful charts on-line for many dog foods, and some good basic articles on dog food. The basic rule of thumb for these charts, in my humble opinion, is that most of the dog foods on the "Dry Dog Foods (Kibble) - Independent Distributors and Special Order Foods" page are the truly premium human-grade dog foods. There is a list of dog foods that

Home Cooked Dog Food Stuff

we recommend at the end of this article, but you should find out what your breed's specific requirements are and search out the best kibble. On the "[Dry Dog Foods \(Kibble\) - Pet Store/Feed Store Foods](#)" page, many of these foods (but not all) are good solid mid-grade human-grade premium dog foods.

According to William Cusick** (and it makes tremendous sense to me), the needs vary considerably from breed to breed. An ingredient that one breed thrives on can literally be TOXIC to another. William Cusick's second book, "Canine Nutrition - Choosing The Best Food For Your Breed", \$14.95 USD (available from the publisher, [Doral Publishing, Inc.](#), Wilsonville, Oregon, 1-800-633-5385), will give you information on nutrition specific to your breed's needs, and this information will help you pick a more appropriate kibble for your dog if making dog food (see the section, "The Best Dog Food", below) is an inappropriate choice for you and define any "extras" that your breed requires. It's not as good as having their food completely tailored to them, but it's a good alternative.

There are a couple of dog food companies (mid-grade human-grade premium dog foods) I can think of that started out with good dog foods. They grew into huge companies because their foods did so well. Then someone mentioned the word "cheaper" to them, their eyes lit up with dollar signs, and they started producing inferior foods with "cheaper" ingredients. This "corporate" frame of mind has sacrificed your dogs' health willingly, even in the premium level of dog foods. This is what happened to the dog food our girls were on when I started researching dog foods. The company had been bought out by a huge conglomerate.

The Pet Food Industry In General: The pet food industry's labelling guidelines are regulated by an "association"--the American Association of Feed Control Officials (AAFCO). Animal feed (pet food as well as livestock food--please don't forget that livestock feed regs affect us humans directly, because this is our food supply) falls under the Food and Drug Administration, Center for Veterinary Medicine (FDA/CVM). Neither the association or the agency can enforce anything, because each individual state in this country has to put these guidelines into law. Kind of scary, huh?*

There are only three states that regulate the production of dog food to any degree--Texas, Illinois, and ? (I can't remember the other state).

READ YOUR LABELS (this applies to human food and pet food)--know what you're buying. Become familiar with the terms that are used on dog food labels. Go [here](#) and [here](#) to see a glossary of dog food terms. William Cusick also has an article entitled "[Wording of Pet Food Labels](#)" that you'll also find interesting.

In my opinion, they don't give us close to enough information on the dog food labels. In most cases, they don't give us any of the information that you find on human food--cholesterol, fat, and calorie counts would be useful information, especially if you're watching your dog's weight. The most important thing they don't tell you on the label is the amount of digestible (usable) nutrition. You can call any dog food company and request to talk to their nutritionist to get the percentage of "usability", what your dog can actually absorb, but will the nutritionist tell you the truth? In many cases, the "nutritionist" is not even scientifically trained.

Please don't believe the pet food companies' advertising hype, because this is totally unregulated. Your best defence lies in familiarizing yourself with terms and checking the labels. Please go to the web sites I've recommended and read everything you can get your hands on. Do the research. Buy and read the books I've recommended--learn all you can to arm yourself properly. It's a shame that it's necessary in today's world, but the days of being able to trust a big business are long gone.

In my opinion, we need much stronger regulation of the pet food industry. Department of Agriculture IFN (International Feed Number) numbers are an exact description of what any ingredient is. Having the IFN numbers on the bags of dog food would tell us exactly what we want to know about the ingredients. In other words, if the ingredient is "pig doo-doo", the IFN number would tell you that (and William Cusick found out that some company actually did apply for an IFN number for "dehydrated swine excreta", but the Department of Agriculture wouldn't tell him which company it was). We would no longer see blanket terms like "meal" and "by-products" which can hide such potentially dangerous ingredients.**

What I Think You Should Stay Away From In Dog Foods: As a human, I am extremely worried about the meat supplies available in this country. They are giving "stock" animals (chicken and beef are the main culprits) doses of hormones, antibiotics, and I don't know what else, so most of our meat supply is unhealthy.

Home Cooked Dog Food Stuff

The words "meal" and "by-product" (almost always seen in the "meat" category) are potentially dangerous signals. These two words are "covers" for ingredients you don't even want to know about that provide little nutrition and can contain potentially no absorbable nutrition for your dog.

The word "digest" (i.e. "chicken digest") is another potentially dangerous signal. "Digest" can be (but is not always) the full guts of the animal in question, including the manure, in the system at the time of demise.

A good ingredient to stay away from *completely* is ethoxyquin. Ethoxyquin is man-made Vitamin E--sounds innocuous enough, doesn't it? It is a suspected carcinogenic. It is used in at least one pesticide and is also used to glue plywood layers together. Don't buy anything with ethoxyquin in it, and make sure you check all your labels to be sure it's not an ingredient. Ethoxyquin was used as an antioxidant preservative by many of the major dog food companies (including Iams and Eukanuba who have, by the way, finally removed this additive from their food lines), and it was a suspect ingredient for years. I believe it's finally been removed from just about every dog product as a direct additive, but it never hurts to check.

Unfortunately, ethoxyquin only has to be listed on the bag if it is added to the food as a separate ingredient. There is no way to know if it's part of another ingredient that is added to the dog food or not. In other words, if a dog food company gets in a shipment of "wheat" and that wheat was, in fact, sprayed with ethoxyquin to help it dry in the field, then the dog food company would only have to list "wheat" as an ingredient--the company would *not* be required to list "ethoxyquin" on their label as an ingredient.

BHA and BHT are two more suspected carcinogens used as antioxidant preservatives. Stay as far away from these two as you can.

Other ingredients to steer completely clear of are "fines" (i.e., "cereal food fines"), "middlings" (i.e., "wheat middlings"), "gluten" (i.e., "corn gluten meal"), "soybean meal", "wheat germ meal", and "brewers rice". These are mill end run by-products and contain pretty much empty nutrition. They are often sweepings from a mill floor. They're a cheap way to "fill" a dog food but contain almost no nutritional value.

Corn is another questionable ingredient. In any form, its digestibility is doubtful for most breeds. The hull of the corn kernel is impossible for a dog to digest, even if it's ground up. Another wonderful cheap form of "fill" for a dog food...

There are a few breeds which can digest corn. William Cusick came to my rescue once more on this question--"The ONLY breeds that can assimilate corn - if it is from the kernel and has been pulverized are: American Cocker Spaniel, American Foxhound, American Staffordshire Terrier, American Water Spaniel, Australian Cattle Dog (small %), Basset Hound, Beagle, Black & Tan Coonhound (small %), Bulldog, Bullmastiff, Cardigan Welsh Corgi (small %), Clumber Spaniel (small %), Dachshund, Flat-Coated Retriever, Fox Terrier, Giant Schnauzer, Harrier, Japanese Chin (small %), Komondor, Miniature Pinscher, Old English Sheepdog, Papillon, Pekingese, Pharaoh Hound, Poodle (Miniature), Poodle (Standard), Poodle (Toy), Scottish Deerhound, Scottish Terrier, Sealyham Terrier (small %), Skye Terrier, Staffordshire Bull Terrier (small %), Sussex Spaniel, Welsh Springer Spaniel, Welsh Terrier, Whippet (small %), and the Xoloitzcuintli. It should be noted that the majority of these breeds will also have a negative reaction to corn by-products like the cob or stalk being used in a food."

Peanut shells are sometimes used in dog food as a source of fiber. Stay away from this ingredient. They can abound in aflatoxins (Aflatoxin B1 is very toxic and can be deadly for your dog or yourself, should you ingest it).*

Beet pulp is a cheap fiber (what's left over after processing the sugar out of sugar beets), but there is some evidence to suggest (I have heard this from a few dog show people) that it may turn a dog's black coat red. William Cusick says that "The reason beet pulp will turn a coat red is because the Phenylalanine (one of the essential amino acids) is in the wrong ratio to the other amino acids - FOR SOME BREEDS - in the protein from beet pulp. The breeds that display an "orange coat" because of foods with protein from beet pulp are: Bernese Mountain Dog, Bouvier des Flanders, Briard, Flat-Coated Retriever, Giant Schnauzer, Greater Swiss Mountain Dog, Labrador Retriever, Newfoundland, Rottweiler, Schipperke, Skye Terrier, Sussex Spaniel, and Yorkshire Terrier. Breeds like the Keeshond or the Puli will thrive on a food made with beet pulp."

Sugar and salt are not generally a good idea. Too much salt is *very* bad for your dog, and sugar isn't going to do them any good. For more information on these two ingredients plus other foods that can be bad for your dog, go [here](#).

Your dog must also have balanced nutrition--they need far more than just protein to achieve this.

Home Cooked Dog Food Stuff

Your Dog's Health And Well Being: One of the most important ways you can tell if your dog is on a good food is to check the skin and coat. Skin should not be dry or have "hot spots". Your dog's coat should be very shiny (you may have to take light colored dogs out in the sunlight to see if the individual hairs shine).

Also keep in mind that if you do feed kibble, a food that someone has highly recommended to you may or may not be appropriate for your dog. It may take some experimenting to find the food your dog does best on. If you change food too often, though, you'll have a picky eater, though, so make changes carefully. I believe you can see a lot of the "results" in a dog from a new dog food in about 30 days. However, I believe it takes about six months to see the full effects of a new diet.

Until the end of November 2000, I travelled all over the country selling at AKC dog shows far too often in any given year, and I travelled in a van with no amenities (i.e. a refrigerator), so making dog food for the two girls I travelled with, Ebony and Sasha, was not a practical choice.

I don't want any of you to think that I am "pushing" William, Carol, or Earl. I receive and will receive no recompense from any of these three. I am so impressed with them and all of their web pages.

FOODS I PERSONALLY RECOMMEND

There are other good foods out there, but these are foods that I am familiar with and feel are better than average foods:

Solid Gold Food and Sea Meal (high grade premium food and additive; must be fed together)

Innova (high grade premium food)

Flint River Ranch (high grade premium food) Joan Beverly, FRR Distributor #9257 FREE brand analysis. Visit us and name your present brand of dog food.

Nutro Max Healthy Choice (mid grade premium food)

9 August 2001 - We have switched our girls over to home cooked food this week, so it's going to be really interesting to see how they look in about a month. Our Hanna, now 11 years old, came down with a bladder infection last December, and after about 3 courses of antibiotics and numerous other tests, we took her to Michigan State University School Of Veterinary School in Lansing, MI, about 5 weeks ago for two days of testing. She has cancer of the urethra and in the fold just inside the vulva. It is squamous cell carcinoma; skin cancer. We put her on a home cooked diet immediately with some antioxidants and other things that we feel will help her nutritionally. This poor girl just had major knee cruciate/ligament just before Thanksgiving last year, too, and it was such a major miracle that she walked, and walked well, again.

We added Solid Gold Multi-Vitamin/Mineral Supplement to our girls' diet, and they continue to get the Sea Meal. Some vitamin and trace mineral deficiencies can take up to 6 months or so to show up, so I believe it's very important to provide our girls with a really good vitamin/trace mineral supplement now that we've switched to a home cooked diet Their home cooked diet is:

- 3 1/3 cups brown rice (before cooking)--brown rice is by far superior over white rice for nutrition, and it digests quickly which is a plus in my book for dogs
- 1 pound beef hamburger mixed with either 1 pound turkey hamburger or 1 pound pork hamburger (use lean hamburger if your dog is older or overweight) or you may use all beef hamburger, if you like
- 1/2 pound of organ meats (beef liver, beef heart, chicken liver, chicken hearts and gizzards, or pork liver are alternated) every third or fourth batch
- Two cans of tuna fish in spring water is often added to the mixture--with the water
- The rice/meat mixture is put in the refrigerator all mixed together and measured out for each dog at each meal. Ebony at 50 pounds, gets about a cup full of this rice/meat mixture twice a day. Sasha, our largest girl, weighs around 63 pounds and gets about 1 1/3 cups twice a day. The rest of the things below are then added fresh to their food:
- Hard boiled eggs; about half an egg for the larger dogs (50 pounds and up) per day at dinner
- Solid Gold Sea Meal
- Solid Gold Multi-Vitamin/Mineral Supplement
- Frozen green beans or peas; each larger dog (50 pounds and up) gets at least 1/2 cup of veggies twice a day with every feeding. We only thaw the veggies out; we do not cook them.

Home Cooked Dog Food Stuff

- Lowfat plain yoghurt; each larger dog (50 pounds and up) gets a heaping tablespoon at both meals.
- A scoop of whole flax seed that we grind (stored with no air or light and never stored in the heat, only in the freezer or refrigerator) each morning.
- A 1/2 teaspoon of MSM 99.9% pure powder twice a day (start out slowly with this and build up), just because it's good for their general health.
- 400 I.U. of Vitamin E, an antioxidant, in capsule form each evening.

Is your dog overweight? A dog has a waist that should be visible. Their waist is just about where the front of the back legs hit the body, so follow that front leg line up to your dog's back. If you don't know where your dog's waist is (or should be), ask your Vet to show you the next time you go in. If there's no indentation at the waist, then your dog definitely has a weight problem. Being overweight affects your dog's life span, so it's important to keep an eye on their weight.

Your dog should be in good health with no special health problems to be put on this diet. If you have any questions about this, please contact your Vet.

I've used this diet many times over the years for our girls, and it has always worked for us! The green beans are fewer calories than the dog food, and your dog has the usual volume of food in his stomach.

You can substitute green beans for up to 1/2 of your dog's food on a daily basis. In other words, if your dog normally gets a cup of food in the morning and a cup of food in the evening, you can give them 1/2 cup of dog food and 1/2 cup of green beans for the morning feed and do the same thing in the evening. If your dog only has a slight weight problem, 3/4 cup of dog food and 1/4 cup of green beans for each feed should work. Use your judgment. If your dog isn't losing weight on 25% green beans, then you might want to increase the amount.

The diet will take a while to work. I have had one of our dogs lose 5 pounds right away and then lose the rest gradually, but most of the time it is a gradual weight loss. Green beans are good for your dog, so it isn't going to hurt them to be eating green beans for a while.

Using fresh green beans would be ideal, but it may not be practical. The next best kind is frozen green beans. I know Costco carries 5 pound bags of frozen green bags for around \$2.50 each (August 1998). Nutritionally these are almost as good as fresh. Kelly, my husband, pops the green beans in the microwave just long enough to thaw them, and all three of our girls just love them! In fact, Sasha would eat them every single meal for the rest of her life if we'd let her!

The worst kind to use is canned green beans. If you're stuck and that's your only source, buy the canned green beans with no salt added. Be sure and give your dog(s) the liquid, too, because in canned goods the nutrition also goes into the liquid.

Other vegetables will work, too, but they will probably not be as economical to use as green beans are. Carrots are the best I can think of. Peas and corn are way too high in sugar. Corn doesn't even digest in a dog's digestive system.

Watch your dog's weight and keep him or her as healthy as they can be!

Subject: Home Cooking Hints

Want an easy way of introducing new meats, fruits, veggies? We intro many new foods by the way of organic baby food which has no salt, sugar, or artificial flavors/additives. Tonight, I intro'd a tablespoon of apples/plums to Pooh Bear in his meal - he had the upset tummy mixture - yams, brown rice, boiled eggs - with 2 Chix Necks (cut up in bite size pieces). Intro new foods slowly ie a tablespoon of the new food in conjunction with the regular meals and build up slowly any bowel distress then decrease back to the original amount.

Want an easy way of feeding your dog easy protein that you don't have to worry about too much or cook for a long time? Boil up some water (a good boil of at least 8 minutes), buy some Chix Necks or any kind of Poultry Necks, throw them into the water for 2 - 3 minutes (I par-boil Turkey Necks for 3 minutes all other Chix & Duck for 2 minutes), take them out let them cool off, cut up in bite size pieces with Poultry scissors and serve. This serves also as a Calcium/Phosphorous supplement also because the necks have cartilage and neck bones in it that are easy to digest. This process is called Par-Boiling.

Home Cooked Dog Food Stuff

Are you seeing your dog's veggies in his stool? You may need to steam them some more or possible puree them a bit more. You can also grind or juice your veggies. I prefer to steam them, many times we will steam them, prepare the veggie batches and then freeze them. Many dog's do not have the ability to break the cellulose wall in veggies and some fruit that is why it is suggested you steam, puree, grind, freeze (them prior to serving or preparing), or juice your veggies.

Where do Omega 3 Oils come from? Fish Oil, Salmon Oil, Flax Seed Oil, Black Currant Oil, Evening Primrose Oil, Grape Seed Oil, Pumpkin Seed Oil and many more.

Natural Worming Preventative? Ground Raw Organic Pumpkin Seeds served 1/2 tbspn to 1 tbspn per meal - they help keep the intestines uninhabitable for the worms.

These are just a few Home Cooking Hints from Dry Baked Dog.

TOTALLY HOME COOKING FREQUENTLY ASKED QUESTIONS!

How do I learn about Home Cooking for my pet?

Join Totally Home Cooking & the url is http://groups.yahoo.com/group/Totally_Home_Cooking

You can also purchase several dog nutrition books or takes some Vet Tech or Asst classes in a correspondence course or local college in your neighborhood. You can also surf the web, contact your local vet, and/or contact Monica@DryBakedDog.com for help.

Does the Home Cook Diet cost more to feed and more convenient than kibble?

To be *very* honest, Home Cooking can be more expensive & more work than kibble if anyone tells you it absolutely is always cheaper they are mistaken. On Home Cooking, your dog may eat more than on kibble because it usually takes more real food to fill up their tummies than it does with the dense & usually heavy grained kibble. However, you will notice that your vet bills should decrease & that's extremely significant for your pocket book & wallet.

As far as being convenient as kibble, LOL! It is once you get your batches/meals preparation down pat. So you will be whizzing in & out of the kitchen probably 30 min - 60 min or less (depending on how many dogs you have) once you are comfortable a with the Home Cook Diet.

How can I save \$\$\$ with serving a Homemade Prepared Diet?

Join a Co-Op group. Purchase a membership to Sam's Club, Costco, BJ Wholesale in order to purchase in bulk. Get friendly with your local butcher and/or grocery store meat manager - you catch more flies with honey than you do with vinegar. You can also purchase your meat/bones/organs in bulk from Nicky USA, Inc. - it has a HUGE variety & great products. Check out the local ethnic markets in your area - Asian usually carry poultry with heads, feet, edible animal blood, variety of fish/hearts/meats/seaweed's/supplements. Halshan or Islamic may carry special meat products that you may not find anywhere else or whole animal heads. Russian - may carry some different fish products that you wouldn't normally see. What Omega 3 Oils do you suggest?

You can use any combination of the listed suggested oils or you can just use one for your dog's meal. Cold Pressed & Expellor Flax Seed Oil, Fish Oil, Salmon Oil, Wild Salmon Oil, Evening Primrose Oil, Black Currant Oil, Pumpkin Seed Oil & much more. These oils count as fat when it comes to that part of your diet. This should be used in combination with Vitamin E which helps Omega 3 Oils be assimilated by your pets body.

What is a natural source for Omega 3 Oils, DHA, & EPA?

The best natural source is by feeding fish: Herring, Mackerel, Salmon, Sardines, Trout, White Fish, Striped Bass, Bluefish, & Tuna. A modest source of EPA & DHA are Carp, Catfish, Cod, Flounder, Haddock, Hake, Halibut, Mullet, Perch, Pike, Pollock, & Smelt. Leafy Greens are also a source of Omega 3 Oils - Mustard Greens, Spinach, Turnip Greens, Collard Greens, etc.

What Omega 6 Oils do you suggest?

Your dog can usually get enough Omega 6 Oils from the fat, meats & veggies in his/her diet. However, here are the ones that you can use in addition to the meat in their diet. Sunflower Oil, Cold-Pressed & Expellor Safflower Oil, Borage Oil, Olive Oil, Grape Seed Oil, & much more. Again, fat is very important for dogs & oils count as a fat.

Home Cooked Dog Food Stuff

How should I prepare my dog's vegetables?

We recommend steaming them. If you don't have a steamer, then boiling them and then puree smoothly them to release the cellulose wall that most dogs cannot break/digest themselves. Freeze any remainder that you have which isn't going to be fed right away within the next 72 hours. Also, keep in mind, you can juice your veggies just be sure to put the pulp back in along with the Juice after the food has reached room temperature. Some also Grind their veggies in order to release the cellulose wall and make it easier for dogs to digest.

What oil should I cook with?

We recommend that you cook with Grape Seed Oil because it can withstand heat up to 485 degrees without turning to Trans Fatty Acid in other words a rancid fat. GSO is a vary safe, heat tolerable, good source of Vitamin E, nutty flavor to it, and brings out the natural flavors in their foods.

Where can I buy some dog nutrition books?

Right here, please email us for book and audio purchases we can save you some money. Here are our recommendations:

- Food Pets Die For by Ann Martin (former THC/DKF Guest Author)
- Dr. Pitcarin's Complete Guide to Natural Health for Dogs & Cats (New Updated Edition)
- Holistic Guide for a Healthy Dog by Wendy Volhard & Kerry Brown, DVM
- The Nature of Animal Healing by Martin Goldstein, DVM
- Natural Health Bible by TPN.com

How much should I feed my dog?

For an adult dog, we suggest 2% - 3% of their total weight and if it is a highly active adult dog or growing puppy sometimes 5% - 8% of their total weight. Many people use the following diagram to figure out how much they should feed their dog - ours is a little different because we break it down into different categories which is our personal preference. The normal diet (we recommend) is 60% RMB/Meat, 20% Veggies, 10% Fruit, 10% Grains/Organs. You can look @ Meal Plans on PBH's Diet Page for further ideas.

- Find out total dog's weight in ounces - multiply total weight x 16
- To feed 2% of the weight - multiply totally ounces weight by .02
- To find out how many RMB or meat you should feed as 60% of diet - multiply % of body weight by .60
- To find out how many Veggies to feed should be 20% of diet - multiply % of body weight by .20
- To find out how much Fruit to feed should be 10% of diet - multiply % of body weight by .10
- To find out how much Grains/Organ Meat to feed should be 10% of diet - multiply % of body weight by .10
- **To figure out 3% of the weight, replace the 2% with the 3%. To figure out a diet of 80% / 20%, use 80% RMB/Meat, 10% Veggies, 5% Grain/Organs/Fruit. And so on and so forth**

How do I start out?

We suggest that you get a notebook so that you can write down what you feed (supplements, meals, etc) your dog. Start out with our easy Start Up Meal of 1 Protein, 1 Veggie, 1 Grain (if you include Grains in your dog's meals). Here is an example: Boneless Chicken, Carrots, Brown Rice with a 1/4 tsp Crushed Egg Shells for Ca/Phos supplement. Also, be sure to include a Multi-Vitamin Supplement.

You can do it Cold Turkey or you can mix it with the old diet in the following proportions.

- 80% Old Diet / 20% Home Cooking / Days 1 - 5
- 70% Old Diet / 30% Home Cooking / Days 6 - 10
- 50% Old Diet / 50% Home Cooking / Days 11 - 15
- 40% Old Diet / 60% Home Cooking / Days 16 - 20
- 20% Old Diet / 80% Home Cooking / Days 21 - 25
- 10% Old Diet / 90% Home Cooking / Days 26 - 30
- 100% Home Cooking / Day 31!

If at anytime your dog has digestive upset (vomiting, diarrhea, gas) return back to the previous mixture amount until it subsides and then slowly increase it to the next mixture amount.

Home Cooked Dog Food Stuff

How do I make the Start Up Meal y'all are suggesting?

We recommend using a Steamer (we love our Steamer) however, many just boil everything. Cook/Boil Rice for 10 - 15 minutes longer than the suggested directions, Boil Chicken & Carrots or 1 protein and 1 veggie together usually 10 - 15 minutes maximum is all that is necessary. You will need to blend up or mash the Carrots to further breakdown the Cellulose so that your dog can absorb the nutrients, etc. We also suggest a good Digestive Enzymes like PHD Unleash.

Do I need to buy a Freezer? If so, what kind?

If you are like us and want to get the best savings available, yes, we suggest you purchase a regular size Chest Freezer (at your local appliance store: Sears, Best Buy, Circuit City and other places) they cost usually between \$120 - \$200 depending on size, extras, and delivery. Why a Chest Freezer? Because it freezes food solid and much better than an Upright Freezer in our opinion/experience.

Buying a freezer will allow you to purchase in Bulk which means a BIG \$\$\$ Savings for your pocket. Instead of buy 1 lb of meat, veggies, fruit...you may be able to buy and store 10 lbs of meat, veggies, fruit. Which for us....is a big deal because usually the more you buy the bigger your savings.

How do I balance my dog's meals?

With any homemade prepared diet, you should try and balance over a period of time per batch of food. ie 7 days, 10 days, 14 days, 1 month, etc. You achieve balance through providing a variety of meats, veggies, fruits, & grains (if necessary).

When you make up a batch of food write down what you have included, take the notebook with you when you go grocery shopping for the next batch, when making the next batch buy a completely different meal than the one before (if you have been doing this for awhile). You may include 1 veggie from the previous batch if necessary. If this is something new to you, change/rotate veggies one at a time so as not to start digestive upset. You can check with the USDA Nutrient Analysis Website, it will help you find out what nutrients, vitamins, minerals, etc are in your ingredients.

Example of one 10 Day Batch (for a 24.4 lb dog):

1 lb Ground Beef,
1 lb Kale
2 - 3 Small Sweet Potatoes,
1 lb Green Beans,
1/2 Cabbage,
1 Avocado,
1 Apple

Do I have to do any medical annuals?

Yes, you sure do! Your dog should have a physical exam and a CBC Blood Panel run at least annually/once a year or bi-annually/every 2 years. When you 1st begin you should have it done 45 days after you start the diet and then 6 months later that way you know what's going on with your dog on the inside. After the first year, you can result to annual CBC Blood Panels. CBC Blood Panels are a must if you want to feed a homemade prepared diet, if you do not want to run an annual CBC Blood Panel then DO NOT feed a homemade prepared diet. You may also want to run a full Thyroid Panel annually.

What immediate changes will I see in my dog?

The most immediate change most Home Cook Diet dogs show is reduction in drinking water. In Homemade Prepared Diets, you will find that your dog is able to get lots of water directly from the diet. Many people add 1/4 - 1/2 cup of water to their dogs fruits/veggies before serving so that their dogs are consuming enough water. It is important for your dog to drink water, keeps the urine less concentrated, flushes the kidneys and bladder, and keeps the body healthy and hydrated.

Also, your dog's stool size may change, for many dogs their stools become firmer, little to no smell, more compact, and smaller in size. Plus, your dog may go to the bathroom less than what they did before on the old diet.

What meats do you suggest?

If you do not want to bother supplementing with a Ca/Phos Source, we suggest these RMBs (Raw Meaty Bones):

- Chicken: Necks, Backs, Carcass', Wing Tips, Wings
- Pork: Necks, Spare Ribs

Home Cooked Dog Food Stuff

- Veal: Soup Bones, Necks, Knuckle Bones
- Cornish Hens: Necks, Wings, Wing Tips, Carcass
- Lamb: Spare Ribs, Necks, Soup Bones
- Turkey: Necks, Backs, Tails, Carcass
- Duck: Necks, Backs, Carcass
- Beef: Baby Back Ribs, Necks (if your dog can handle the bones), Knuckle Bones
- Ground Meat: Chicken, Turkey, Beef, Pork, Lamb, Duck, Venison, Veal
- Roasts: Lamb, Beef, Pork
- Fish: Croaker, Sardines, Anchovies, Ocean Perch, various varieties of Salmon, Herrings, Smelt, Cod, Catfish, Tuna, Mackerel, Smelt, Butterfish, Catfish, Buffalo.
- Exotic Meats: Emu, Ostrich, Kangaroo, Deer (Venison), Antelope
- Heart: Bison, Beef, Duck, Chicken, Pork, Veal, Lamb, Venison, Turkey

I don't want to serve my RMB's 100% raw is there an alternative?

Yes, for those owners who are uncomfortable with serving 100% RMBs, you can Par-Boil Necks in scalding hot boiling water for a maximum of 2 minutes and not change the composition of the neck bone/cartilage. This removes most of the bacteria and parasites. Backs/Ribs you can Par-Boil them for 1 - 2 minutes, Soup Bones & Necks for 1 minute.

What fruits do you suggest?

Apples, Pears, Avocados, Peaches, Nectarines, Mangos, Papaya, Bananas, Raspberries, Blueberries, Prunes, Strawberries, Kiwi, Grapes, Raisins.

What veggies do you suggest?

Carrots, Sweet Potato, Broccoli, Zucchini, Cucumbers, Cauliflower, Green Cabbage, Celery, Beets, Turnips, Collard Greens, Mustard Greens, Kale, Carrot Greens, Beet Greens, Asparagus, Squash (Various Varieties), Corn (if your dog can tolerate it), Pumpkin, Green Beans, Pole Beans, Wax Beans, Okra, Peas, Spinach, Acorn Squash, Romaine Lettuce, Red Cabbage, Romaine Lettuce, Red Leaf Lettuce, Field Greens, Dandelion Greens, Parsnips, Turnips.

Okay if your dog HAS NO Joint Issues/Problems - Eggplant, Tomato, Baked White or Red Potatoes (minus the green eyes), Green/Yellow/Red/Orange Peppers

We DO NOT recommend feeding ONIONS to any dog regardless of the pet owners that say their dogs can tolerate Onions well and love them. It can cause a very serious condition called Heinz Body Anemia in dogs and cats which can end up killing them.

What grains do you suggest?

Rolled Oats, Brown Rice, Barley, Spelt

Oats should be soaked overnight to make them bio-available to your dog. The Brown Rice should be overcooked by 10 - 15 minutes (in addition to what the directions) so that it comes up as a gruel.

What organs do you suggest?

Spleen, Kidneys, Liver, Thymus - Chicken, Calf, Pork, Lamb, Duck, Venison, Beef, Bison, Goose

What is Detox & will my dog get it?

Many people who feed a real food diet say their dog goes through some type of detox from the old diet. We do believe there is a type of Detox that some pets may go through when their diets are switch to a much healthier one. We have observed the Gray Eye Discharge, Pimples, and Loose Mucousy Stool in our dogs. NOT every dog will show Detox signs, it depends on the dog and what their health situation is prior to the dietary switch.

Signs of possible Detox: Itchy Skin, Yeasty Brown Gunky Ears, Loose Mucous Stool (NOT Diarrhea), Bad Breath, Gas, Face/Mouth/Cheek Pimples, Gray Eye Discharge

Home Cooked Dog Food Stuff

Signs of Medical Attention NEEDED & its NOT Detox: Bloody Diarrhea, Severe Diarrhea, Severe Vomiting (meaning vomiting for more than 24 - 36 hours on the new diet), Green or Yellow Discharge from Ears/Eyes, Gagging during or after meal, Severe Constipation (no bowel movement for 48 hours)

Do you recommend Home Cook Diet for immune compromised dogs?

Without a shadow of a doubt, yes we do! Not just immune compromised dogs but ALL dogs! Please consult with Monica@DryBakedDog.com and your local vet a Homemade Prepared Diet can be designed for you.

What do you recommend as a Calcium/Phosphorus Supplement?

First, we recommend feeding RMBs (ie Necks & Backs) that way you don't have to worry about supplementation. However, if you don't want to feed those cuts of meat then we would suggest you do the famous Crushed Egg Shells which is cheap and easy since most people eat eggs on a daily or regular basis.

- 1/2 tsp or 1 tsp per 1 lb Meat/1 lb Veggies/1 lb Fruit
- Or you can use Organic Bone Meal meant for human consumption.
- 1 tsp per 10 lbs of dog

Do you recommend herbs for pets?

Yes, we do! Our list is too long to mention. However, we will soon have a small list on the THC FAQ page.

Do you recommend vitamin supplementation?

Yes, we do! We recommend you purchase a Multi-Vitamin Supplement ie Pet-Tabs, Dry Baked Dog Whole Foods & Vitamin Supplement or if you do not want to purchase a MVS, we always recommend supplementing with Vitamin E & B Complex. Why? Because these 2 vitamins can easily be damaged by extreme or volatile temperatures (heat or cold) and should be added into the meals prior to serving. You can safely supplement B Complex daily (per meal) because it is eliminated via urine. Vitamin E, we suggest at least once or twice a week, its stored in the body by the Liver. It is not eliminated via the urine.

What dairy do you recommend?

- Omega 3 Eggs, which are Eggs that have come from Chickens that eat an Omega 3 enriched diet with usually Flax Seeds.
- Kefir - different type of yogurt that is chock full of friendly bacteria. Offer a tablespoon 30 minutes before meals or b/w meals to help reestablish the good fauna/flora in the digestive system.
- Raw Goats Milk/Cheese, Cottage Cheese, all types of Eggs.

My dog has diarrhea, what do you recommend that I feed?

The easiest thing is to let the tummy rest by fasting 12 hours (puppies & adult dogs), serve small frequent meals of Steamed Sweet Potatoes and Boneless Chicken. If you normally feed 2 meals per day feed your dog 3 meals per day. If you normally feed 3 meals per day then feed 4 meals per day. Feed this diet for at least 7 - 10 days before slowly returning to the original diet.

How many times meals per day should my dog get? Why?

We recommend that you feed your dog twice per day, once in the am and once in the pm, this way your dog has enough food to provide daily energy, nutrients, vitamins, minerals, etc. Feeding twice per day means that your dog is less likely to be hungry & annoying, less chance of bloat because they aren't cramming in a one day's food requirement in one sitting, provides balance, energy, and sustaining life throughout the entire day.

- Puppies under 10 wks - Free Feed or offer 3 - 4 (if necessary) meals per day - am, noon, pm, bedtime snack (if necessary)
- Puppies 10 wks - 6 months, Ill/Infirm/Health Compromised dogs - 3 meals per day - am, noon, pm
- Puppies 6 mos or older, Healthy Adults - 2 meals per day - am, pm
- Healthy Senior Dogs 7yrs or older 2 - 3 meals per day - am, noon, pm
- What is the spacing or timing of the feedings?

We recommend space the meals 8 - 10 hours apart so that each meal can be fully digested and not work the digestive system all the time.

Home Cooked Dog Food Stuff

Do you recommend fasting?

Many people fast their dogs because it helps with digestion by giving the body a chance to complete digestion, improve and fix any internal mishaps that maybe going on within your dog. You must have fresh water available at all times. You may want to give your dog a recreational bone (Beef Knuckle) to stay occupied with during the fasting. Also, you can give fresh veggie juice instead of water if you like.

- Puppies under 1 yr, Sr Adults over 10 yrs, certain toy breeds like Chihuahuas - do not fast
- Adults under 9 yrs - 12 - 24 hours depending dogs
- Some dogs DO NOT fast well...it is not a requirement but fasting can be very helpful. If your adult dog cannot fast then try spacing the meals 10 - 12 hours apart. You need to learn & get to know your dog well. Also, if your dog cannot fast then 1 day per week offer a light meal of veggies with an egg or two.

When should I add all of my dog's supplements & vitamins?

We suggest that they should be added after your dog's meal has reached room temperature. Because extreme temperature can kill off or severely damage many. For example, any Omega 3 Oils, MSM/Glucosamine, Vitamins B/C/E.

What's the digestion rate on different foods?

- Raw foods - 4 - 6 hours
- Homemade Cooked foods - 6 - 9 hours
- Semi-Moist and Canned Dog Foods - up to 9 hrs
- Dog Kibble/Food - 16 - 18 hours

What should my dog's stools look like?

If your dog is on a no grain diet, with a fair amount of bones, meats, veggies, they should be firm, compact, a small handful, little to no odor, shiny/glossy & they will turn white if left out w/in 72 hours. We've actually done the leave the stool out game & yes, we feed the diet mentioned in the first sentence and starts turning white within 24 hours or less.

On a grain included diet, with a fair amount of bones, veggies, meats, they should be firm, a handful or less, compact, little to no odor, shiny/glossy, and they may or may not turn white right away or even at all because of the grains.

On a diet without bones, just calcium supplement, they should still be well formed, compact, a handful or less, little to no odor, well formed, shiny/glossy, and 90% chance they will not turn white.

If your dog's stools are rock hard, chalky white (coming out), powdery consistency, or difficult for your pet to push out...you need to up one of the following: Vegetables, Omega 3 Oils, or Meat and/or decrease the amount one of the following: bones, calcium.

Why do you recommend feeding raw bones?

Because they are an excellent source of Calcium/Phos and they are a great natural toothbrush.

Do you recommend a dog or cat Vegetarian diet?

ABSOLUTELY NOT! Your cat is a Carnivore (meat specific) they require a high amt of protein. Your dog is a Carnivore however they are closer to the Omnivore spectrum. The only time we recommend a vegetarian diet for your pet is when they are allergic to all forms of animal protein and even then you must supplement, supplement, supplement.

Can I hurt my dog nutrition wise by feeding a homemade prepared diet?

Yes, you can do severe harm if you are not providing a balanced diet (over a period of time) which means providing fruits, veggies, meat, bone/calcium, and grains if they are included in the diet.

Can I mix meat/protein & organ sources?

YES! If your dog can handle it you can mix meat/protein & organ sources. Quite often we feed Chix Necks along with Beef Heart. And Ground Beef with Pork Liver, Chicken/Hamburger with Calf Liver - just to mention a few.

How many veggies should I feed in my batches or recipes?

We like to include at least 2 below ground and 2 above ground veggies. Sometimes we go all out and include a huge variety like 6 veggies in one batch.

Home Cooked Dog Food Stuff

Why don't you recommend Cod Liver Oil?

Because CLO contains Vitamin A & D in it which are fat soluble vitamins that are stored in the body by the liver. Vitamin A & D can be easily obtained directly from the diet, for Vitamin A, you should feed items like Carrots, Liver, Sweet Potatoes. For Vitamin D, go outside for a walk with your dog and get at least 20 minutes of sunshine at least 2x's per day. Keep in mind, these Vitamins are not eliminated from the body..they are stored and because of this supplementing them can be dangerous and lead to toxicity.

What do you recommend to help with digestion?

You can use a number of things to help with meal digestion. Apple Cider Vinegar - source of various minerals, vitamins, nutrients. Disinfects and preserves meats. Can also help with reducing a variety of ailments - yeast infections/problems, skin/allergy problems, and more. Probiotics/Acidophilus - helps maintain good fauna/flora balance in the entire digestive system. Reduces gas and helps with bad breath (and many more items). Animal/Plant Digestive Enzymes - helpful in breaking down the entire meal, helpful in improving underweight/overweight dogs.

How often should I feed eggs?

We recommend at least 1 - 2 times per week because they are a good source of protein, Vitamin E, Omega 3 oils, and many other things. You can boil it for 5 - 8 minutes, save the eggshell and serve.

How often should I feed organs?

We feel they should be included in each batch that you make having them to be no more than 10% - 20% of the entire meal. If not, then add them at least 3 times per week.

What are recreational bones?

They are bones that serve as pure chewing recreation. They are not consumed by your dog. Some examples are: Knuckle bones, Shank/Leg bones, Marrow bones or some Soup bones. Please be careful when offering Beef Marrow Bones they can cause tooth wear on aggressive chewers - not something any pet or owner needs!

How often should I feed fish?

At least once a week - they are a great source of Omega 3 oils. Often we just simply add a tablespoon of canned fish with each meal. Makes things easier on all of us.

How often should I feed veggies?

With every meal a minimum of a tablespoon of veggies most dogs can eat much more than that amount. Make sure they are steamed, pureed, and/or juiced with the pulp back in it. Veggies give your dog a multitude of vitamins, minerals, nutrients. They also help balance the meals.

What do I do if my dog won't eat veggies?

You can make meat balls out of ground meat, pureed veggies, and seeds. Most dogs will not turn meat balls down and they can be made according to your dog's meal size requirements. Also, you can puree them with Liver. If worse comes to worse, try dehydrating the veggies, grinding them into a powder and then sprinkling them over your dogs meal.

Why do you recommend a homemade prepared diet over commercial dog food?

A Homemade prepared diet can be tweaked and specific according to your dog's health needs and requirements. You will know exactly what goes in your dog's mouth and comes out the other end. 9 times out of 10 your dog will enjoy meals better and maybe dance or bark for you when you are preparing it or putting the bowl down. You can add supplements, vitamins, etc as needed plus, a wider variety of foods can be offered. It is 100% times more healthy than any commercial dry food available on the market.

Commercial Dog Food is a processed food which is kinda like eating McDonald's everyday if the kibble is a grocery store or premium kibble. It takes a long time to digest.

Can a do a combination diet?

Yes, these are the combinations most often fed: Home Cook 100%, Home Cook/Kibble, Home Cook/Natural Feeding, Natural Feeding/Kibble, and Natural Feeding 100%. You need to make sure whichever diet you choose for your pet that it works for them and for you.

Home Cooked Dog Food Stuff

My dog gulps and swallows his food whole what can I do? I am afraid he will choke.

An easy fix is to purchase a grinder this way you will be serving ground rmb/ meat, veggies, fruit, and if you choose to grains. There are various grinders that can grind up bones, meats, veggies, etc.:

1. Krups Butcher Shop Grinder
2. Maverick
3. Vitamix
4. American Eagle
5. Northern Tool

What are the advantages of grinding my dog's food?

Serving ground up food is easier on your dog's digestive system because 1/2 of the work is already done. The food is more bio-available. You can pass off unlikable foods much easier when they are ground up with some favorite foods. You won't worry as much about choking if you were feeding whole foods.

While my dog still have clean teeth if he/she eats ground RMBs?

Yes, your dog's teeth should still get the "cleaning effects" from eating ground RMBs...just as the dogs who eat whole RMBs do. Some dogs do need a little extra help with teeth cleaning and you may have to brush their teeth or give a variety of recreation bones.

If I grind up my dog's food do I have to give Recreational Bones?

Resoundingly YES! Regardless of feeding whole or ground RMBs...you should give Recreational Bones. Dogs have an innate desire to chew.....so throw them that big old Knuckle Bone and let them go at it. Please watch those aggressive chewers for tooth wear. Recreation Bones help build jaw muscles and relieve tension for your doggie.

What is whole animal feeding?

Whole Animal Feeding - (ie) Whole Chicken (meat/bone), Chicken Heart, Chicken Gizzard, Chicken Liver, Chicken Livers, Chicken Lungs, Chicken Head, Chicken Feet, Chicken Kidneys and any other major organs minus the intestines. For instance, we would grind up all the ingredients listed and add in some veggies, fruits, and grains (if you feed them) ground up. Feeding this way provides an easy way to balance the meals because you are providing all from each food group - meat, bones, fruit, veggie, grains. Also, the thought process with this is if you allowed your dog to hunt its own food ... most dogs if given the chance to eat a chicken would more than likely consume 80% - 90% of the entire animal. Hence Whole Animal Feeding...You can see Meal Plan Examples of Whole Animal Feeding on PBH's Diet Page.

Should I keep track of what I feed my dog?

We recommend that you purchase a spiral notebook (150 pages or 5 subject - we will soon have an actual book available for you to purchase) and some good writing pens to list the batches of food that you make so that you aren't struggling to remember/recall the ingredients from the last meal. Especially when you are just starting out, most dog owners are overwhelmed and anxious so writing the information down helps to stay on track in terms of variety. We will provide a list of meats, veggies, fruits, grains, dairy products that many feed that you can print out and add to your spiral notebook. You want to go through your entire list of meats, veggies, fruits, grains before you repeat an item. This way you are guaranteed to provide a wide and varied diet for your pups.

Do you recommend supplementing minerals?

If you absolutely feel you must supplement when it comes to minerals we suggest you use a combination of dried seaweeds - Nori, Dashi Kombu, Furu Wakame, Dulce, there are many others. You can find these in your local Asian store or market. Grind them all up into a powder and place them in a dry cool place inside a container protecting from moisture. Using a pinch 2 - 3 times per week depending on your dog should be more than enough. This is a natural way of providing trace minerals and nutrients. However, please consult with your vet for specific amounts/dosage in regards to your dog because mineral supp is not always needs and it is very tricky to balance sometimes.

What is another example of how some of the THC members feed their crews?

Another example is feeding 1/3 Protein, 1/3 Grains, 1/3 Fruit/Veggies. Many find this way of feeding to be easy and they say their dogs have thrived on this diet for many years.

Can y'all help me formulate a home cooked diet for my cat?

Home Cooked Dog Food Stuff

Yes, we can but you would do better following Feline Future their guidelines and asking them for help as THC is predominantly members asking about dog diets. Many cat owners have had great success with following their website recipe and it is a raw recipe but I do know people who cook their cats meals and have good success with them.

What do I do with all the leftover broth from the meals that I prepare?

Here's an easy question, get out a couple of ice cube trays, fill them up & put in the freezer. Once the broth has turned into broth cubes then pop out, put up in freezer bags or whatever storage bags you use then put them back in the freezer. Pull 1 or 2 cubes out when you are warming up your dogs meal, plop it in the container with the food, and use as a tasty gravy for the meal. Don't use too many cubes an excess amount of broth can interfere with proper digestion.

What are Probiotics?

Probiotics are beneficial bacteria two of the many strains are called Lactobacillus Acidophilus & Bifidobacterium bifidum, they help restore the healthy fauna and flora in the digestive system. Many people supplement with giving a tablespoon or so of Organic Plain Yogurt or Dannon's Acidophilus Plain Yogurt with Live Cultures. You can also easily sprinkle L. Acidophilus on to your pet's food as a topper once the meal has reached room temp. as extreme temp can easily kill the probiotics. Probiotics have been linked to helping fight yeast issues, promote good digestion, reduce intestinal disturbances/gas, inhibit the reproduction of harmful intestinal bacteria, and also boost the immune system.

How much do you recommend in a Probiotic dosage?

We recommend at least 500,000 CFUs for healthy dogs, 1 million - 1 billion CFUs for allergy prone dogs, 1 billion - 3 billion for sick/infirm dogs.

How do I know if my dog has food allergies?

The most common food allergies for dogs are soy, corn, brewer's yeast, wheat, chicken, eggs, dairy products, beef, and other grains. Itchiness, butt dragging, skin, ear, and foot chewing problems are signs of possible food allergies. A common misconception is that many pet owners assume diarrhea, stomach rumblings, and vomiting are usually signs of food intolerance's.

My dog has anal gland problems, what can I do?

First, consult with your vet and talk with him/her about increasing the fiber or vegetable matter in your dog's diet. Good way to bulk out your dog's stool is to feed bananas, sweet potatoes, white potatoes, apples, brown rice, or oatmeal. Sometimes if you are feeding raw meaty bones, the stools can shoot out literally like bullets and can be too small to express the anal glands. Your dog's stools should be well formed, shiny, glossy, and firm. They should not be rock hard! Your dog's stools do not need to be rock hard in order to express the anal glands; they need to be bulky, lengthy, and firm enough to express the anal glands.

How much water should my dog be drinking?

Per Pooh Bear's vet and other research, water consumption should be 2.5 times the amount of daily food that your pet is getting. Confused? Okay, we will help you.

- Pooh Bear's daily amount of food: 8 oz
- 8 oz doubled is 16 oz; plus 8 oz halved is 4 oz; summing up to a total of 20 oz water intake daily

So technically, Pooh Bear should consume 20 oz of water per day but keep in mind feeding a real food diet your dog may not drink the "rule of thumb" amount of water consumption. Also, keep in mind that if your dog has certain health issues or takes certain meds that affect water consumption as far as increasing or decreasing the amount.

What are the internet search websites you recommend to do research on?

Google.com
PetEducation.com
PetPlace.com
Alternate Vet Med.com

My dog needs to lose weight, how much should I try and take off of him/her over time?

Consult with your vet first before planning a weight loss diet, most vets rule of thumb in regards to weight loss is no more than 2% per week of your dog's total body weight.

Home Cooked Dog Food Stuff

So now that I know how much to hope for with the weight loss, how do I make it happen?

There is a weight loss diet listed on PBH's Diet Page. Also, you can slowly increase the veggie amount (making it mostly leafy greens) of your dog's meals while using lean forms of protein.

Lean Proteins?

Venison (Deer), Ostrich, Kangaroo, Eggs, Turkey, Bison, Buffalo, Emu, Chicken

Heavy Proteins?

Beef, Pork, Lamb

Weight gaining veggies and fruits?

Sweet Potatoes, Carrots, Potatoes, Avocados

What's Really in Pet Food

Plump whole chickens, choice cuts of beef, fresh grains, and all the wholesome nutrition your dog or cat will ever need.

These are the images pet food manufacturers promulgate through the media and advertising. This is what the \$11 billion per year U.S. pet food industry wants consumers to believe they are buying when they purchase their products.

This report explores the differences between what consumers think they are buying and what they are actually getting. It focuses in very general terms on the most visible name brands -- the pet food labels that are mass-distributed to supermarkets and discount stores -- but there are many highly respected brands that may be guilty of the same offenses.

What most consumers don't know is that the pet food industry is an extension of the human food and agriculture industries. Pet food provides a market for slaughterhouse offal, grains considered "unfit for human consumption," and similar waste products to be turned into profit. This waste includes intestines, udders, esophagi, and possibly diseased and cancerous animal parts.

Three of the five major pet food companies in the United States are subsidiaries of major multinational companies: Nestlé (Alpo, Fancy Feast, Friskies, Mighty Dog, and Ralston Purina products such as Dog Chow, ProPlan, and Purina One), Heinz (9 Lives, Amore, Gravy Train, Kibbles-n-Bits, Nature's Recipe), Colgate-Palmolive (Hill's Science Diet Pet Food). Other leading companies include Procter & Gamble (Eukanuba and Iams), Mars (Kal Kan, Mealttime, Pedigree, Sheba, Waltham's), and Nutro. From a business standpoint, multinational companies owning pet food manufacturing companies is an ideal relationship. The multinationals have increased bulk-purchasing power; those that make human food products have a captive market in which to capitalize on their waste products, and pet food divisions have a more reliable capital base and, in many cases, a convenient source of ingredients.

There are hundreds of different pet foods available in this country. And while many of the foods on the market are similar, not all of the pet food manufacturing companies use poor quality or potentially dangerous ingredients.

Ingredients

Although the purchase price of pet food does not always determine whether a pet food is good or bad, the price is often a good indicator of quality. It would be impossible for a company that sells a generic brand of dog food at \$9.95 for a 40-lb. bag to use quality protein and grain in its food. The cost of purchasing quality ingredients would be much higher than the selling price.

The protein used in pet food comes from a variety of sources. When cattle, swine, chickens, lambs, or other animals are slaughtered, the choice cuts such as lean muscle tissue are trimmed away from the carcass for human consumption. However, about 50% of every food-producing animal does not get used in human foods. Whatever remains of the carcass -- bones, blood, intestines, lungs, ligaments, and almost all the other parts not generally consumed by humans -- is used in pet food, animal feed, and other products. These "other parts" are known as "by-products," "meat-and-bone-meal," or similar names on pet food labels.

Home Cooked Dog Food Stuff

The Pet Food Institute -- the trade association of pet food manufacturers -- acknowledges the use of by-products in pet foods as additional income for processors and farmers: "The growth of the pet food industry not only provided pet owners with better foods for their pets, but also created profitable additional markets for American farm products and for the byproducts of the meat packing, poultry, and other food industries which prepare food for human consumption."¹

Many of these remnants provide a questionable source of nourishment for our animals. The nutritional quality of meat and poultry by-products, meals, and digests can vary from batch to batch. James Morris and Quinton Rogers, two professors with the Department of Molecular Biosciences, University of California at Davis Veterinary School of Medicine, assert that, "There is virtually no information on the bioavailability of nutrients for companion animals in many of the common dietary ingredients used in pet foods. These ingredients are generally by-products of the meat, poultry and fishing industries, with the potential for a wide variation in nutrient composition. Claims of nutritional adequacy of pet foods based on the current Association of American Feed Control Officials (AAFCO) nutrient allowances ('profiles') do not give assurances of nutritional adequacy and will not until ingredients are analyzed and bioavailability values are incorporated."²

Meat and poultry meals, by-product meals, and meat-and-bone meal are common ingredients in pet foods. The term "meal" means that these materials are not used fresh, but have been rendered. What is rendering? Rendering, as defined by *Webster's Dictionary*, is "to process as for industrial use: to render livestock carcasses and to extract oil from fat, blubber, etc., by melting." Home-made chicken soup, with its thick layer of fat that forms over the top when the soup is cooled, is a sort of mini-rendering process. Rendering separates fat-soluble from water-soluble and solid materials, removes most of the water, and kills bacterial contaminants, but may alter or destroy some of the natural enzymes and proteins found in the raw ingredients. Meat and poultry by-products, while not rendered, vary widely in composition and quality.

What can the feeding of such products do to your companion animal? Some veterinarians claim that feeding slaughterhouse wastes to animals increases their risk of getting cancer and other degenerative diseases. The cooking methods used by pet food manufacturers -- such as rendering, extruding (a heat-and-pressure system used to "puff" dry foods into nuggets or kibbles), and baking -- do not necessarily destroy the hormones used to fatten livestock or increase milk production, or drugs such as antibiotics or the barbiturates used to euthanize animals.

Animal and Poultry Fat

You may have noticed a unique, pungent odor when you open a new bag of pet food -- what is the source of that delightful smell? It is most often rendered animal fat, restaurant grease, or other oils too rancid or deemed inedible for humans.

Restaurant grease has become a major component of feed grade animal fat over the last fifteen years. This grease, often held in fifty-gallon drums, may be kept outside for weeks, exposed to extreme temperatures with no regard for its future use. "Fat blenders" or rendering companies then pick up this used grease and mix the different types of fat together, stabilize them with powerful antioxidants to retard further spoilage, and then sell the blended products to pet food companies and other end users.

These fats are sprayed directly onto extruded kibbles and pellets to make an otherwise bland or distasteful product palatable. The fat also acts as a binding agent to which manufacturers add other flavor enhancers such as digests. Pet food scientists have discovered that animals love the taste of these sprayed fats. Manufacturers are masters at getting a dog or a cat to eat something she would normally turn up her nose at.

Wheat, Soy, Corn, Peanut Hulls, and Other Vegetable Protein

The amount of grain products used in pet food has risen over the last decade. Once considered filler by the pet food industry, cereal and grain products now replace a considerable proportion of the meat that was used in the first commercial pet foods. The availability of nutrients in these products is dependent upon the digestibility of the grain. The amount and type of carbohydrate in pet food determines the amount of nutrient value the animal actually gets. Dogs and cats can almost completely absorb carbohydrates from some grains, such as white rice. Up to 20% of the nutritional value of other grains can escape digestion. The availability of nutrients for wheat, beans, and oats is poor. The nutrients in potatoes and corn are far less available than those in rice. Some ingredients, such as peanut hulls, are used for filler or fiber, and have no significant nutritional value.

Home Cooked Dog Food Stuff

Two of the top three ingredients in pet foods, particularly dry foods, are almost always some form of grain products. Pedigree Performance Food for Dogs lists Ground Corn, Chicken By-Product Meal, and Corn Gluten Meal as its top three ingredients. 9 Lives Crunchy Meals for cats lists Ground Yellow Corn, Corn Gluten Meal, and Poultry By-Product Meal as its first three ingredients. Since cats are true carnivores -- they must eat meat to fulfill certain physiological needs -- one may wonder why we are feeding a corn-based product to them. The answer is that corn is a much cheaper "energy source" than meat.

In 1995, Nature's Recipe pulled thousands of tons of dog food off the shelf after consumers complained that their dogs were vomiting and losing their appetite. Nature's Recipe's loss amounted to \$20 million. The problem was a fungus that produced vomitoxin (an aflatoxin or "mycotoxin," a toxic substance produced by mold) contaminating the wheat. In 1999, another fungal toxin triggered the recall of dry dog food made by Doane Pet Care at one of its plants, including Ol' Roy (Wal-Mart's brand) and 53 other brands. This time, the toxin killed 25 dogs.

Although it caused many dogs to vomit, stop eating, and have diarrhea, vomitoxin is a milder toxin than most. The more dangerous mycotoxins can cause weight loss, liver damage, lameness, and even death as in the Doane case. The Nature's Recipe incident prompted the Food and Drug Administration (FDA) to intervene. Dina Butcher, Agriculture Policy Advisor for North Dakota Governor Ed Schafer, concluded that the discovery of vomitoxin in Nature's Recipe wasn't much of a threat to the human population because "the grain that would go into pet food is not a high quality grain."³

Soy is another common ingredient that is sometimes used as a protein and energy source in pet food. Manufacturers also use it to add bulk so that when an animal eats a product containing soy he will feel more sated. While soy has been linked to gas in some dogs, other dogs do quite well with it. Vegetarian dog foods use soy as a protein source.

Additives and Preservatives

Many chemicals are added to commercial pet foods to improve the taste, stability, characteristics, or appearance of the food. Additives provide no nutritional value. Additives include emulsifiers to prevent water and fat from separating, antioxidants to prevent fat from turning rancid, and artificial colors and flavors to make the product more attractive to consumers and more palatable to their companion animals.

Adding chemicals to food originated thousands of years ago with spices, natural preservatives, and ripening agents. In the last 40 years, however, the number of food additives has greatly increased.

All commercial pet foods must be preserved so they stay fresh and appealing to our animal companions. Canning is a preserving process itself, so canned foods contain less preservatives than dry foods. Some preservatives are added to ingredients or raw materials by the suppliers, and others may be added by the manufacturer. Because manufacturers need to ensure that dry foods have a long shelf life to remain edible after shipping and prolonged storage, fats used in pet foods are preserved with either synthetic or "natural" preservatives. Synthetic preservatives include butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT), propyl gallate, propylene glycol (also used as a less-toxic version of automotive antifreeze), and ethoxyquin. For these antioxidants, there is little information documenting their toxicity, safety, interactions, or chronic use in pet foods that may be eaten every day for the life of the animal.

Potentially cancer-causing agents such as BHA, BHT, and ethoxyquin are permitted at relatively low levels. The use of these chemicals in pet foods has not been thoroughly studied, and long term build-up of these agents may ultimately be harmful. Due to questionable data in the original study on its safety, ethoxyquin's manufacturer, Monsanto, was required to perform a new, more rigorous study. This was completed in 1996. Even though Monsanto found no significant toxicity associated with its own product, in July 1997, the FDA's Center for Veterinary Medicine requested that manufacturers voluntarily reduce the maximum level for ethoxyquin by half, to 75 parts per million. While some pet food critics and veterinarians believe that ethoxyquin is a major cause of disease, skin problems, and infertility in dogs, others claim it is the safest, strongest, most stable preservative available for pet food. Ethoxyquin is approved for use in human food for preserving spices, such as cayenne and chili powder, at a level of 100 ppm -- but it would be very difficult to consume as much chili powder every day as a dog would eat dry food. Ethoxyquin has never been tested for safety in cats.

Some manufacturers have responded to consumer concern, and are now using "natural" preservatives such as Vitamin C (ascorbate), Vitamin E (mixed tocopherols), and oils of rosemary, clove, or other spices, to preserve the fats in their products. Other ingredients, however, may be individually preserved. Most fish meal, and some prepared vitamin-mineral mixtures, contain chemical preservatives. This means that your companion animal may be eating food containing several types of

Home Cooked Dog Food Stuff

preservatives. Federal law requires preservatives to be disclosed on the label; however, pet food companies only recently started to comply with this law.

Additives in Processed Pet Foods

Anticaking agents
Antimicrobial agents
Antioxidants
Coloring agents
Curing agents
Drying agents
Emulsifiers
Firming agents
Flavor enhancers
Flavoring agents
Flour treating agents
Formulation aids
Humectants
Leavening agents
Lubricants
Nonnutritive sweeteners
Nutritive sweeteners
Oxidizing and reducing agents
pH control agents
Processing aids
Sequestrants
Solvents, vehicles
Stabilizers, thickeners
Surface active agents
Surface finishing agents
Synergists
Texturizers

While the law requires studies of direct toxicity of these additives and preservatives, they have not been tested for their potential synergistic effects on each other once ingested. Some authors have suggested that dangerous interactions occur among some of the common synthetic preservatives.⁴ Natural preservatives do not provide as long a shelf life as chemical preservatives, but they are safe.

The Manufacturing Process - How Pet Food Is Made

Although feeding trials are no longer required for a food to meet the requirements for labeling a food "complete and balanced," most manufacturers perform palatability studies when developing a new pet food. One set of animals is fed a new food while a "control" group is fed a current formula. The total volume eaten is used as a gauge for the palatability of the food. The larger and more reputable companies do use feeding trials, which are considered to be a much more accurate assessment of the actual nutritional value of the food. They keep large colonies of dogs and cats for this purpose, or use testing laboratories that have their own animals.

Most dry food is made with a machine called an expander or extruder. First, raw materials are blended, sometimes by hand, other times by computer, in accordance with a recipe developed by animal nutritionists. This mixture is fed into an expander and steam or hot water is added. The mixture is subjected to steam, pressure, and high heat as it is extruded through dies that determine the shape of the final product and puffed like popcorn. The food is allowed to dry, and then is usually sprayed with fat, digests, or other compounds to make it more palatable. Although the cooking process may kill bacteria in pet food, the final product can lose its sterility during the subsequent drying, fat coating, and packaging process. A few foods are baked at high temperatures rather than extruded. This produces a dense, crunchy kibble that is palatable without the addition of sprayed on palatability enhancers. Animals can be fed about 25% less of a baked food, by volume (but not by weight), than an extruded food.

Home Cooked Dog Food Stuff

Ingredients are similar for wet, dry, and semi-moist foods, although the ratios of protein, fat, and fiber may change. A typical can of ordinary cat food reportedly contains about 45-50% meat or poultry by-products. The main difference between the types of food is the water content. It is impossible to directly compare labels from different kinds of food without a mathematical conversion to "dry matter basis."⁵ Wet or canned food begins with ground ingredients mixed with additives. If chunks are required, a special extruder forms them. Then the mixture is cooked and canned. The sealed cans are then put into containers resembling pressure cookers and commercial sterilization takes place. Some manufacturers cook the food right in the can.

There are special labeling requirements for pet food, all of which are contained in the annually revised Official Publication of AAFCO.⁶ The use of the terms "all" or "100%" cannot be used "if the product contains more than one ingredient, not including water sufficient for processing, decharacterizing agents, or trace amounts of preservatives and condiments." Products containing multiple ingredients are covered by AAFCO Regulation PF3(b) and (c). The "95% rule" applies when the ingredient(s) derived from animals, poultry, or fish constitutes at least 95% or more of the total weight of the product (or 70% excluding water for processing).

Because all-meat diets are usually not nutritionally balanced, they fell out of favor for many years. However, due to rising consumer interest in high quality meat products, several companies are now promoting 95% and 100% canned meats as a supplemental feeding option.

The "dinner" product is defined by the 25% Rule, which applies when "an ingredient or a combination of ingredients constitutes at least 25% of the weight of the product" (excluding water sufficient for processing) as long as the ingredient(s) shall constitute at least 10% of the total product weight; and a descriptor that implies other ingredients are included in the product formula is used on the label. Such descriptors include "recipe," "platter," "entree," and "formula." A combination of ingredients included in the product name is permissible when each ingredient comprises at least 3% of the product weight, excluding water for processing, and the ingredient names appear in descending order by weight.

The "with" rule allows an ingredient name to appear on the label, such as "with real chicken," as long as each such ingredient constitutes at least 3% of the food by weight, excluding water for processing.

The "flavor" rule allows a food to be designated as a certain flavor as long as the ingredient(s) are sufficient to "impart a distinctive characteristic" to the food. Thus, a "beef flavor" food may contain a small quantity of digest or other extract of tissues from cattle, without containing any actual beef meat at all.

What Happened to the Nutrients?

Dr. Randy L. Wysong is a veterinarian and produces his own line of pet foods. A long-time critic of pet food industry practices, he said, "Processing is the wild card in nutritional value that is, by and large, simply ignored. Heating, cooking, rendering, freezing, dehydrating, canning, extruding, pelleting, baking, and so forth, are so commonplace that they are simply thought of as synonymous with food itself."⁷ Processing meat and by-products used in pet food can greatly diminish their nutritional value, but cooking increases the digestibility of cereal grains.

To make pet food nutritious, pet food manufacturers must "fortify" it with vitamins and minerals. Why? Because the ingredients they are using are not wholesome, their quality may be extremely variable, and the harsh manufacturing practices destroy many of the nutrients the food had to begin with.

Contaminants

Commercially manufactured or rendered meat meals and by-product meals are frequently highly contaminated with bacteria because their source is not always slaughtered animals. Animals that have died because of disease, injury, or natural causes are a source of meat for meat meal. The dead animal might not be rendered until days after its death. Therefore the carcass is often contaminated with bacteria such as Salmonella and Escherichia coli. Dangerous E. Coli bacteria are estimated to contaminate more than 50% of meat meals. While the cooking process may kill bacteria, it does not eliminate the endotoxins some bacteria produce during their growth and are released when they die. These toxins can cause sickness and disease. Pet food manufacturers do not test their products for endotoxins.

Home Cooked Dog Food Stuff

Mycotoxins -- These toxins come from mold or fungi, such as vomitoxin in the Nature's Recipe case, and aflatoxin in Doane's food. Poor farming practices and improper drying and storage of crops can cause mold growth. Ingredients that are most likely to be contaminated with mycotoxins are grains such as wheat and corn, cottonseed meal, peanut meal, and fish meal.

Labeling

The National Research Council (NRC) of the Academy of Sciences set the nutritional standards for pet food that were used by the pet food industry until the late 1980s. The NRC standards, which still exist and are being revised as of 2001, were based on purified diets, and required feeding trials for pet foods claimed to be "complete" and "balanced." The pet food industry found the feeding trials too restrictive and expensive, so AAFCO designed an alternate procedure for claiming the nutritional adequacy of pet food, by testing the food for compliance with "Nutrient Profiles." AAFCO also created "expert committees" for canine and feline nutrition, which developed separate canine and feline standards. While feeding trials can still be done, a standard chemical analysis may also be used to determine if a food meets the profiles.

Chemical analysis, however, does not address the palatability, digestibility, or biological availability of nutrients in pet food. Thus it is unreliable for determining whether a food will provide an animal with sufficient nutrients.

To compensate for the limitations of chemical analysis, AAFCO added a "safety factor," which was to exceed the minimum amount of nutrients required to meet the complete and balanced requirements.

The digestibility and availability of nutrients is not listed on pet food labels.

The 100% Myth -- Problems Caused by Inadequate Nutrition

The idea of one pet food providing all the nutrition a companion animal will ever need for its entire life is a myth. Cereal grains are the primary ingredients in most commercial pet foods. Many people select one pet food and feed it to their dogs and cats for a prolonged period of time. Therefore, companion dogs and cats eat a primarily carbohydrate diet with little variety. Today, the diets of cats and dogs are a far cry from the primarily protein diets with a lot of variety that their ancestors ate. The problems associated with a commercial diet are seen every day at veterinary establishments. Chronic digestive problems, such as chronic vomiting, diarrhea, and inflammatory bowel disease are among the most frequent illnesses treated. These are often the result of an allergy or intolerance to pet food ingredients. The market for "limited antigen" or "novel protein" diets is now a multi-million dollar business. These diets were formulated to address the increasing intolerance to commercial foods that animals have developed. The newest twist is the truly "hypoallergenic" food that has had all its proteins artificially chopped into pieces smaller than can be recognized and reacted to by the immune system.

Dry commercial pet food is often contaminated with bacteria, which may or may not cause problems. Improper food storage and some feeding practices may result in the multiplication of this bacteria. For example, adding water or milk to moisten pet food and then leaving it at room temperature causes bacteria to multiply.⁸ Yet this practice is suggested on the back of packages of some kitten and puppy foods.

Pet food formulas and the practice of feeding that manufacturers recommend have increased other digestive problems. Feeding only one meal per day can cause the irritation of the esophagus by stomach acid. Feeding two smaller meals is better.

Feeding recommendations or instructions on the packaging are sometimes inflated so that the consumer will end up purchasing more food. However, Procter & Gamble allegedly took the opposite tack with its Iams and Eukanuba lines, reducing the feeding amounts in order to claim that its foods were less expensive to feed. Independent studies commissioned by a competing manufacturer suggested that these reduced levels were inadequate to maintain health. Procter & Gamble has since sued and been countersued by that competing manufacturer, and a consumer complaint has also been filed seeking class-action status for harm caused to dogs by the revised feeding instructions.

Urinary tract disease is directly related to diet in both cats and dogs. Plugs, crystals, and stones in cat bladders are often triggered or aggravated by commercial pet food formulas. One type of stone found in cats is less common now, but another more dangerous type has become more common. Manipulation of manufactured cat food formulas to alter the acidity of urine and the amount of some minerals has directly affected these diseases. Dogs also form stones as a result of their diet.

Home Cooked Dog Food Stuff

History has shown that commercial pet food products can cause disease. An often-fatal heart disease in cats and some dogs is now known to be caused by a deficiency of the amino acid taurine. Blindness is another symptom of taurine deficiency. This deficiency was due to inadequate amounts of taurine in cat food formulas, which itself occurred because of decreased amounts of animal proteins and increased reliance on carbohydrates. Cat foods are now supplemented with taurine. New research suggests that supplementing taurine may also be helpful for dogs, but as yet few manufacturers are adding extra taurine to dog food. Inadequate potassium in certain feline diets also caused kidney failure in young cats; potassium is now added in greater amounts to all cat foods.

Rapid growth in large breed puppies has been shown to contribute to bone and joint disease. Excess calories and calcium in some manufactured puppy foods promoted rapid growth. There are now special puppy foods for large breed dogs. But this recent change will not help the countless dogs who lived and died with hip and elbow disease.

There is also evidence that hyperthyroidism in cats may be related to excess iodine in commercial pet food diets.⁹ This is a new disease that first surfaced in the 1970s, when canned food products appeared on the market. The exact cause and effect are not yet known. This is a serious and sometimes terminal disease, and treatment is expensive.

Many nutritional problems appeared with the popularity of cereal-based commercial pet foods. Some have occurred because the diet was incomplete. Although several ingredients are now supplemented, we do not know what ingredients future researchers may discover that should have been supplemented in pet foods all along. Other problems may result from reactions to additives. Others are a result of contamination with bacteria, mold, drugs, or other toxins. In some diseases the role of commercial pet food is understood; in others, it is not. The bottom line is that diets composed primarily of low quality cereals and rendered meat meals are not as nutritious or safe as you should expect for your cat or dog.

What Consumers Can Do

- Write or call pet food companies and the Pet Food Institute and express your concerns about commercial pet foods. Demand that manufacturers improve the quality of ingredients in their products.
- Call API with any information about the pet food industry, specific manufacturers, or specific products.
- Print out a copy of this report for your veterinarian to further his or her knowledge about commercial pet food.
- Direct your family and friends with companion animals to this website, to alert them of the dangers of commercial pet food. Or request copies of our Fact Sheet on Selecting a Good Commercial Food.
- Stop buying commercial pet food. Or if that is not possible, reduce the quantity of commercial pet food and supplement with fresh foods. Purchase one or more of the many books available on pet nutrition and make your own food. Be sure that a veterinarian or a nutritionist has checked the recipes to ensure that they are balanced and complete.
- Check our [sample diets](#) you can make yourself.
- Please be aware that API is not a veterinary hospital, clinic, or service. API does not and will not offer any medical advice. If you have concerns about your companion animal's health or nutritional requirements, please consult your veterinarian.

For Further Reading about Animal Nutrition

The Animal Protection Institute recommends the following books, many of which include recipes for home-prepared diets:

- Rudy Edalati. *Barker's Grub: Easy, Wholesome Home Cooking for Your Dog*. Three Rivers Press. ISBN 0-609-80442-1.
- Richard H. Pitcairn, D.V.M., and Susan Hubble Pitcairn. *Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats*. Rodale Press, Inc. ISBN 0-87596-243-2.
- Kate Solisti-Mattelon and Patrice Mattelon. *The Holistic Animal Handbook: A Guidebook to Nutrition, Health, and Communication*. Beyond Words Publishing Co. ISBN 1-5827-0023-0.
- Donald R. Strombeck. *Home-Prepared Dog & Cat Diets: The Healthful Alternative*. Iowa State University Press. ISBN 0-8138-2149-5.
- Celeste Yarnall. *Natural Cat Care*. Journey Editions. ISBN 1-8852-0363-2.
- Celeste Yarnall. *Natural Dog Care*. Journey Editions. ISBN 0-7858-1123-0.

The books listed above are a fraction of all the titles currently available, and the omission of a title does not necessarily mean it is not useful for further reading about animal nutrition.

Home Cooked Dog Food Stuff

Please note: The Animal Protection Institute is not a bookseller, and cannot sell or send these books to you. Please contact your local book retailer or an online bookstore, who can supply these books based on the ISBN provided for each title.

What API is Doing

- API is a liaison to the AAFCO Pet Food and Ingredient Definitions Committees. By attending AAFCO meetings, we hope to learn more about the industry itself and about potential avenues for bringing about change.
- An API representative attends other petfood industry meetings to give voice to our and the consumers' concerns about pet food.
- API is involved in lobbying for the federal regulation of pet food and the development of more stringent standards for the quality of ingredients used.
- API will continue to provide information to the public about the pet food industry and the products it promotes.
- API is preparing a detailed scientific paper documenting the numerous problems associated with commercial pet food, for presentation to veterinarians.

Sample Diets

Disclaimer:

Before you start to feed your companion animal a home-prepared diet, *API strongly recommends that you discuss your decision with your veterinarian or a holistic veterinarian in your area.* (For a list of holistic veterinary practitioners, contact the American Holistic Veterinary Medical Association at 410-569-0795, or check the directories at www.altvetmed.com).

API also suggests you obtain one or more of the following books, so that you have a more complete understanding of canine and/or feline nutritional needs. (API does not sell these books.) It is essential that you follow any diet's recommendations closely, including all ingredients and supplements. Failure to do so may result in serious health consequences for your animal companion.

- *Dr. Pitcairn's Guide to Natural Health for Dogs and Cats.* Richard Pitcairn, DVM, and Susan Pitcairn. Rodale Press. ISBN 075962432.
- *Natural Cat Care.* Celeste Yarnall. Charles E. Tuttle Co., Inc. ISBN 1885203632.
- *Natural Dog Care.* Celeste Yarnall. Charles E. Tuttle Co., Inc. ISBN 1885203470.
- *The Holistic Guide for a Healthy Dog.* Wendy Volhard and Kerry Brown, DVM. Howell Book House. ISBN 0876055609.
- *Give Your Dog a Bone.* Dr. Ian Billinghurst. Bridge Printery. ISBN 064610281.
- *Home-Prepared Dog and Cat Diets: the Healthful Alternative.* Donald R. Strombeck, DVM. Iowa State University Press. ISBN 0813821495.
- *It's for the Animals! Natural Care & Resources.* Helen L. McKinnon. C.S.A. Inc. Available from It's for the Animals!; P.O. Box 1913; Fairview, NC 28730; toll-free 1-888-339-IFTA (4382); members.aol.com/IFTA2.

These recipes are intended to get you started, to supplement a commercial diet or to suffice until you can obtain more information or a book on the subject. They have not been balanced for long-term use.

These are "mix-and-match" diets. Select one ingredient from each category (protein, starch if applicable), and add up to one cup of puréed raw or lightly steamed vegetables (up to three or four at a time of the following: broccoli, squash, sweet potato, cabbage, peas, carrots, green beans, cauliflower, brussels sprouts, kale). Ingredients may also be split, 1/2 of one plus 1/2 of another from the *same* category. Use organically-raised meat sources whenever possible to minimize antibiotic and hormone residues; this is required if feeding liver. *The importance of variety cannot be overstressed.* (This applies to any and all diets and recipes!) Do not get in the habit of feeding just one or two combinations of ingredients. Pay attention to your animal companion's health: his weight, activity level, skin and coat quality. If these are not maintaining or improving, consult your veterinarian about changing elements of the diet.

To make a large batch of food, mix protein source, starch source (if applicable), oil, vegetables, and calcium together. Freeze in meal-sized portions. The other supplements should be added fresh at each meal.

The vitamin-mineral supplement should be a good quality, human-type supplement. Some of the cheaper human supplements, particularly those with a heavy coating, are not well digested by people and will not be by animals. To check, submerge a tablet in a glass of water with a splash of vinegar in it. (This mimics the acid environment of the stomach.) The

Home Cooked Dog Food Stuff

tablet should dissolve within about 20 minutes. The average human supplement is designed for a 150-pound adult. A cat should get about 1/6 to 1/10 of a human supplement. A dog dosage can be calculated from the weight of the dog compared to 150 pounds. Do not overdose! Some vitamins and many minerals are toxic at high doses.

Alternatively, you can use a specially made dog or cat vitamin supplement, such as Pet Tabs or Nu-Cat. There are many good animal supplements available today that can be found at your local feed store or health food store.

Many supplements from the health food store require that a human take 4-6 tablets a day; a single tablet might be perfect for a smaller animal's daily needs. You can grind up the supplements with a coffee grinder or mortar and pestle to add to the food; or get one that comes in capsules, and open the capsule to empty the powder into the food.

Bone meal must be an edible, human grade. Do not use bone meal intended for gardening or plants.

Probiotics include *acidophilus* and other "good" bacteria. They help maintain your companion animal's normal bacterial population and prevent colonization by disease-causing bacteria. Digestive enzymes are important to keep the pancreas from being overworked, and to aid digestion so your animal companion gets the greatest benefit from the food she eats.

Meat may be fed cooked or raw. (*While many holistic veterinarians recommend feeding raw meat, there are potential risks to your companion animal's health from bacterially contaminated meat. Please discuss this issue with your veterinarian before feeding raw meat.*) If feeding raw, it is recommended that meat be frozen for 72 hours at -4 degrees F prior to use. Most meats can be refrozen one time safely, so once you mix the meal, it can be put back in the freezer until thawed for feeding. Always follow standard safe meat handling procedures.

IMPORTANT!! With *any* diet change, please go slowly and gradually! Your animal companion's tastes and digestive system need time to accommodate to new foods. Too rapid a change may result in diarrhea, vomiting, refusal to eat, or other problems. This is especially important with older animals, sick animals, and cats.

DIET FOR ADULT DOGS

Amounts given are adequate for one day's feeding of a 20-35 pound dog (depending on age & activity level). Adjust amounts proportionally for your dog's weight. Starches may be decreased or omitted in case of digestive problems or for weight loss.

CHOOSE ONE PROTEIN SOURCE:

Animal Proteins: (meat amounts given in raw weight)

- 1/3 pound boneless chicken breast or thigh, chopped, ground, or minced
- 3 large hard-boiled eggs
- 1/3 pound lean beef
- Optional: once a week, substitute 4 oz organic liver for 1/2 of any meat source

Vegetarian Proteins:

- 1 cup cottage cheese
- 1/2 cup tofu, firm
- 1 cup soybeans, cooked
- 1 cup lentils, cooked

CHOOSE ONE STARCH SOURCE:

With Animal Proteins:

- 2 cups cooked macaroni
- 3 cups cooked potato, with skin, chopped or mashed
- 2 cups cooked rice
- 2 cups rolled oats, quick, cooked

With Vegetarian Proteins:

- 2 cups cooked brown rice
- 2 cups cooked potato, with skin, chopped or mashed
- 2 cups cooked macaroni
- 1 cup cooked rice

Home Cooked Dog Food Stuff

- 1 cup plus cooked black-eyed peas
- 2-1/2 cups rolled oats, quick, cooked (1-1/4 cup raw)
- 1-1/2 cups cooked brown rice plus 1 cup cooked kidney beans

SUPPLEMENTS:

- puréed veggie mix (up to 1 cup)
- 1 tablespoon olive oil, or 1/2 tsp olive and 1/2 tsp flaxseed oil
- 400 mg calcium (elemental, as calcium citrate or carbonate)
- or 1200 mg (approximately 1-1/2 tsp) bone meal powder (human grade)
- 1/4 tsp salt substitute (potassium chloride) -- give 3 or 4 times a week
- 1 multiple vitamin-mineral supplement (human quality)
- 1 probiotic/digestive enzyme supplement

Vegetarian dogs should get Vitamin B12, carnitine (250 mg) and taurine (250 mg) once a week. Vegetarian dogs of breeds prone to developing dilated cardiomyopathy should get supplemental Carnitine (50-100 mg) daily.

DIET FOR ADULT CATS

Feed an adult cat as much as she will eat in 20-30 minutes. Refrigerate leftovers promptly. Feed adult cats twice a day. Recipe provides approximately 3 servings.

CHOOSE ONE PROTEIN SOURCE:

(meat amounts given in raw weight)

- 1/2 pound boneless chicken breast or thigh, minced
- 6 oz ground turkey, or minced turkey (dark meat)
- 1/2 pound lean beef, minced
- 1/2 pound beef, chicken or turkey heart, ground or minced
- About 3 times a week, include 1 chopped hard-boiled or scrambled egg
- Optional: once a week, substitute 4 oz organic liver for 1/2 of any meat source
- Optional: once every 2 weeks, substitute 4 oz tuna (packed in water, no salt), 6 oz sardines (canned) or 5 oz salmon (canned, with bones) for any meat source. Do not use canned fish as a protein source for cats who are prone to urinary tract problems.
- Optional: for cats needing a lower protein diet, add cup cooked white rice.

SUPPLEMENTS:

- 2 tsp olive oil, or 1 tsp olive and 1 tsp flaxseed oil
- 300 mg calcium (as carbonate or citrate), or about 1 slightly rounded tsp bone meal (human grade) (if using canned fish with bones, decrease calcium to 1/4 regular amount)
- 1-2 tbsp puréed vegetables -- many cats prefer their veggies lightly steamed -- or vegetable baby food (without onion powder)
- 1/4 tsp salt substitute (potassium chloride) -- give 3 or 4 times a week
- 1 cat-size dose of multiple vitamin-mineral supplement (human quality) or cat vitamin
- 1 probiotic/digestive enzyme supplement
- 80 mg taurine (about of one 250 mg taurine capsule or tablet, powdered) (omit if using cat vitamin)

Notes on Cooking, Mixing & Storing

When cooking for the dogs, a food processor is invaluable. I use mine for everything. It mulches the meat, purees the vegetables and mixes things together nicely and evenly.

I refrigerate all the raw ingredients, including flours. We have a spare refrigerator, so that comes in handy in holding all the stuff as you keep cooking naturally. Labels are very important to keep on stuff in progress, such as garlic cloves, cooked cornmeal, cooked oatmeal. It is helpful to know what it is and when it was prepared! Gee, what is that stuff in the orange

Home Cooked Dog Food Stuff

tupperware with the green lid? Sometimes it seems like our fridge holds more dog food than people food. I guess the main thing to remember is "it ain't dog food until a dog eats it" so it is fair game for anyone.

Because I don't want to spend all my time in the kitchen for the dogs, I will sometimes multiply the recipes and freeze them in containers. It is important to note that these recipes don't keep more than a week in the refrigerator, so freeze what you aren't going to use in that time and yank it out when you need it. It is a real chore trying to juggle the contents, cook the rice and bake the chicken, etc. They all may have different cooking times. I will have separate ingredients cooking when I have the time to and then use them when I put the batch together. It is a pain, but I feel I'm getting healthier dogs and the long term affects will be worth it. I have been cooking for the dogs since February 1991. We'll see who wins, the dogs or my perseverance and time. Maybe some will think I'm crazy, but that won't be a new observation. In the meantime, I'm always looking for easy AND good things to feed the dogs.

History of Canine Nutrition

The following excerpts are taken from "Lost History of the Canine Race" by Mary Elizabeth Thurston (1996).

The Way To A Dog's Heart

Before the industrial evolution, canine working nutrition for working class dogs was much like the diet of their working class owners- basic, simple and sometimes not very good. Although they worked all day within a whisker of glistening sides of beef or lamb, Turnspits were lucky to get anything beyond a crust of bread or a greasy knuckle of bone. Trekhonds fared a little better, although their diets also were identical to those of their peasant masters-meatless fare consisting of bread, potatoes, onions and boiled cabbage. In general, the greater the wealth and status of the master, the more varied the diet of the dog. Canine dinners at the french court in the 1700s were lavish, for instance, including succulent bits of roast duck, consomme, cakes and candied nuts or fruit. The chinese empress Tzu-tsi was said to have ordered her beloved Pekingese amply fed with "shark's fins, curlews's livers and the breasts of quails...and for drink, tea that is brewed from spring buds or the milk of the antelope that pasture in the Imperial Park." Prince Albert, consort to Queen Victoria, was insistent on supplying his beloved greyhound "Eos" with a steady diet of pate de foie gras and fresh unsalted butter. When Eos died suddenly, Albert lambasted the scullery maid assigned to care for him for serving him salted butter, generally the fare of "commoners." Dogs belonging to urban working-class owners in the mid-1800s fared somewhat better than their peasant predecessors. According to art historian Campbell Lennie, it was common in cities like New York and London to purchase rations of horse meat for dogs and cats, since horses were dropping dead in the street everyday, the passerby scarcely sparing them a glance as the contractor or coster haggled over the price of a carcass with the cat's meat man. These inexpensive cuts of meat, combined with varied leftovers from their masters table, meant that many victorian urban dogs enjoyed richly varied diets.

In the latter half of the nineteenth century, as pets came to be regarded as luxury items, the question of how to best maintain ones "investment" sparked new interest in canine nutrition. Fanciers were inspired to look beyond breeding and grooming for additional ways to "civilize" and elevate the canine race. In an era when medical breakthroughs cast new light on the world of microbes, the gastrointestinal tract was viewed as a brewery of disease fuelled by a diet of bulky, unprocessed vegetable matter, which could result in an array of maladies loosely categorised as "blood poisoning." Harsh, antiseptic high colonics and even radical "colectomies" - elective surgeries to remove healthy colons - were employed in conjunction with disciplined diets of heavily processed foods void of dietary fiber and generous doses of laxative tonics or candies. In essence, imposing a "modern" diet on the body became a means of controlling an embarrassing inner, natural world. Canine bodily functions were subject to the same obsessive concerns. Since the eating of meat (particularly raw meat) was natural to canines, dog experts often pointed to that as a corruptive influence that led civilized pets to lives of savage depravity. The more well bred the urban dog, the more important it was to control its behaviour through diet. It might be acceptable to feed large, mongerel, country dogs a carnivore diet, but according to Victorian British dog expert Francais Clater, meat caused mange or cankers and could "overexcite" pedigreed lapdogs adapted to life in city townhouses and apartments. Fresh meat brought out the worst in unspayed females, too. When the animals were in heat their primal passions could be inflamed by a "primitive"-and therefore- 'wrong' - diet, leading to disgraceful bouts of nymphomania. To head off such a crisis, ice baths and meals of crustless bread, ground hemp seed and milk were prescribed to calm the animals nerves. (LOL...ya gotta love it)...

Writing in the 1800s, French author Jean Robert pointed out that highly processed meals for dogs were "contrary to their carnivorous nature." Other dog authorities of the time, such as Charles Burkett, agreed and argued for a more rational approach to canine nutrition., adding that "it is not bad to vary the food with rye bread, brown bread and vegetables." In a conciliatory nod to modernist thinking about dogs, however, even these experts advised the meat be cooked. American

Home Cooked Dog Food Stuff

veterinarian A.C.Daniels prescribed a recipe for homemade "canine cakes" of boiled minced beef or mutton, mixed with rice and vegetables, then baked, at the same time reluctantly admitting that canine nutrition was still "a subject of opinion."

Victorian kennel masters took pride in their own dog food recipes, some handed down from generation to generation. Most prepared huge pots of fresh vegetables and slaughterhouse leavings such as calves' heads, feet and entrails, with a few "secret ingredients" that might be anything from a splash of sherry to a pinch of gunpowder. The kennel master to Queen Victoria took offence when Lootie the Pekingese came with special feeding instructions: "(the dog) is very dainty about it's food and won't generally take bread and milk, but it will take boiled rice and a little chopped chicken and gravy mixed up in it, wrote Captain Dunne, Lootie's savior. Not only unimpressed but unsympathetic, the man retorted that this "Imperial" Pekingese would get the same "nice cooked meat with breadcrumbs and powdered biscuit" as the other dogs, and "after a little fasting and coaxing, will probably come to like the food that is good for it."

Commercial Dog Foods for Urban Dogs

Despite recommendations for wholesome canine suppers of vegetables, whole grains and fresh meats, consumer interest in controlling the "inner nature" of dogs persisted. The notion of a mass-produced, machine processed pet food - inexpensive, easy to serve and touted as superior to home cooking - was increasingly appealing to busy urban consumers and commercial pet food became part of the new status associated with being "modern."

In the mid 1800s, a young entrepreneur named James Spratt journeyed from Cincinnati, Ohio, to London to sell lightning conductors. On his arrival he was surprised to see vast hordes of homeless dogs lurking quayside gobbling moldy, discarded hardtack (biscuits) thrown onto the piers by the sailors. Shortly afterward, he turned his attention to creating the first commercially produced biscuit expressly for dogs, unveiled in 1860 as Spratt's Patent Meat Fibrine Dog Cakes. A baked mixture of wheat, beet root, and vegetables bound together with beef blood, Spratt's cakes were touted as a superior way to feed pets.

Within a few years other prepackaged foods appeared often employing marketing techniques first used for patent medicines. Their biscuits, breads and cakes not only gave a sheen to the dog's coat, but could prevent everything from tapeworms to distemper - claims bolstered by the paid endorsements of veterinarians such as Dr. A.C. Daniels, who willingly affixed his good name to a "Medicated Dog Bread" which unlike the competition was "free from cheapening ingredients such as talc powder and mill sweepings." Pioneering pet-food makers tried to discourage consumers from supplementing their products with other foodstuffs. Fresh beef, Spratt claimed, could "overheat the dog's blood," and even the most wholesome 'table scraps will break down his digestive powers [making] him prematurely old and fat." Meat was a necessary part of the dog's daily meal, the company agreed, but should be in a form best suited to the requirements of his present existence", namely Spratt's biscuits. Playing on doting pet owners' worries that commercially made biscuits contained inferior ingredients, Medicated Dog Bread spokesman Daniels claimed that other biscuits might result in 'constipation, indigestion and skin ills," but his product was made with only "the best winter wheat, rice meal and fresh meat."

Still, there was continued concern that an overly processed diet might not be good for a dog's mental or physical health. "To live on dog biscuits alone would be a very dull diet," said British author E.M Aitkens. "A finely grated carrot or a little chopped raw cabbage and other greens will be hungrily eaten if mixed well with meat and broth in which plenty of vegetables have been cooked." And veterinarian Dr. Raymond Garbutt, one of the first to use X-ray technology to diagnose canine maladies, reported that he was seeing a growing number of dogs suffering from the piles, which he attributed to the feeding of "too many constipating foods," particularly dry kibble. Between 1890 and 1945, the manufacture and sale of pet foods continued to increase despite such criticisms, as consumers became more possessive of their leisure time, opting to spend it on anything but "slaving over a hot stove" for their dogs. Seen by many as an ideal entrepreneurial business opportunity - utilizing raw materials nobody else wanted (mostly inedible meats and grains) to produce a product eagerly sought by a growing population of dog owners with increasing disposable incomes - several new dog food companies were founded, many of them still in existence today. Others began as outgrowths of financially strapped companies looking for ways to turn a profit from the large quantities of waste materials produced by their granaries and slaughterhouses.

After World War II, the burgeoning success of commercial dog food was part of a sweeping societal trend toward modern conveniences that would improve the overall standard of living and maximize the consumer's leisure time. Women embraced anything that would free them from the kitchen or ease their household chores. Like drive-through restaurants and frozen entrees, prepackaged dog food was just one more culinary advantage. Beginning in the 1950s, companies switched their promotional strategies to emphasize the convenience of canned and bagged foods. "Feeding a dog is simple today," declared a

Home Cooked Dog Food Stuff

Kasco dog food company advertisement. "It is unnecessary to cook special foods, measure this and that - why bother when it takes less than a minute to prepare a Kasco meal for your dog?" Calo dog food played on a similar theme, promising to do 'away with all the fuss and bother in preparing food for your dog." Ken-L Ration bragged about the lightning speed with which their dog food could be served and cleaned up, since it did not "stick to the feeding bowl [and is] easier than ever to mix. Ken-L Meal absorbs water almost instantly." By 1961, Gaines was advertising "dog food that makes its own gravy," in just sixty seconds.

As the pet food market became increasingly lucrative through the 1960s, it caught the eye of American industrial giants looking to diversify. Quaker Oats, Ralston-Purina and other breakfast food conglomerates began producing grain-based kibbles and biscuits and meat-packers such as Armour and Swift marketed the first canned dog foods with a meat base. (During this time too, questions about the safety of cigarettes first prompted tobacco companies to diversify their holdings and pet food was one of the more popular investments) Competition among these industrial "big boys" brought new, stylishly packaged products and eye-popping promotional campaigns created by Madison Ave hotshots, which torpedoed smaller, independent companies like Spratt's as well as most regional "mom and pop" pet foods.

But too many dog owners persisted in supplementing commercial dog food with table scraps, so companies retooled their marketing strategies. Advertisements ceased to even acknowledge the idea of home cooking for dogs and put an increasingly derogatory twist on "scraps", while commercial foods were powerhouses of proteins, minerals and vitamins. At a 1964 meeting of the Pet Food Institute (PFI) a Washington-based lobbying association representing American companies, George Pugh, an executive of Swift and Company (makers of Pard dog food) described ongoing efforts to discourage the feeding of anything but commercial dog food. Thanks to PFI press releases, he reported to industry colleagues "we got stuff in one thousand daily and weekly papers." PFI staff also "assisted" Good Housekeeping, Redbook and fourteen other popular magazines in the preparation of feature articles about dog care, which incidentally advocated commercial pet food to the exclusion of everything else. And a script prepared and distributed by PFI, warning of the dangers of table scraps, got air-time on ninety-one radio stations throughout the country.

For the next decade the industry's primary goal was to convince consumers that dogs were carnivores, pure and simple, and so required a diet of meat such as only they could provide. In 1967, television advertising for the industry totalled fifty million dollars, most of it spent on "beef wars" in which each company claimed that their product contained the most. "Feed more than just HALF A DOG!" one company urged, implying that the more beef a dog gets, the happier and peppier it is. Also hired television's Bonanza star Lorne Greene to hold up a perfectly marbled sirloin steak before the camera and exhort the virtues of pure beef dinners for dogs. To spur sales of new products, companies supplemented television campaigns with special promotions costing hundreds of thousands of dollars. To introduce a semimoist food packaged in the shape of hamburger patties, kept perpetually soft with a generous dose of ordinary corn syrup, one company gave away almost half a million dollars worth of free samples - approximately one million pounds of the product. Another special promotion backfired on Ralston-Purina, which in the mid-sixties tested consumer interest in a new Bonanza Dog Meal in Wichita and Kansas City. Ads claimed the product was "preferred in taste tests to six-to-one over the largest selling dog meal"; only after the promotion was underway did company executives learn that the biggest selling dog meal in the test area was Purina Dog Chow, their own product.

Sales continued to rocket and by 1975 there were more than 1,500 makers of dog food, as compared to only 200 forty years earlier. Consumers embraced pre-packaged dog food, spending seven hundred million dollars on canned and dry products. As America's pet population climbed through the seventies, signalling a growing emotional attachment to dogs, industry analysts correctly predicted a trend in "humanized" pet foods, molded and packaged like those for humans. Company budgets for colour television commercials quadrupled, while promotions shifted from sermons on sound nutrition to visual appeal. Novelty was the industry buzzword and the race was on to concoct ever more entertaining types of pet food. Sitting in their living rooms, consumers were treated to an enticing, colourful banquet of "hamburger" patties with grill marks and a mock cheese garnish, or stews, meatballs and gravy-covered fillets tender enough to cut with a fork - but for pets. Stamped Lilliputian chuck wagons careered across floors of TV kitchens, leading frantic, wild-eyed dogs to steaming bowls of moist, meaty chunks swimming in rich brown broth. (Geez I'm getting hungry here) Even dry dog food took on a festive air, with kibble in every colour of the rainbow, just like kid's cereal.(oh yuck, maybe not after all) Free brochures on housebreaking or training the family dog to perform simple tricks were used to hawk new lines of pet treats in the shape of little fish, eggs, and milk bottles in "six gay colours," with a slogan that flew in the face of earlier industry advice against in-between-meal snacks: "Whatever else your dog eats during the day, he needs treats too!" The industry also dabbled in some far-out advertising ploys during this time, such as the high frequency whistle known as the Bowser Rouser. On hearing the whistle, the family

Home Cooked Dog Food Stuff

dog would supposedly run to the television set, barking and jumping, to convince his owner that he wanted that particular brand of food.

By 1980, growing consumer worries about artificial additives in their own diet convinced many companies to tone down outlandish marketing ploys and return to advertisements that stressed the nutritional value of their products. To counter accusations that pet foods contained harmful additives, the industry cast itself as a "scientist" rather than a recycler, dedicated to the never-ending search for the perfectly formulated dog food. The PFI acknowledged that "pet health officials increasingly voiced a need for more information and verification...concerning nutritional claims for pet foods," so the organization announced a "self-enforcement program" to provide pet health professionals and pet owners with added assurance of quality nutrition in their pet foods. By 1991, sales of pet food had topped out at over eight billion dollars. Canned and kibbled fare occupied more supermarket shelf space than breakfast cereal or baby food. A whole generation of consumers now could not recall a time when pets ate anything but commercial dog food, and the campaign to discourage alternative food sources had been so successful that some consumers were fearful of feeding their dogs even a piece of soda cracker.

Lorne Greene notwithstanding, veterinarians and pet food spokesman proclaimed, thanks to industry-sponsored research, that they had discovered dogs actually were omnivores, thereby requiring a diet with whole grains (and vegetables) instead of pure meat. One company recently ran a magazine advertisement featuring a raw, well-marbled T-bone steak under the caption, "It's about as natural as feeding cheese puffs," before launching into a diatribe on the all-natural ingredients in their product. Cornucopias of fresh fish, lamb, chicken, turkey, brown rice, golden ears of corn, carrots, brown eggs, garlic and freshly picked parsley still covered with dew are featured in other ads - again tempting to appeal to the changed palates of pet owners, who now clamour for organic produce and free-range poultry.

In fact, the industry walks a fine line when it makes such announcements about dog nutrition. Fearing that all the talk of farm fresh ingredients might spur consumers to take their skillet in hand and resume cooking for their pets, dog food companies make a point of emphasizing that canine nutrition is a science best left to qualified experts - namely them (or research projects sponsored by them). Ads for "super premium" and "prescription" dog foods incorporate actors or models wearing goggles and white lab coats, shown holding clipboards as they measure out healthy-looking ingredients amid a clinical forest of test tubes, computers and diagnostic equipment. Echoing Victorian bowel obsessions, companies eagerly point to the superiority of their products as indicated by the small, dark, firm faeces they yield. Hypnotized by the prospect of dog foods so scientifically advanced they could sustain astronauts on prolonged space missions, consumers are torn between intimidation and awe. Terms such as "chelated minerals," "metabolizable energy," and "amino acid profile" combine to both intrigue and confuse even the most savvy consumers, who are left to puzzle over ingredient lists and nutritional charts on dog food packages.

But when pets are treated like children or spouses, convenience ceases to be the driving force for buying commercial dog food. In fact, many consumers now would be offended at the suggestion that they buy prepackaged pet food simply because it is quick and easy. And because they pride themselves in buying only the best for their dogs, they sometimes are attracted to products that actually are inconvenient to purchase. Cable TV "infomercials" touting new brands of pet food sell like wildfire, even though the product is available only by phone, and great quantities must be ordered each time. Other products are available only from select distributors. Hill's originally made its Science Diet available exclusively through veterinarians, an ingenious marketing strategy that grabbed the attention of millions of yuppie consumers seeking reassurance that they were providing their pets the best nutrition money could buy and moving Hill's to the forefront of super-premium foods in the early nineties. Such foods may cost triple the amount of grocery store brands, but higher sticker price is just another incentive to buy when a dog owner reasons that the more it costs, the better a food must be. Until recently, people who opted to cook for their dogs instead of purchasing commercial foods were looked on as "counter-culture" pet owners, well intentioned but ill-informed. But now that natural foods have become a part of the baby-boomer culture, that attitude is changing. Many consumers now believe that responsibility for one's health begins at home, with the foods one chooses to eat. These people try to purchase groceries in chemically unadulterated and minimally processed forms whenever possible-and they're starting to believe the same dietary principles should be applied to their pets. Since its debut in the mid-eighties, Dr. Pitcairn's Complete Guide to Natural Health For Dogs and Cats (1982) has been widely regarded as a pioneering work by consumers desiring a less-processed diet for their pets, patterned after the ones they follow themselves. "Much of the supposed protein in commercial food actually cannot be digested by dogs," Pitcairn says, "and the heating involved in the canning process destroys much of the original food value. The truth is that most pet foods on the market do little more than just sustain life." Addressing the pet food industry's age-old commandment against feeding table scraps, Pitcairn admits this could be harmful "if a person just scraped leftover cookies, white bread, gravy and canned spinach into a pet's bowl," foods from which most

Home Cooked Dog Food Stuff

of the nutritional value has been destroyed by over processing. But he also is quick to point out that "generation after generation of healthy animals thrived on the scraps and extras of the whole natural foods of our ancestors."

Pitcairn recommends canine dinners of raw or lightly steamed vegetables, legumes, nuts, raw meats, eggs and cottage cheese, along with breakfasts of hot oatmeal, whole milk and a touch of honey. Cost-wise, the recipes are competitive with many grocery store brands of pet food, and batches sufficient for one or two weeks can be made in advance, then refrigerated or frozen in single servings. Since the publication of Pitcairn's book, federal agencies and book publishers have responded to consumers desiring to educate themselves in the field of pet food. 'Nutrition Requirements for Dogs', published by the National Research Council, reports the latest in scientific studies on canine nutritional requirements. And Adele Publications (not affiliated with any dog food manufacturer) offers 'Canine Nutrition and Choosing the Best Food for Your Breed of Dog', which asserts that different breeds have different nutritional needs.

As with canine beauty culture, feeding strategies may reflect a dog's social rank within its adoptive human family. The more 'human' position the animal occupies, fulfilling the role of a child or spouse, the more inclined pet parents are to supply the animal with a completely human diet. "My pet shares all aspects of my life, and food is no exception," explained the owner of Skeeter, a former shelter dog. She and her 'canine child' share dinners of poached fish, home-baked breads, French cheeses and organic produce, including tomatoes, asparagus and oranges. "Skeeter has eaten nothing but human food - no junk food - for seven years now. His teeth are white and his breath smells better than mine."

For many people, the more involved and time-consuming the dog feeding ritual becomes, the more emotionally gratifying it is. Retired movie star Doris Day hired six house keepers to care for her extended family of dogs and spends hundreds of dollars weekly on their food. Her Carmel, California home includes a kitchen set aside exclusively for cooking pet food. For breakfast, she and her staff bake (gourmet) turkey loaves with garlic, onion and eggs each day, periodically alternating with deboned chicken and plenty of fresh vegetables, whipped potatoes, brown rice and pasta. At night, the animals often enjoy a light supper of Cornflakes in milk or low fat cottage cheese.

Of ten thousand American pet-owning households surveyed in 1993 by Barry Sinrod, author of 'Do You Do It When You've Pets in The Room?', almost 50 percent gave their dogs a steady diet of "human food", suggesting the instinct to share food still runs deep in the human psyche, despite fifty years of industry sponsored "education." Convinced that their pets also detest monotonous meals, many are choosing to compromise on disciplined diets of scientifically formulated kibble with a vast array of interesting culinary indulgences. Owners report that their dogs enjoy corn on the cob, peaches, apples and tomatoes, not to mention fresh-roasted turkey or a bit of steak. Some sympathetic dog owners also admitted to the occasional sinful canine indulgences such as home-delivery pepperoni pizza or a spin through the drive-through at McDonald's for a box of fries and a soft ice cream sundae, sometimes in celebration of the animal's birthday. Pitcairn agrees that variety in an animal's diet is good emotionally as well as physically. He puts it in human terms: "Think about eating [the same thing] for the rest of your life. Certainly you'd refuse such a diet, even if there were a 'health food variety. Before long most of us would be climbing the walls looking for a salad or some fresh fruit - anything relatively whole and fresh! Or just different!" In fact, regimented diets of processed food almost from birth have left some dogs at a loss as to what to do when handed a bit of bread, a vegetable, or even a bone. To deprive canines - among the most intelligent and inquisitive of creatures - the experience of eating unprocessed foods is not only a denial of their animal nature but of their need for new learning experiences.

Though largely ignored by social historians, what we humans feed our dogs from cabbage to kibble, constitutes a kind of diary of the increasingly important role canines have played in our lives, not to mention the dog's ability to adapt and thrive in changing environments. Historically, the things we feed our companion animals have reflected the psychological needs of humans, particularly the desire to conquer the "inner nature" of both man and beast. Then processed foods for humans and pets caught on as a result of Western society's post-World War II drive for convenience and more leisure time, both of which quickly became identified with being "modern" and more importantly, affluent.

Now nostalgia for a simpler time, when humans and dogs shared the same beds and breakfasts, has prompted a return to home cooking and natural foods (and BARF!). And the hallmark of a prosperous, leisurely life is how much time one can afford to spend tending to the needs of pets - not how little. Today, food continues to serve as both a literal and symbolic "tie that binds" our companion animals, making them dependent on us for survival. But it also is the foundation of a more complex and loving relationship between people and their pets. As we near the beginning of the twenty-first century, human

Home Cooked Dog Food Stuff

and canine feeding strategies appear to have come full circle, perhaps symbolizing our yearning for a more intimate relationship with the natural world.

Hey Ma, What's for Dinner? - by Carol Lea Benjamin

I don't remember my mother ever buying a can or sack of dog food. Our dogs, like most dogs back then, ate leftovers, the vegetables all my mother's cajoling failed to get me to finish, the last piece of meatloaf or roasted chicken, half a baked potato, maybe even some applesauce or peach compote. My mother always seemed put out when my sister and I dragged home yet another dog, one we'd found wandering in the park thin and frightened, or one we admired and, to our delight, had been given. But once we'd whined and begged, and were begrudgingly allowed to keep our new best friend, she always made dog gravy to drizzle over the dog's portion. After dinner, she'd deglaze the pan the meat had been cooked in by adding a little water and stirring constantly over a low flame until it smelled so good I always wanted to try it myself. But she shooed me away, so I never did. She must have bought dog biscuits, because I remember eating one. It tasted like cardboard, but when you shook the box, the dog came running. Though she never named any of our dogs, nor called them to her for petting, though she made a face when she saw my sister or me kissing our dog, whenever my mother was alone with the dog, or thought she was, she'd talk to it. We'd hear her from the next room, sounding not so different than I do today. My family never took a dog to a veterinarian. If any of our dogs had shots, they got them before they met us. But my father used to build elaborate doghouses, masterpieces of design and construction with screened back windows, front porches and a door that locked. They were seldom used. Like other kids, we preferred to sneak the dog in to sleep under the covers with us, sometimes in my sister's bed, sometimes in mine. As a kid, I had no idea what a fatty acid was. I knew nothing about vitamins, except that the pill my mother made me take always seemed to get stuck in my throat on the way down and that it smelled awful. And God knows what junk our dogs found and ingested every day while they were out. In those days, like other people, we let our dog out in the morning and called him back in at dinnertime. Sometimes we'd see him during the day as we rode our bikes around the neighborhood. Sometimes we'd find him asleep on the glider. Or waiting at the back door, hoping my mother was making gravy and that I'd act up and refuse to eat my liver. Again. Despite this loose system of care, our dogs seemed pretty healthy, the very definition of hybrid vigor, just as we kids were. Our parents had come from far and wide, so none of us were inbred. And since there was no TV, we, too, like our dogs, spent any time we could running free out of doors. We never had a dog that was overweight or had bad joints. None of our dogs needed to have their food pre-digested with pancreatic enzymes. None of them died of cancer. But maybe that's because we didn't get to keep any of them until they were very old. Only one was hit and killed by a car, a puppy that followed when my father went across the street to play chess with a friend. The others succumbed to my parents' lack of commitment. One day the dog would be there, the next day he'd be gone. What crime each was guilty of that caused its banishment, I never knew. Sometimes my mother would off-handedly cite my father's allergies, implying that we should have known that when he started sneezing, the dog would have to go. Other times, when we came home from school to find our dog gone, she'd simply say, "He ran away." All that confusion, all that heartache, made my sister and me wrap our lives around our pets once we lived away from home and could. I don't know when I fell into the trap, the belief widely disseminated by pet food manufacturers, that while people were smart enough to give their children a balanced diet, we were not, by and large, intelligent enough to keep our dogs healthy -- unless we purchased the scientifically formulated food they manufactured. For most of my adult life, my dogs have eaten mostly dog food. Until recently. Dexter started limping a few months before his eighth birthday, just weeks before he was due for his annual check-up. It was just a bop, a slight rolling from side to side instead of a smooth forward movement. For the first few days, I thought he'd pulled something. Or that he was simply sore from running or playing with our young Border Collie. But the limp didn't go away, and so I mentioned it during his exam. When our vet extended Dexter's elbows, he said there was a crunching sound. He called it crepitus and suggested Rimadyl. When I asked about the side effects, he told me there weren't any. Being intolerant of most drugs due to their side effects, I found that hard to believe. There's a price to pay for every medication, and sometimes the price is worse than the condition it's meant to treat. When I got home, I went online and checked out Rimadyl. Apparently, it's working really well for some arthritic dogs. But a small percentage of dogs have died from it. And as a friend of mine said, when it's your dog, the percentage doesn't seem so small. I decided to see if I could put off using drugs and find some help for my dog through natural means. I called a homeopath first, thinking she would whip up a batch of Rhus Tox and send us home. Instead, she suggested a radical change in diet. It would be a neat story if I could report that I am now feeding my dogs the way my family did fifty years ago. But that isn't really the case. True, I have on occasion stirred up a pan of dog gravy, and true, Dexter often goes for days at a time without dog food touching his sweet, worm-colored lips, but leftovers wouldn't define what's for dinner now. For nearly a year, the dogs have been eating raw, organic food, grated vegetables, raw beef, chicken or turkey, with additions of yogurt, raw eggs, cod liver oil, kelp, vitamin E, vitamin C and, in Dexter's case, the appropriate dose of glucosamine with chondroitin sulfate, which has helped his arthritis a great deal. Once a week or so, I cook for the dogs, mostly because I like to do it and they love the change. The pot could contain just about anything on hand: brown rice or rolled oats, lots of vegetables, some

Home Cooked Dog Food Stuff

seaweed, sweet potato and a little meat for flavor. To the finished product, I usually add raw meat and some grated raw vegetables. And several times a week the dogs get some Wysong kibble, especially the Border Collie, who likes things plain. At first, I worried intensely about whether or not my dogs were getting a balanced diet, much more than I'd ever worried about nutrition when my daughter was growing up. Because I always came home between dog training lessons to roast some chicken, steam broccoli and baked potatoes, I believed that she was eating well. In no time, because of changes I noticed, I became as comfortable about the way my dogs were eating. The first difference I noticed was the odor and appearance of the food. The raw diet was so appealing that sometimes I prepared enough for the four of us, though my husband, Steve, and I passed on the raw meat. I must admit, I'd never wanted to share their previous food. The fresh diet smells good. It smells, and looks, the way food should. The old diet, high-priced kibble, just can't compete. In addition, Dexter, who is hypothyroid, always suffered from poor appetite. Several times a week I would sit on the floor next to his dish and feed him out of my hand. As soon as I started the dogs on raw food, everything changed. The moment we open the bedroom door, Dexter bursts out and races to the kitchen, pacing and bumping my legs with his nose to urge me to grate, chop and mix faster. When I put his bowl down, he devours every bite, licking the bowl around the kitchen until it looks as if it was never used. Of course, he might be that enthusiastic if I gave him Twinkies for breakfast or, worse, soft, moist dog food. But I doubt I would have gotten the other results I've been noticing. Within a week, Dexter's energy had doubled. He became adolescent-like again, wildly enthusiastic, playful, more cheerful than ever. And to our delight, the new Dexter keeps cracking jokes on Flash, our Border Collie, teasing him so cleverly you'd have to wonder who, hype aside, the smarter dog really is. Dexter's coat, which was always on the dry side, is silky now, and thicker. And while his energy still comes in bursts, the bursts are more frequent and longer lasting. The downside is that Flash's energy is up, too. For someone who lives with a Border Collie and doesn't keep sheep, this is not an advantage. But though I occasionally think of feeding Flash sawdust, I don't. I keep him on the raw diet and throw the ball a hundred extra times a day. After a few frustrating visits, we discontinued going to the homeopath because none of the many remedies she suggested helped at all. The glucosamine and chondroitin sulfate, which I had read about online and in the New York Times, helped a great deal, but when the cold weather arrived, Dexter had a flare-up of his arthritis. For this, our regular veterinarian suggested acupuncture, which has been working very well. I know some people think it's crazy to spend so much time preparing food for dogs, but I am completely blissful doing so. There's something peaceful about starting my day at the cutting board, a sharp knife in hand, a pile of fresh veggies on the counter and two hungry dogs waiting impatiently at my feet.

Carol Lea Benjamin is a noted author about, and trainer of, dogs. Her books include "The Dog Who Knew Too Much" and "This Dog for Hire," honored with the Private Eye Writers of America's Shamus Award and the President's Award for Best Writing by the Dog Writers of America. She lives in Greenwich Village with her husband and two dogs.

What is in Your Pet's Food Dish?by Trina Nowak, B.Sc.Agr.

Have many of us as pet owners really considered what the ingredients are in our pet food that we feed our small animal companions? It is up to us as pet owners to become educated and make sound decisions when caring for our pets. Our pets can not go to the grocery store to choose what they want to eat, pay for it and then bring it home. If this choice was up to them, I am sure we would see a different regimen of feeding. In this article let's discuss what Natural means to us, the ingredients found in our pet food, and why we should consider feeding a natural diet.

Natural can mean different things to each of us. It can mean feeding a pet food that excludes additives, preservatives and chemicals. It can mean feeding a diet that is wholesome, pure and organic. It can mean feeding a good quality kibble diet or it can mean making your own homemade pet food to ensure your pet eats wholesome quality food. Natural can mean the food nature intended us to eat. This means going back to our ancestors and discovering what they ate. For both humans and pets, most of our ancestors consumed unprocessed, whole, fresh-from-the-farm-food items. There were no other choices. It can mean eating steroid-free foods, antibiotic-free foods, no genetic engineering foods, organic foods, and chemical-free foods. To me natural means eating whole, unprocessed, chemical-free, organic, pure, no genetic engineering foods.

Since evolving in this ever-so-fast paced world, fast food dining has become an everyday outing for us as humans. We do not stop to think what or how the food is made anymore. We do not check labels and we do not eat well-balanced meals like they ate on the farm. So it is only "natural" that our pets consume fast food dining from a bag. Commercial pet food, kibble as we know it, was only developed about 40 years ago. Before kibble pet food, pets ate what we ate which included food from the farm (carrots, broccoli, greens, spinach, eggs, meat, bones, table scraps). I can remember my grandfather saying, "Our farm dogs ate what we ate and they never ever went to the veterinarian with health problems. Now look at today's pets who are frequent visitors of many veterinary clinics." Of course, this comment would come after I had insisted that he not feed my dog table scraps. How times have changed because now my dog eats everything

Home Cooked Dog Food Stuff

but the table and kibble pet food. Did you know that some European countries do not know anything about commercial kibble pet food? They still feed their pets whole fresh farm foods. Their pets are not consumed with as many health problems as our Canadian and American pets are faced with. Could it be as simple as "your pet is what they eat"? Many people have never stopped to consider what or how the food their pets consume does affect their health.

We all know the following ingredients because they are displayed on many pet food labels: BHA, BHT, ethoxyquin, Propylene Glycol, Sodium Benzoate, Potassium Benzoate, Yellow Dye #, Red Dye #, etc. Have we truly considered what these ingredients do in our bodies let alone our pets' bodies? They are certainly not "natural" ingredients. Do they provide any nutritional value within the pet's body? The answer is simply no. Then why do they exist? The answer is as simple as convenience, taste and visual appearance. Animals don't care about what the food looks like and they certainly don't care about convenience. What they do care about is pure goodness. If your pet does not eat a certain pet food, your answer may be as easy as your pet knows what is good for him or her. But because we as humans desire a pet food as simple as opening the bag up and pouring it into the food dish, we have eliminated good nutrition from the important equation of Pet Wellness.

Many pet foods found on the shelves of today's pet stores contain grains and fillers. Have you noticed that the first ingredient is generally meat meal or by-products (we will get to this later) and then there may be 3 to 4 grains (including corn) in the pet food? Carnivores (dogs, cats, ferrets, and any animal that eats meat) can not properly digest grains. Grains act mostly as filler to increase dietary fiber, but many pet foods contain too many grains. Most grains found in pet food tend to be simple carbohydrates. The end products after digesting grains are usually simple carbohydrates, which in other words are sugars and starches. Do our pets need sugars and starches in their diets? Do they have a dietary need for sugars and starches? No. Sugars and starches end up feeding cancer or other diseases. The body works hard to filter the excess or unwanted end products of digestion. Therefore, why feed your pet something it doesn't need and better yet why feed your pet an ingredient that makes its body work hard to eliminate?

I mentioned above about meat by-products and meals. This is a fancy way of saying stomach contents, intestinal contents, hoofs, chicken heads, ears, tails, etc. In other words meat that provides little use in the pet's body. Some pet food companies also go to the extent of putting in the 4D meat. 4D meat means diseased, dying, decayed, and dead animals. Meat quality is very important because raw meat provides live enzymes needed for digestion and assimilation of nutrients. Raw, good quality meat also provides essential amino acids necessary to provide building blocks within the pet's body. Cat's can live solely on a meat diet because they are true carnivores. Therefore we must ensure that they are receiving wholesome, pure quality meat. Dogs are more of a secondary-carnivore and therefore rely on a combination of meats and vegetables.

Speaking of vegetables, have you ever seen a dog or cat food contain vegetables? It is very rare to see this. Vegetables provide so many different nutrients including vitamins, minerals, digestive enzymes, co-enzymes, fiber, and more. Raw, grated vegetables are necessary to any pet's diet. The vegetables need to be grated or juiced in order for the carnivore's gut to digest the nutrients to the fullest. This assures proper assimilation of all nutrients within the food your pet eats.

Agricultural practices today are not what we have known to exist years ago. Our land is not as fertile as it once was due to the elements of nature (erosion, wind, heavy rains, leaching of our soils, etc) and farming practices. Thus, the foods that are produced in the fields are not as nutritious because the soil has very little to offer the plants. Farmers have come to recognize this now and hopefully they can start to give back to the soil that we have taken from the soil over the years. If the soil does not contain the minerals or nutrients needed then our plants and food does not contain as many nutrients. Therefore, the foods we eat are not of high nutritional quality anymore. It is important that we offer our pet's supplements in order to compensate for this lack of nutrition found in our foods. Kibble pet food is not as complete and balanced as they say it is because of agriculture practices and that is why they add in synthetic vitamins and minerals. As well, kibble pet food is cooked at very high temperatures, which changes the food ingredient nutrients. Proteins are denatured (altered in chemical composition) when they are cooked or processed. Proteins are found in many of our foods. When we denature our foods, the body does not recognize the nutrient anymore and therefore eliminates it as a "foreign" material, hence allergies and disease.

Many pet foods are now promoting themselves that they contain digestive enzymes and probiotics. Digestive enzymes and probiotics are very delicate and can not tolerate heat. Yet they are supposedly in commercial pet food. Are they viable and doing their job? I highly doubt it. Digestive enzymes are made from amino acids and are highly specialized proteins. When exposed to heat or processed they are altered and can become dysfunctional or provide a different

Home Cooked Dog Food Stuff

function in the body that they were not meant to perform. Probiotics, also known as acidophilus, bifidus, bacillus, FOS, are highly sensitive to high temperatures and light. Generally, they are found in the refrigerated section of health stores. Many pet food companies say they put the probiotics, digestive enzymes and oils on in the cooling stage. The food is still warm and can kill the active ingredients of these delicate essential ingredients.

One last important comment, many pet foods do not contain enough Essential Fatty Acids. Sure they may list flaxseeds, primrose oil, olive oil, canola oil, fish oil on the label. These oils can not withstand high temperatures and can go rancid quickly if cooked or in light. Therefore, does it make you wonder how they can add this type of fat to a commercial processed diet? These oils are very delicate yet offer valuable nutrition. Essential fatty acids are important to keep skin and hair coat healthy, balance hormones, lubricate joints, build the immune system, enhance vision, etc. Many pets that consume commercial pet foods are faced with the following problems: chewing feet, licking and chewing oneself, itchy body, dull coat, etc. There needs to be a balance of oils within the body and therefore omega 3 and omega 6 are needed to achieve a healthy body.

The above is just a quick summary about the importance of good nutrition and why we should focus on a more natural diet for our pets. They deserve the very best, don't you think? Next time you go to purchase your pet's food, check the label. Is it cooked? Does it contain too many grains? Does it have any vegetables? Does it list any meat by-products or meat meal? Are there any ingredients that you do not recognize such as preservatives, additives, chemicals, dyes, etc.? Does it contain any essential fatty acids? In a nutshell, consider feeding your pet 4 life. In other words, choose your pet food wisely because we want our pets to stay healthy for a long time to come. Too many diseases arise from poor nutrition. Your pet will thank you for choosing wisely. If you would not eat it then your pet should not eat it either. That is how I feed my pet, she gets only the best!

I Feed BARF! by Trina Nowak, B.Sc.Agr.

Whenever I say this comment, I get the strangest of looks and comments. Yes my dog eats BARF and she loves it. I know she loves it because she has never eaten her food so ravishingly before (the bowl is licked clean) and she has never been in better health. This is a dog who ate premium quality kibble and had many health problems (anal gland infections, parasites, underweight, OCD (bone/skeletal problems), vomited her food nightly, had severe separation anxiety, neck pain, dry skin, mange; I think that about covers it!) She has no more severe pain from OCD in about one whole year. The pain was so severe we contemplated euthanasia to put her out of her misery. I am sure glad we switched her diet to BARF. In case, you are wondering what BARF is I will no longer hold you in suspense. BARF stands for Bones And Raw Food. A bones and raw food diet goes way back to how carnivores used to eat in the wild before they became domesticated and commercial pet food arrived on the market. A BARF diet has many health benefits, it consists of many good foods, and best of all pets love to eat it.

Bones and Raw Food is just what it sounds like. A basic diet for your carnivore animal would include raw meat, juiced/grated vegetables, essential fatty acids and some nutritional supplements. Of course, my dog did not eat kibble one day and then the nextday eat raw meat. The transition was slow for her because she was not well. We switched her diet slowly by adding whole foods to her kibble diet. Her diet consisted of either lamb, chicken, beef or pork meat cooked, raw, assorted, juiced vegetables (carrots, peas, spinach, cabbage, broccoli, cauliflower, greens, turnip, sweet potatoes, basically what I had in my fridge), eggs, honey, garlic, flaxseed oil alternating with olive, primrose, fish oil, Ester C, Alfalfa, Kelp, digestive enzymes and probiotics. Approximately three times a week, I would give her a B complex, zinc and vitamin E added in to her food. She also would receive a good quality multi-vitamin daily. During the transition phase of her diet probiotics and digestive enzymes were necessary to help her digest the new foods in her body. The body is faced with new food items that it has never seen before and therefore it needs help to digest the food until it can manufacture the digestive enzymes itself. Probiotics are known as "good" bacteria that aid in digestion and assimilation of nutrients within the digestive tract. Eventually over time we switched her to eating an entire raw foods diet including raw meat. The mechanics behind this diet is simple. Know your pet and pay attention to fine detail to your pet's health when feeding this type of diet. If you pet has loose stool one day, then figure out what was different in the diet that may have produced loose stool and change it back. If you pet is losing or gaining weight from the diet change then make adjustments to correct the problem. The other important factor when feeding this diet is to include variety. Offer your pet many different types of food to eat. The more the variety he/she eats, the more nutrients are available for digestion and assimilation.

Home Cooked Dog Food Stuff

Dogs and Cats are two different species and thus should be fed two different diets. A cat is an obligate (true) carnivore and can live very well by eating only meat. A dog is more of a secondary carnivore and needs a mixture of different food ingredients (meat, vegetables, yogurt, dairy, etc.) to satisfy its nutrient requirements.

THE BARF PLAN

The following is a basic description of how I prepare my dog's BARF diet. This is just an example to illustrate how easy it is to feed BARF. This example is only to provide information and the BARF diet may not be beneficial to your pet. There are many different methods to feed a BARF diet and you have to find the one that best suits you and your pet.

I make my pet food in large quantities and then freeze the food in meal size quantities. We generally suggest feeding your pet 1/2 pound of food per 25 pounds of body weight.

1. GETTING STARTED

Figure out how much BARF you need to make. If your pet weighs 50 pounds he or she will eat 1 pound daily. Therefore, you can make 14 pounds of food to last 14 days.

2. Find supplies: Call wholesale meat and vegetable outlets for economically priced, good quality meat and vegetable supplies. Try calling your local butcher (here you can get the meat pre-ground, organ meat and bone dust). Grocery stores have discount racks that have good quality cheap produce.
3. Go shopping: You will need the following - meat (lamb, chicken, beef, turkey - pre-ground or necks), vegetables (choose a variety - broccoli, turnip, celery, carrots, cauliflower, spinach, kale, sweet potatoes, cabbage, greens), eggs, bone meal or finely ground bone, honey, apple cider vinegar, apples, organ meat (hearts, liver,...), garlic, flaxseeds,....

PREPARATION

You have all the ingredients and are ready to make a batch of pet food.

1. What equipment do you have? I used my food processor and mixing bowls. The meat I used was pre-ground from the butcher. Please disinfect your counters before starting the preparation of the food. Use proper food safety techniques.
2. Set aside pre-ground meat
3. Put a variety of vegetables, apples and garlic in the food processor. Once all vegetables are juiced/pulped set them aside.
4. Put organ meat (hearts and liver) in food processor and blend them. Set aside.
5. Put eggs with shells in food processor. Blend until the eggshells are fine.
6. Mix meat, veggies, organ meat, and eggs together. At this time I have added honey, alfalfa, kelp, pre-ground flaxseeds, bone and Grapefruit Seed Extract to the mixture. Mix well. The Grapefruit Seed Extract kills any bacteria or toxins during preparation of the food.
7. After the food ingredients are thoroughly mixed, place weighed amounts in freezer bags. I generally put the amount per meal fed in a zip loc freezer bag. Tia, my Great Dane, eats 3 pounds of BARF daily. Therefore, I put 3 pounds of food in each zip loc bag.
8. Place bags in freezer to freeze.

SERVING OTHER FOODS

In between her meals she can chew on raw meaty bones, which helps keep her teeth clean, provides an array of nutrients and keeps her occupied. She also gets table scraps, cottage cheese, yogurt, nuts, raisins, fruit, cheese, milk during the day (not everyday but from time to time). She eats almost everything. Remember variety is the key to feeding this type of diet. She also gets her all-natural doggie cookies.

FINAL THOUGHTS

It is fairly simple to make a BARF diet especially when you prepare huge batches at a time. Your daily feeding does not become a chore.

Your dog, cat or ferret will appreciate you for feeding him or her a BARF diet. I highly suggest you educate yourself about feeding this type of diet. There are many books, web sites, research articles, pet nutritionists available to help you become familiar with how and why to feed BARF. Here are some personal references: [Pets 4 Life](#) & [Trina's Place - Pet](#)

Home Cooked Dog Food Stuff

Holistic & Nutrition Info. BARF strengthens the immune system to help your pet fight disease and get well. HAPPY FEEDING!

Introduction To BARF Diet-

The BARF diet, like life, has many different successful routes. I have tried to detail some of the basic questions that you may have which will hopefully get you onto the BARF track.

People have different ideas about BARF and my suggestion if you become confused, is NOT to go back to commercial foods, but start thinking about what is best for your dog (or cat).

Start with the basics - raw chicken bones - carcasses, wings, necks. For the majority of BARF'ers - that is the base of the majority of their dogs meals. However, if chicken is not available readily, use what is available locally - raw meaty - lamb, beef, venison, duck, rabbit, kangaroo, pig, raw whole fish. You get the picture.

Please note: Dogs do not have the digestive system to cope with grains. Grains are one of the biggest sources of allergies in dogs. Grains make up the majority of dog food company food sources. Many people find when they switch to an all natural diet, the allergies their dogs had disappear. This is common.

Not only is BARF cheaper to feed than commercial dog foods, but there are enormous savings to be made by not having all those vet visits to fix your dogs' allergies. Are you asking yourself yet, "why hasn't my vet recommended this?" Yes, I would ask that of them too. Unfortunately most vets receive NO education at university on dog diet other than what the commercial dog food company reps tell them! (yes, this is the education they PAY to get - unbelievable. Luckily, some universities are realizing this mistake and are making amends).

What is BARF?

BARF - Bones and Raw Food - it refers to a type of diet fed to dogs (and cats) which totally excludes all commercial dog foods.

Why should I feed a BARF diet?

A BARF diet provides a range of benefits that commercial dog diets can never hope to even closely match. These benefits include:

1. no doggy odour
2. naturally cleans teeth - no need for toothbrushes, de-scaling jobs, or gum disease
3. the time it takes for a dog to chew a raw meaty bones give their stomach adequate time to get the acids moving
4. much less stools produced - and they are firm, and turn chalky after a couple of days
5. decreased or non-existent vet bills (your dogs are healthier!)
6. less cost for dog food - commercial dog foods are ludicrously expensive
7. mirrors what a dog would be getting in the wild - and certainly even the modern day dog has a digestive tract exactly the same as a wolf
8. puppies develop at a more appropriate rate - and quick growth spurts are avoided. A GOOD breeder will want to stop fast growth in any pup.
9. the ripping and chewing involved in eating raw meaty bones develops the jaw, neck, and shoulder muscles of the dog. Commercial dog foods will never assist in this important muscle development.

What have people have reported?

People who have switched their dogs to BARF from commercial dog foods have found the following:

- dogs who were previously un-energetic, and sluggish become completely new dogs once the BARF feeding begins
- allergies their dogs previously had on commercial foods, disappear once they start with BARF
- arthritis has significantly reduced or disappeared in some dogs switched to BARF
- better weight control
- no more doggy odour!
- their dogs are living longer on BARF than what their other dogs previously had survived on commercial dog foods
- that their bitches managed their pregnancies better
- better weight and survival figures in puppies

Home Cooked Dog Food Stuff

Why is commercial dog food not good for my dog?

There are a range of problems with commercial dog foods. I will provide some links below, but in summary:

- a dog's food should never be cooked. It should be fed in a raw natural state like nature intended. Cooking a dog's food ruins most of the nutritional value.
- dogs should have access to raw meaty bones. These clean their teeth, work and develop their neck and jaw muscles, and the chewing action prepares their stomach for the incoming food mass. Chewing bones also slows down the eating process considerably, making it far harder for a dog to over eat.
- dog foods have as their main ingredient cereals - the main ingredient your dog should be eating is raw meaty bones. And it is these very cereals that cause a range of problems such as allergies.
- commercial dog foods are laden with preservatives, colors (dyes), and salt. They have additives to make the food taste better so that the dogs will overeat.
- the vast majority of commercial dog foods have far too much carbohydrates in them. High levels of carbohydrates are linked to over-eating, diabetes, weight gain, and numerous other problems. Dogs should eat a diet with only a small amount of carbs.

Well then, why do so many people still feed their dogs commercial dog foods?

Yes, it confuses me too! However, commercial dog food companies have got the advertising part down amazingly well. They have entered the market at every point. With some companies, breeders and vets get major discounts and kick-backs for selling their product. They sponsor dog shows, they advertise in dog magazines, they get high profile people (including vets) to talk about their product.

And most importantly, their advertising campaigns are slick, and tend to make people feel guilty if they feed any other way.

And people are suckers for good advertising.

Let me make this very clear to you, I make no money from recommending BARF. As a breeder of dogs I could make a small fortune by letting my dogs be in dog food commercials, and by selling on commercial dog foods.

I only recommend BARF because I want your dogs to be getting the diet that will make them the healthiest that they can possibly be.

But how will I know how much to feed my dog?

You feed your dog based on their energy requirements. It will differ for how much work your dog does, and what their metabolism is like.

As a rough guide, my adult male boxer (neutered) will eat one chicken carcass a day as the base of his meal, and then some other bits and pieces. The same goes for my Portuguese Water Dogs.

My toy poodle will have three chicken necks a day (or more if he's been a bit active) as the base for his meal.

Look at your dogs regularly - if they are looking a bit porky, then cut down on the fat in their diet. If they look a bit thin, then, an extra half a chicken carcass in the diet for a few days may be the solution.

It's not hard to do, and when you get into a routine, it's darn easy. Trust me!

But aren't chicken bones dangerous?!!!

This is one of the biggest myths of all time! Raw chicken bones are fantastic for your dog. They are soft enough so that they bend easily, and break well for the dog to digest.

On the other hand, cooked chicken bones can be a problem, and I recommend that you DON'T feed COOKED chicken bones.

So could a raw chicken bone kill a dog? Well I guess that anything is possible. Certainly scientifically you can't prove a negative argument. However what we do know is that dogs have died from inhaling kibble the wrong way and choking and suffocating to death.

Home Cooked Dog Food Stuff

Feeding your dog is about management of risk. No matter which path you decide to take there is always risk. There is always someone who will criticize your decision. However you, and only you can decide what is best for your dogs. Weigh up all the benefits and risks. Do your own analysis. Do your research. Do what will have the greatest overall benefit for your dog.

My dog tends to inhale food!??? -

There is a real need to manage this.

This is common with some dogs who have been raised on commercial food who don't actually ever learn to chew.

You need to be careful with all dogs regardless of what they eat during their meal times. I've heard of dogs choking and dying on kibble, and dogs choking on raw meaty bones. - Just like I have heard of humans who have choked and died on a small piece of sausage or cheese.

You should supervise all meal times.

If a dog is scarfing down their food, I feed them by hand, in an isolated environment, until they learn how to chew. Chewing is critical for a dog. And literally some dogs need to figure it out as adults how to do it. Sometimes I will hold one end of the chicken wing and not let them swallow it until they have chewed it a bit. Puppies that I have brought up feeding raw meaty bones from an early age never seem to have these sort of issues. But you never can tell.

Some dogs will try and inhale even large meaty bones, so you really need to work with these guys carefully. They should eventually work it out.

Be also careful of the greedy guts who thinks s/he will be starving unless food is consumed in great quantities immediately. Most dogs will learn eventually, but others, well, it may take a long time.

So in summary, monitor meal times, and be sure to watch out for the greedy guts - and manage them carefully.

But what about bacteria on raw chicken?

So many good questions!

Ok, there is bacteria everywhere. Dogs have an amazing immunity system specifically designed to eat all manner of bacteria. And a healthy BARF fed dog manages those bacteria without a problem.

E-coli, salmonella, etc are found on raw chicken, but those nasties are also found in your fridge, in your sink, on your floor, in your backyard, in your car, on the footpath, down at the park, and perhaps in your bed! Interestingly, the only cases I have heard of dogs dying from e-coli or salmonella, were dogs fed commercial dog foods.

The most important thing is to wash your hands thoroughly after feeding your dogs, and even after cutting up meat for your own meals. Our digestive systems are not quite as robust as our dogs, so we must protect ourselves.

I use a spray bottle containing white vinegar which I spray about when I need some disinfecting.

I have been feeding BARF for several years, and have yet to have a problem with bacterial infections with my dogs. They are so darn healthy, they are never at the vets! Well, except for when I got them micro-chipped.

But my vet doesn't think that BARF is any good

Then your vet needs some serious re-educating!

Keep in mind that vets are told very little about dog diet at university. In fact, in some universities, reps from the dog food companies, come and do presentations on dog diet, as part of the curriculum. Many vets get their education on dog diet by dog food reps.

And many vets make a lot of money by retailing dog foods.

Home Cooked Dog Food Stuff

If you have a vet that doesn't want to be re-educated, or will not discuss options, then that is a very sad state of affairs. Here's hoping you can find a better vet.

Given this age of the internet, there is absolutely no excuse for vets not to be educated on all feeding options. And there are plenty of vets on the internet who would gladly converse with other vets about BARF. You found this page, why can't they?!!

That being said, there are plenty of vets out there now who realize that there are significantly better alternatives to commercial dog food. Many vets who have changed their ways are very sorry that they did not "see the light" much earlier.

What do you feed your dogs, Jane?

Great question! These are the things my dogs eat:

- raw meaty bones - chicken, lamb, pork, whole raw fish (at least once a week), beef, rabbit
- yogurt
- whole raw eggs in their shells (I let the dogs crack the shells)
- fruit and vegetables
- table scraps - but no cooked bones!
- kelp
- garlic
- livamol - a livestock supplement containing all sorts of goodies, but it is mostly made up of molasses (Note: Livamol is only available in Australia)

Grains PLEASE NOTE: I NEVER EVER FEED MY DOGS GRAINS - THIS MEANS, NO OATS, RICE, WHEAT, BREAD, CORN, ETC.

Dogs do not have the digestive system to cope with grains. Most commercial dog foods contain more than 50% grains (yes, this includes all those fancy expensive ones too!) Grains are one of the biggest sources of allergies in dogs.

My dogs have a diet that is high in protein, and low in carbohydrates - like nature intended.

Where can I buy this stuff?

Talk to your local butcher, abattoir, or chicken processor. Many of the leftovers that these guys consider waste, us BARF people consider fantastic for our dogs. Things like chicken carcasses, chicken necks, chicken feet, and chicken heads are considered rubbish, and are sold for next to nothing. You should be able to get these fairly easily.

You can also try things like pigs' trotters (that's pig's feet), ox tail, lamb's necks. Some people also have access to ostrich carcasses, and deers. Be creative. And don't forget raw whole fish!

You also should be able to get overripe fruit and vegetables very cheap. One great suggestion is going to those places that juice fresh fruit and vegetables for juice, and ask for their leftover pulp. They will probably be more than happy to give it to you. Be creative!

Can I feed my pregnant bitch on BARF

Yes! Yes! Yes!

This is the best thing you can do for your bitch.

I have actually changed the diet of a bitch I obtained, who was pregnant, to BARF when she was pregnant. I was certainly not worried about any cross over issues. For her, the potential damage of commercial foods to her and her puppies was my main concern. I couldn't get her onto BARF quick enough!

Mind you, she did eat one heck of a lot! So for pregnant and nursing bitches you will find that they need more food to cope with the demands of the little guys! And sometimes, a pregnant bitch will not want to eat a lot. You let your bitch be the judge. She knows her needs.

Home Cooked Dog Food Stuff

Can I feed puppies on BARF?

You most certainly can. And the good news is that unlike the commercial dog foods who recommend a confusing range of foods for different age groups, BARF fed dogs are fed the same regardless of age.

Of course, you won't want to feed that little puppy huge marrow bones! So, use common sense in your feeding.

How do I learn more?

There are several good books you can purchase:

Give Your Dog a Bone - Dr Ian Billinghurst

Grow Your Pups with Bone - Dr Ian Billinghurst

"The Ultimate Diet :Natural Nutrition for Dogs and Cats". by Kymythy Schultze (no grains, so dairy is chief difference)

Also, I highly recommend you start surfing the internet. There are several good sites in the BARF web ring that will detail all you wanted to know and more about BARF. The BARF webring is for people who only feed 100% BARF, and if you do, then you are encouraged to join the ring.

Jane, you spend a lot of time talking to people about dog diet. Why do you do it?

Life is about learning. Part of my core instinct is to help people out. As part of this, I feel a great desire to ensure that we look after our fellow furry friends.

With my show dogs, I call the barf diet, "my secret advantage". On one level I would much prefer that my competitors don't feed the barf diet, as I know their dogs will not be in the same condition as my guys. But on the other hand, what I want most, is for dogs to be healthy, regardless of who owns them.

Interestingly now days, the barf diet speaks volumes in the ring, and we often get asked the question, "what do you feed?".

We often win dog food at dog shows. The first thing we do with that is put it in the closest trash bin. There's no room for that sort of rubbish in our dogs' diet. The health of my dogs is far too important for me to compromise it by feeding a vastly inferior standard of food that commercial food represents.

Slippery Elm

Slippery elm, obtained from the inner bark of the red elm tree (*Ulmus rubra*), was used by Indians as a demulcent, a substance that restores the normal mucous coating on irritated tissues. You can buy slippery elm lozenges in most grocery stores. Try them for sore throats. Or buy slippery elm powder and keep it on hand for its soothing, healing properties. It makes a nutritious gruel that is a good food for infants and persons debilitated by chronic illness. It also helps heal irritated tissues of the gastrointestinal tract. Mix one teaspoon of the powder with one teaspoon of sugar and add two cups of boiling water, mixing well. Flavor with cinnamon if you like and drink one or two cups twice a day.

You can also mix slippery elm powder with water to make a poultice for burns, boils, uncomplicated wounds, and all inflamed surfaces. (Comfrey poultices, by contrast, are for complicated wounds that refuse to heal on their own.) This useful remedy is absolutely harmless and worth knowing how to use.

From another source for humans

Historical or traditional use: Native Americans found innumerable medicinal and other uses for this handy tree. Canoes, baskets, and other household goods were made from the tree and its bark. Slippery elm was also used internally for everything from sore throats to diarrhea.¹ As a poultice, it was considered a remedy for almost any skin condition.

Active constituents: The mucilage of slippery elm gives it the soothing effect for which it is known.² The bark contains a host of other constituents, but the carbohydrates that comprise the mucilage are the most important.

How much should I take? Two or more tablets or capsules (typically 400-500 mg each) can be taken three to four times per day. A tea is made by boiling 1-2 grams of the bark in 200 ml of water for ten to fifteen minutes, which is then cooled before drinking; three to four cups a day can be used. Tincture, 5 ml three times per day, can be taken. Slippery elm is also an

Home Cooked Dog Food Stuff

ingredient of some cough lozenges and cough syrups.

Are there any side effects or interactions? Slippery elm is quite safe, with no known side effects or interactions with any other medicines.

[Slippery Elm]

sore throats, soothes burns and skin irritations, eases indigestion, treats minor wounds conditions and ailments a-z and another Before Dutch elm disease decimated the great slippery elm forests of the northeastern United States, this plant was perhaps the country's favorite home remedy -- used in sore throat lozenges and as a hot cereal (like oatmeal) for ulcers, heartburn and common digestive complaints.

That sweet mucilage apparently coats and soothes mucous membranes. "There's a polysaccharide in the bark that's very soothing, there's no question about that," says Christopher W. W. Beecher, PhD, associate professor of pharmacognosy in the Department of Medicinal Chemistry and Pharmacognosy at the University of Illinois at Chicago. A polysaccharide is a kind of carbohydrate.

Subject: RE: Monica/Re- Slippery Elm

I also keep a bottle of slippery elm powder in the cupboard for the dogs and myself should the need arise. I have found it very soothing for tummies. I usually give it as a greul, paste (it's a bit sweet and the dogs lap it right up)and then let it work as the tummy rests for 12-18 hrs. Then a simple meal of rice and boiled beef and that generally does it.

If you think dairy products are causing an upset stomach, then try the powdered acidophilus and see how she does. There is even a form made from carrots, but I have never used it (puritan's pride has it). Most dogs do really well on any form of fermented dairy product, but not all. Look for a acidophilus that is refrigerated, and one that has bifido-bacteria as well.

The one I use alot and has a long shelf life (refrig) is KYODOPHILUS by Wakunga- the same people that make Kyolic (the garlic stuff)

Acidophilus will restore the normal gut bacteria. If your dog has a gassy, gurgly tummy that may be caused by a intestinal flora imbalance and then, yes, the acidophilus will help because the "good bugs" will replace the "bad bugs" that could be making the gas. ...Keep looking into things and asking those questions !

Hi Monica,

I really appreciate you looking up the Wysong's Pet Inoculant. You said one thing that I didn't understand what you meant. <I am curious as to why he uses safflower oil when omega 6 oils are readily available in the diet. What part contains omega 6 oils???? Is the inoculant meant as a dietary supplement or just suppose to be used on occasion? I have also been hearing alot about slippery elm and just looked it up. I was wondering if you have ever heard of any negative side effects from it and how much would I give a 6 lb. dog???? I have been a bit leery of any kind of homeopathic remedy or herbal remedies since it was a homeopathic vet who recommended I put her on a raw diet and even though I asked a million questions, she assured me it would be great for her. That is was caused her pancreatitis. I really like to look into things now and ask alot of questions. Also , do you think acidophilus purchased in a health food store would be more agreeable on the digestive tract than yogurt? Also is this calming and soothing to an upset digestive system??

Abbey

Date: Mon, 15 Jul 2002 15:27:11 -0000

From: "stacyandbill" <stacyandbill@yahoo.com>

--- In K9_Natural_Diets@y..., Tori Muir <woodopetedog@y...> wrote: Why "only" organic? Most dog food doesn't have organic meats and grains. I don't trust the sources. Do you buy from supermarket/warehouse market etc... I am concerned about the hormones,etc... without cooking aren't they worse?

Tori,

Actually, in the US it is illegal to "inject" hormones/antibiotics into chicken, however, they can add things to their feed like "Breast Builder" and other hormones/medications. I do buy vegetarian fed, organic free range eggs because I can afford them and I give a lot of eggs both raw and boiled to my dogs (and we eat a lot of them too). Eggs are the highest quality protein there is and it's a good balance between fat/protein (and calcium with shell for dogs). I just read that the idea that eggs give

Home Cooked Dog Food Stuff

people high cholesterol is false, the whites supposedly have lecithin which conetracts the cholesterol in the yolks. Hope that is true - both dh and I have excellent cholesterol levels. But my great grand parents fried their eggs in bacon grease every day (yuck!)...great grandpa lived to 86 and great grandma is still doing well at 83 <smile>.

When it comes to hormones in meat, I really don't think cooking destroys them. Or at least I've never heard of that. I do know that most toxins in meat collect in the fat. So non-organic dairy could be the worst thing for us. I buy all organic butter, milk and cheese. The organic cheese is REALLY expensive (and I live in Wisconsin!) so we don't use a lot of cheese.

Again, in my opinion, agribusiness meats (grocery store meats) are still much better for dogs than grain based kibble. So if feeding raw meats with hormones/antibiotics is one option and grain based kibble is the other, I would always go raw meat/bones. We (modern society) are the ones that perpetuated this over population of domestic animals. It's up to us to feed them what they were designed to eat. If we don't, we see sick, lethargic, fat pets with more disease than has ever been seen before. Sounds like American society of fast food and convenience....but we have a choice, dogs don't.

Yes - the meats used in my foods are the same meats that you see in grocery stores. They come from large meat packing plants in the South and Midwest. Our country consumes meat so fast that the meat being shipped all over is very fresh and they are using the growth hormones to farm it fast enough to keep up with the demand. It is our own glutany that causes such proliferation of corporate farming. I am considering an organic line of pet food someday but I can't keep up with production now and the prices are still pretty high (yet competitive).

>> We do buy organic meats for ourselves too pricey for us and the dogs. Funny, I am talking about feeding organic to my boys and I don't eat it myself.

Yes, I know many people who will put their dogs before themselves in many instances. I have an acquaintance who feeds her dogs raw and literally spends all her spare time shopping/preparing and feeding them. Yet she is extremely overweight herself and she smokes cigarettes (no offense to anyone here who smokes) and eats tons of fast food. She has no intention of taking as good care of herself as she does her dogs. I have to question, who would take care of her dogs as diligently as she does if she has an untimely death due to her own lack of self care??

>> They NEVER get gas from their raw meals Woody used to get gas not bad but everyday tooting around. I haven't heard him toot once since I cut out grain and added probiotics and digestive enzymes.

That is an excellent sign that things are getting better for them interally! So the home made stew is going over well?

>> you could get a grinder that would take wings, necks and backs.... I really wanted to get one but I am broke. With all the supplements I bought and the Billinghamurst and the vet bills etc... I will not be getting a grinder for a while. I think this will be the way for me. I am not scared of the marrow bones. Just the wings.

Stacy and Jade

Date: Mon, 15 Jul 2002 08:36:12 -0700 (PDT)
From: Tori Muir <woodopetedog@yahoo.com>

Yasmeen and Karen, I agree with you both. I know I could never feed 3 to 4 days a week of all RMBs. I was however thinking 1 meal a day to start to see how that goes. My question is do you grind the RMBs and mix the veggies, do you add something to get them to eat the veggies. In Sue's book, she adds sardines and mackeral raw egg to the veggie meal but she is only feeding it once a week maybe twice. I have been feeding juiced veggies for a few months but they will not eat them alone. Yogurt, meat, offal and cottage cheese work, I could just stick with that.

Thanks, Tori, Woody, and Petey

Date: Mon, 15 Jul 2002 15:47:07 -0000
From: "stacyandbill" <stacyandbill@yahoo.com>
Subject: Re: Chicken Wings

Any ground food I feed now has everything in it, RMBs, Muscle, organ, veggies and supplements. However, before I started

Home Cooked Dog Food Stuff

my company I used a Maverick grinder to grind equal parts of organ meat and veggies and added many supplements like garlic, kelp, alfalfa, oils, etc. in big batches and froze it in 1-2 lb containers. I would feed a scoop (maybe a half cup) of this mixture with the RMB meal or RMB in the morning and organ/veggie mash in the evening with a small RMB or some extra muscle meat. You can chop up the organ meat and add ground veggies and mix it up really good. However, the the organ meat in chunks, they may eat those and leave the veggies. Some dogs learn to like veggies. Mine like many veggies and not others. If you do get a grinder down the line, this is an easy way to get organ meat and veggies in without any protests. Stacy and Jade

--- In K9_Natural_Diets@y..., Tori Muir <woodopetedog@y...> wrote:

> I am also scared of the entire organ meat meal. I think this may be too much. Can you give me a basic idea of how much of each you feed? I am trying to get ideas. I now each dog is different and no I do not want the rock hard stools either. Nor diars...

Date: Mon, 15 Jul 2002 11:50:38 -0400

From: "Yasmeen Gjelsvik" <yasmeen@mcfarlanegordon.com>

I feed veggies every day mixed with either offal or mackrell, i also add eggs a couple of times a week and supplements and yoghurt daily. Dinner is always RMB (I don't grind) or Calf liver (1 x week.) I feed the RMB's for dinner because I won't let them eat it unsupervised and in the mornings i'm in such a rush they have to get their slop for breakfast. If I didn't add yummy stuff to their veggies I don't think the girls would touch it!

Yasmeen

Date: Mon, 15 Jul 2002 18:47:05 -0000

From: "dirtypoodles" <gilda@inglegroup.com>

Subject: Hello from the depths. Missed you all

Hi everyone,

After being totally immersed in other things, i just wanted to say hi to all of you, read some of your posts, update Fluffy and Taz's diet, tell you i've missed you and just stick my feet in and wiggle them around a bit.

I changed my boys' diets about 3 months ago (has it been that long? Longer?)

They have been doing GREAT, and i couldn't be happier.

I try to vary their meals a bit everyday. From being totally NOT domestic--no way no how, i've gone to actually enjoying mixing the poodles' concoctions. Now my cat wants in on the action.

My basic approach has been 60-70% rmbs daily, cod liver oil mostly, and other oils--flaxseed fish, variety of meats and muscle meats, variety of vegetables most every day, sometimes vitamin powders, sometimes other blends, wheatgerm or vitamin e, alfalfa, kelp, canned trout, bones, beef, chicken, lamb, turkey, egg etc. etc. Not everything at once, just rotating it every now and again. They tolerate it all very well, they love it, and i love preparing it.

They even get occasional treats like crackers, dog cookies, and "stuff"

Their attitudes, appearance, and poo has never been lovelier.

If anyone sees anything potentially harmful in this random method, please let me know. Not that i'll take your advice, but i do enjoy and value input.

Since Fluffy is hypothyroid, i don't give him much at all in the way of cruciferous veggies (like broccoli and cabbage)

Thanks, and hopefully i'll be visiting again soon.

Gilda, Taz (addisons dog) and Fluffy (Hypothyroid)

Date: Mon, 15 Jul 2002 19:43:58 -0000

From: "stacyandbill" <stacyandbill@yahoo.com>

Home Cooked Dog Food Stuff

Subject: Re: Hello from the depths. Missed you all

Gilda - good to hear from you! BTW - I am very proud of you for keeping up the home prepared raw diet even though you have been totally swamped and working so many hours! Also, where do you get canned trout??? Do you know the brand off hand? The only think I would say is to make sure you don't over do the cod liver oil. It is high in vitamins A and D which can be over done - some people give a teaspoon (depending on dog size, of course) per day but I definitely wouldn't give more than that....my dogs only get it about once a week and in my prepared ground foods it is very minimal per serving. Everything else looks good and I'm glad to hear they're doing so well on it! Don't forget about www.yahogroups.com/group/rawcats/ for that kitty of yours who just may need to get on the raw band wagon! Stacy and Jade (I'd love to get my paws on canned trout!)

Date: Mon, 15 Jul 2002 12:53:19 -0700
From: "Tom Palen" <tpalen@talleyds.com>
Subject: Re: I think we are having a chicken problem

My dogs LOVE most veggies. They gather round while I chop and grind waiting for droppings and if I'm chopping cabbage for supper, they are there waiting for their share. when I pick carrots in the garden, they wait for their share. So far, knock on wood, they haven't figured out how to dig up their own! LOL! I could feed them pure applesauce and they'd think they had manna from heaven. Not too many fruits or veggies they turn down.
Tawni in AZ

Date: Mon, 15 Jul 2002 21:32:57 -0000
From: "sophie karen" <billbullion@att.net>
Subject: Hello from the depths

Sounds good except for the cod liver oil. I give Sophie it Mon, Wed & Friday. I also like fish oil better than flax.
Karen and Sophie

Date: Mon, 15 Jul 2002 21:36:19 -0000
From: "sophie karen" <billbullion@att.net>
Subject: Offal/Eggs

Tori:

I always give liver with muscle meat, never alone. I also only give organic eggs. If you can't do organic, make sure on the carton it says "no animal by-products". I feed Sophie eggs or cottage cheese or some meat first thing with the meds. At noon the RMB's, at 5 or 6 the muscle meat/veggies, etc. and at 9 PM a little of what I fed at 5 or 6. Sophie gets meds 4x daily.
Karen and Sophie

PROTECTION SPELLS FOR CRITTERS (from the Sadie Rose Yahoo Group)

=====

From the DoS of Sarah The SwampWitch; sources noted where known...

** These rituals and spells are covered under 'The WitchesThree standard spells disclaimer' which is: ignore and do not use the spell(s), use the spell(s) as they are, adapt the spell(s) for your own use, or use the spell(s) for inspiration for writing your own.....

* MAGICAL DOG/CAT COLLAR SPELL * (unknown author)

This spell should be done during the waxing moon. What you need:

1 yellow candle
candle holder
matches
Amethyst stone (fairly small)
1 Brown collar apple, peach or lavender oil

Home Cooked Dog Food Stuff

5 silver paper clips (You may use jewelry-making wire but it won't be nearly as strong as the paper clips, which are unbelievable hard to bend and shape but it is possible)
brown fabric paint
Needle-Nose Pliers

Light the candle. Take four or the five paper clips and bend them all out as straight as possible (use the needle-nosed pliers). Now take the paperclips and (do what feels right to you) wrap the stone as you would a crystal.

Chant the following while doing this:

"This collar I have made by hand shall protect my pet, all evil shall be banned. It will keep him/her in good health and always loved. It is a source of good luck that is always watching from above. No harm shall ever come to my pet. And my will, So mote it be!" Anoint the collar with the oil you have chosen. Attach the wrapped stone to the collar (like you would a license tag).

* Dorothy Morrison's Magickal Dog Collar * By Dorothy Morrison; From Yule: A Celebration of Light and Warmth by Dorothy Morrison

You will need:

Nylon or fabric dog collar
Small jingle bells
Sprigs of artificial Holly (optional)
Fabric paint
Hot glue

Paint the dog's name on the collar (evenly centered), and allow to dry. Glue on the bells <or attach them someway> and add some artificial Holly if you like. Enchant the dog gift by saying something like:

"Diana, Goddess of Canine Friends
Bless this gift and your ear bend
To listen as these small bells ring
And watch (name of dog) while wandering
And keep him/her safe and quite secure
So no hardships this pet endures
Please always bring him/her safely home
No matter how far (name of dog) should roam."

* Protection Spell For Pets * submitted by g_doucet@xxxxx.com

For dogs say this:

"Diana, Goddess of the Wind
Keeper of dogs both fierce and mild
Hold (name of pet) safely in your arms
And protect this creature from all harm
And should the day come that he/she roams
Guide him/her to the path back home
Bless (name of pet) with a joyful life
Free of hardship, stress and strife."

For cats say this:

"Bast of beauty and of grace,
Protectress of the feline race,
Shield (name of pet) from all hurt and harm
And keep him/her always safe and warm

Home Cooked Dog Food Stuff

Watch over (name of pet) from day to day
And guide him/her home, if he/she should stray
And grant him/her much happiness and a good life free of strife and stress.

* Hecate Pet Protection Spell * (unknown source)

To protect a dog:
Call your dog into the circle and draw a pentagram in protection oil on his forehead. Then recite:

"Hecate, Dark Mother
In protecting this home
In your place as is right
Stands one of your own
In defending this house
And all creatures within
Your sacred beast
Is your true loyal friend.
Keep him from harm
As he guards all he loves
And watch over him
So below, as above."

To protect a cat: Call your cat into the circle and draw a pentagram in protection oil on his forehead. Then recite:

"Moon Goddess, I ask
That you keep [name] at home
And safe from mischief
And desire to roam.
Give him the contentment
Known to his race
And see that he's happy
In this his safe place."

* PET PROTECTION CANDLE SPELL * (unknown source)

Encircle a red candle with any protection herb and light the wick. Sit with your pet and gaze at the fiery power of the light that shall protect you both from harm. When you are ready, you may say this, or another verse:

"For thine protection, I now pray,
Let all evil turn away.
Protect ----- night,
Protect ----- day,
And keep misfortune well at bay."

* Witch Bottle for Protection from Physical Harm * From Eliza

Focus: To protect a person or pet from physical harm. Items Needed:

Mason jar with lid
Clear film canister
Small picture of the person to be protected
Broken glass
Thorns or cactus needles

Home Cooked Dog Food Stuff

Nails or thumbtacks
Small white taper candle

Gather items needed. Take the picture of the person/pet to be protected and place it in the clear canister. Cut the pic down to size if necessary. Say: "A shield of protection is around you/me." Place the film canister, with the picture inside it, into the center of the mason jar. Fill the sides of the jar with broken glass, thorns, cactus needles, nails, and/or thumbtacks. Say: "With this wall, none shall come to harm you/me." Now close the jar tightly. Light the white candle. Let it burn for a minute, while you stare into its flame and visualize it emanating protective energies. Once the wax has begun to melt on the candle, drip the candle wax onto the lid and seal. Say:

"You/I are/am enclosed within protection.
Nothing shall come to harm you/me."

Place the candle in a candle holder and allow it to burn brightly behind the protection bottle, filling it with its protective energies. Once the candle has burnt out, the spell is done. Take the protection bottle and place it in a safe place or bury it at the protected person's home.

* PROTECTION CHARM BAG * From WitchWoman

Here is one of the protection charm bags you could make and attach to your pet's collar. The basic instructions for the bag itself are: take a piece of fabric (cotton or some other natural fiber) and cut it 2 inches wide and 6 inches long (or smaller for a small pet). Fold length in half and sew up sides, turn right side out and fill. You might also want to sew or write on it a protection rune. Or you can just cut out a circle of fabric, place herbs in the middle, gather edges and tie. For protection make the bag out of white fabric on the waxing moon. Sew a protection rune on it with red embroidery thread or write it on with red permanent marker. Fill and then tie with red string. You may fill the bag with 3 equal parts of any of these dried herbs: Angelica, Juniper, Lady's Slipper, Ash leaves, Balm of Gilead, Basil, Bay Laurel, Dill, Elder Berry Leaves, Fennel, Horehound, Hyssop, Mugwort, Periwinkle, Pimpernel, Rose Geranium, Rosemary, Rue, St. John's Wort, Tarragon, Snapdragon, Garlic, Cloves, Bergamot, Myrrh, Nutmeg.

You may also add a stone in the charm bag or add them to the string that you tie around it. Some protective stones are:

Agate, Amethyst (protection from thieves and nightmares),
Antimony, Apache Tear, Brass, Calcite, Clear Quartz, Copper, Gold, Ivory, Jade (protection during long journeys),
Jasper (protection from witchcraft), Sugalite, Topaz, Jet (protection from violence and illness),
Lead, Meteorite, Obsidian (protection from abuse),
Sardonyx, Silver.

Other things you can add are copper or brass beads to the string that you tie around it. While sewing and filling, etc., visualize yourself being kept out of harms way or protected from whatever fears you. Use positive visualization. You can even make up a chant and repeat it over and over again. Attach to pet's collar or if for yourself, wear around your neck, or in your pocket, purse, hang in your doorway, car, etc.

Date: Wed, 9 Oct 2002 From: "Lou & Jasmin"
Subject: Re: changing foods -- Jan

I more or less stick to one meat source for my Yorkie. She doesn't like turkey, Beef is too rich and can upset her tummy, so does some fish. She likes lamb but it's a fattier meat so I'm careful with that too. I generally buy free range chicken, boil it up then de-bone it. I then boil up the bones to make a stock, then I cool the stock and remove the fat layer Then I boil white rice in the stock for at least half an hour. Then I get my raw veg and put it in the processor along with the cooked and cooled rice and a little of the chicken. Then I roughly chop the chicken then mix all together. I add vitamin E, salmon oil, eggshell powder, a little olive oil then freeze into 3 day batches. When i defrost a batch I add glucosamine and probiotics. I do the recipe on the thirds basis, 1/3 chicken, 1/3 rice 1/3 veg. Occasionally I may use another meat but this is rare now. If you find your doggies can happily settle on this 'basic' recipe but you still want to try other meats then how about halving the chicken amount and adding another meat along with it? That way the basic recipe is still pretty similar but you do have the other meat

Home Cooked Dog Food Stuff

in too. If your dogs can tolerate this then great you could try adding all sorts, but if their tummies get upset again then just go back to the 'basic' recipe again. What do you think? Oh I also give a multivit occasionally too.

From: mgspadoni Subject: Re: Looking for simple recipes for my dog

Here's one I did recently:

Ground meat

Egg (or 2 - depends how much meat you use)

Fish (canned or not) or offal

grated cheese

-> cook like a meatloaf

I usually feed veggies separately (at breakfast, not at dinner), but you could also add those, or another carb, if you feed them.

If you need a quick meal (forgot to defrost something?), do this with about 1 pound of meat (assuming your dog is small!), 1 egg, bit of fish or offal, and it cooks up in about 15-20 minutes.

From: Jan Steele Subject: Re: changing foods -- Jan

Well I do similar to you - I buy bags of chicken mince from Tesco (human food!!) - I boil the rice and about five minutes from the end of cooking time put the mince in, bring back to the boil and let it cook for about five minutes. The veggies I mince (in a coffee grinder type of thing) and add them daily so that they get different veggies each day. If I was sure that they are getting enough nutrition from this and the cod/coley I would be quite happy to leave it at that, but the way I have read these letters is the more variety the better - I don't add anything, although in the past I have given SA37 - a multi vitamin powder - but get concerned as to whether their meals are balanced or not. Today we have been to a pet supermarket, the first time we have been there for ages and can now buy bonemeal again (they stopped selling it after the BSE crisis in this Country a few years back

The fish that they can tolerate is frozen cod/coley bought in a block which I defrost and cook in microwave and mix with cooked rice (basmati white because one of them can't tolerate brown). The chicken is minced human chicken frozen in 400 grm bags. The beef, liver and lamb which I have tried are also minced human meat, the salmon I have tried has been tinned. I always mix with rice as a binder. They can eat tinned sardines and pilchards in small quantities mixed with the chicken and rice, but if I give a complete meal of a different food they get upset tums!! My main concern is whether I need to add vitamins etc to the food they are getting at present which is chicken or cod/coley and rice - I don't mind adding a multi vit tablet or powder but don't really want to give loads of different