

# THE RAW FOOD DIET

## Rosie's menu for the first 5 days.

She is 2.5 kilos so needs approx 250g of food each day.

Day 1	Day 2	Day 3	Day 4	Day 5
4 puppy nuggets	4 puppy nuggets	4 puppy nuggets	4 puppy nuggets	4 puppy nuggets
1 boiled egg (55g) and strips of liver(65g)	120g sardines	120g sardines	1 chicken drumstick or wing about 100g - in time she will consumer the bone	1 chicken drumstick or wing about 100g - in time she will consumer the bone
70g Mince and veg	70g Mince and veg	70g Mince and veg	70g Tripe Mince & veg	70g Tripe Mince & veg

**SNACKS:** I have included 3 rings of "paddywack". Your puppy will get lots of stimulation and fun from these – 1 each day is fine. In time you can include them in the menu but because she is not yet powerful enough to chew and swallow they can be snacks so that she can learn – Where paddywack appears in the menu substitute 60-120g of beef heart.

This diet (often referred to as BARF) takes as its model the foods the canine species would eat in nature: Raw meat, bone, offal and some fruit and vegetables. It is BIOLOGICALLY APPROPRIATE. The dog digestive system has been designed to digest this menu and thrives on it. Taking only 4 hours to fully digest the ingredients, rather than the 12 hours it takes for a dog's inside to cope with inappropriate ingredients. With 3 times stronger stomach acid and short intestine the problems humans would experience and concerns about bacteria are just not relevant.

Many breeders, vets and dog-lovers have found their dogs live longer, without skin problems and the digestive problems caused by the modern dog goods. You will also find that your dog is enthusiastic about these foods and that s/he has to work harder to eat them is mentally stimulating. Raw food dogs have beautiful teeth from gnawing the bone (it is only cooked bones that are dangerous: NEVER feed a cooked bone to your dog)



The principles to follow are simple:

- 80% meat, 10% bone and 10% offal
- Variety of foods guarantees the variety of the the nutrients
- The amount you feed is in proportion to the advised weight of your dog. 2-3 percent for adults and 10 percent for puppies

## A Good Way to start

The pre-prepared, frozen, raw food meals are sold by companies such as Nature's Menu. They have the percentages and nutrients already calculated for you, add in some bone treats such as chicken wings and you can feed "raw" without any more effort. Nature's menu are available from Pet Supermarkets. They also deliver as do other companies, such as Nature's Instinct, Honeys (a personalised service) and Woldsway (for Rabbit especially). They all obtain their products from HUMAN GRADE SOURCES

### How much to feed your puppy as they grow:

We give children full fat milk because they need the calories but adults drink semi-skimmed milk because they do not need high nutrition and put on weight easily. The amount puppies should eat each day is much bigger than an adult dog. So from 8 weeks to 8-10 months, as the puppy goes from "childhood" to "adulthood" the amount you need to feed your puppy alters.

The maths uses two numbers: How old is your puppy? How much does s/he weigh?

How many months old?	How many kilos?	% of body weight to be fed	Today's food should be this many grams
2,3,4 or 5	2	10	200
2,3,4 or 5	3	10	300
2,3,4 or 5	4	10	400
2,3,4 or 5	5	10	500
6	4	6	240
6	5	6	300
6	6	6	360
6	7	6	420
7	4	5	200
7	5	5	250
7	6	5	300
7	7	5	350
8	5	4	200
8	6	4	240
8	7	4	280
8	8	4	320

So, a 3 month puppy that weighs 3 kilos should be fed 300g of food per day. A 6 month puppy that weighs 4 kilos should be fed only 240g of food per day or a 7 month puppy that weighs 4 kilos should have only 200g of food per day



### TIPS

Whatever you choose to feed your dog from now on, it is better to make changes slowly

It is better not to mix commercial and raw food in the same meal

A dog's stool is a good measure of healthy digestion. It should be firm and brown

## Raw food Menus for your puppy - 200g-350g

Having worked out how much you should be feeding your puppy each day you have to decide what to feed them. Here is a suggested menu plan for that amount of food – based on Nature's menu product range (we buy the freeflow mince) with drumsticks, tinned sardines, liver and beef heart from the supermarket.

<b>200g/day</b>		
day1	Meal 1	4 puppy nuggets
	2	Chkn drumstick 60g
	3	beef mince 60g veg
Day 2	Meal 1	4 puppy nuggets
	2	Chkn drumstick 60g
	3	beef mince 60g veg
Day 3	Meal 1	4 puppy nuggets
	2	sardine 60g
	3	lamb mince 60g veg
Day 4	Meal 1	4 puppy nuggets
	2	sardine 60g
	3	lamb mince 60g
Day 5	Meal 1	4 puppy nuggets
	2	½ egg 25g /liver 35g
	3	tripe 60g and veg
Day 6	Meal 1	4 puppy nuggets
	2	½ paddywack
	3	tripe 60g and veg
Day 7	Meal 1	4 puppy nuggets
	2	Chkn drumstick 60g
	3	heart 60g veg

<b>250/g</b>		
day1	Meal 1	4 puppy nuggets
	2	1 chicken drumstick -120g
	3	beef mince 60g veg
Day 2	Meal 1	4 puppy nuggets
	2	1 chicken drumstick -120g
	3	beef mince 60g veg
Day 3	Meal 1	4 puppy nuggets
	2	sardine 120g
	3	lamb mince 60g veg
Day 4	Meal 1	4 puppy nuggets
	2	sardines 120g
	3	lamb mince 60g
Day 5	Meal 1	4 puppy nuggets
	2	1 egg 55g /liver 70g
	3	tripe 60g and veg
Day 6	Meal 1	4 puppy nuggets
	2	½ paddywack
	3	tripe 60g and veg
Day 7	Meal 1	4 puppy nuggets
	2	1 chicken drumstick -120g
	3	heart 60g veg

<b>300/g</b>		
day1	Meal 1	5 puppy nuggets
	2	1 chicken wing -120g
	3	beef mince 80g veg
Day 2	Meal 1	5 puppy nuggets
	2	1 chicken wing-120g
	3	beef mince 80g veg
Day 3	Meal 1	5 puppy nuggets
	2	sardine 120g
	3	lamb mince 80g veg
Day 4	Meal 1	5 puppy nuggets
	2	sardines 120g
	3	lamb mince 80g
Day 5	Meal 1	5 puppy nuggets
	2	1 egg 55g /liver 70g
	3	tripe 80g and veg
Day 6	Meal 1	5 puppy nuggets
	2	paddywack
	3	tripe 80g and veg
Day 7	Meal 1	5 puppy nuggets
	2	1 chicken wing-120g
	3	heart 80g veg

<b>350/g</b>		
day1	Meal 1	6 puppy nuggets
	2	1 chicken wing -120g
	3	beef mince 110g veg
Day 2	Meal 1	6 puppy nuggets
	2	1 chicken wing-120g
	3	beef mince 110g veg
Day 3	Meal 1	5 puppy nuggets
	2	sardine 120g
	3	lamb mince 110g veg
Day 4	Meal 1	6 puppy nuggets
	2	sardines 120g
	3	lamb mince 110g veg
Day 5	Meal 1	6 puppy nuggets
	2	1 egg 55g /liver 70g
	3	tripe 110g and veg
Day 6	Meal 1	6 puppy nuggets
	2	paddywack
	3	tripe 110g and veg
Day 7	Meal 1	6 puppy nuggets
	2	1 chicken wing-120g
	3	heart 110g veg

## Raw food Menus for your puppy - 400g-500g

<b>400g/day</b>		
day1	Meal 1	7 puppy nuggets
	2	1 chicken portion -150g
	3	beef mince 110g veg
Day 2	Meal 1	7 puppy nuggets
	2	1 chicken portion -150g
	3	beef mince 110g veg
Day 3	Meal 1	7 puppy nuggets
	2	2 sardine 120g 1 egg 55g
	3	lamb mince 110g veg
Day 4	Meal 1	7 puppy nuggets
	2	beef chew
	3	lamb mince 110g veg
Day 5	Meal 1	7 puppy nuggets
	2	1 egg 55g /liver 100g
	3	tripe 110g and veg
Day 6	Meal 1	7 puppy nuggets
	2	paddy wack
	3	tripe 110g and veg
Day 7	Meal 1	7 puppy nuggets
	2	1 chicken portion -150g
	3	heart 110g veg

<b>450g/day</b>		
day1	Meal 1	7 puppy nuggets
	2	1 chicken portion -150g
	3	beef mince 150g veg
Day 2	Meal 1	7 puppy nuggets
	2	lamb chop
	3	beef mince 150g veg
Day 3	Meal 1	7 puppy nuggets
	2	chicken portion 150g
	3	lamb mince 150g veg
Day 4	Meal 1	7 puppy nuggets
	2	beef chew
	3	lamb mince 150g veg
Day 5	Meal 1	7 puppy nuggets
	2	1 egg 55g /liver 100g
	3	tripe 150g and veg
Day 6	Meal 1	7 puppy nuggets
	2	paddy wack
	3	tripe 150g veg
Day 7	Meal 1	7 puppy nuggets
	2	1 chicken portion -150g
	3	heart 150g veg

<b>500g/day</b>		
day1	Meal 1	9 puppy nuggets
	2	1 chicken portion -150g
	3	beef mince 175g veg
Day 2	Meal 1	9 puppy nuggets
	2	lamb chop
	3	beef mince 175g veg
Day 3	Meal 1	9 puppy nuggets
	2	chicken portion 150g
	3	lamb mince 175g veg
Day 4	Meal 1	9 puppy nuggets
	2	beef chew
	3	lamb mince 175g veg
Day 5	Meal 1	9 puppy nuggets
	2	1 egg 55g /liver 100g
	3	tripe 175g and veg
Day 6	Meal 1	9 puppy nuggets
	2	paddy wack
	3	tripe 175g veg
Day 7	Meal 1	9 puppy nuggets
	2	1 chicken portion -150g
	3	heart 175g veg

## Do it yourself - the BARF way

Nina's enthusiasm for the chicken pieces and lamb neck has meant I have moved to buying the raw ingredients myself. The other advantage is that the raw dog food companies tend to supply "big dog" portions which we then struggle to break up into miniature schnauzer portion sizes.

Tesco's has in its value range chicken portions, lamb chops and mince. They stock beef heart, liver and tins of sardines. Recently I have found a butcher that will supply most of what I need and pre-portioned.

I still buy green tripe from the raw food companies.



**Here is Nina's menu of two meals a day** – I've worked on the 200g/day for my 8 kilo dog, then checked calories and even looked at the calcium/phosphates ratios. If Nina was allowed more calories I would add in carbohydrates like rice. Nina has some veg every day, which has some carbohydrates, as well as other nutrients.

### MORNINGS

½ egg (25g) and 50g green tripe  
vegetables

½ egg (25g) and 50g liver  
vegetables

100g beef heart  
vegetables

100g green tripe  
vegetables

100g beef minced  
vegetables

½ egg (25g) and Sardines (60g)  
vegetables

½ egg (25g) and Sardines (60g)  
vegetables

### EVENINGS

120g chicken wing

120g chicken wing

120g chicken wing

100g rabbit portion

100g rabbit portion

100g rabbit portion

55g lamb portion with bone