

DOG FOOD SECRETS



"Don't Let Your Dog Die Young!"

Legal Stuff

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The author of this book is not a trained dog health professional. It is the reader's responsibility to consult with a licensed, practicing Doctor of Veterinarian Medicine (DVM) (or equivalent in your country) before making any changes to your method of feeding, grooming or any other matter of dog care for any dogs for which you have any responsibility or contribute, in any way, to their care.

Introduction From Andrew Lewis

There are a lot of websites selling recipe books for dogs but NO ONE takes it as seriously as we do!

Nearly everyone else is selling collections of recipes they scraped off the internet with little thought about what's in them and why... but you're about to discover we do a whole lot more than that.

The recipes in this book are not only carefully designed & incredibly nutritious, but we also present them in an easy-to-follow table format with calorie and sodium counts AND feeding advice for 6 different size of dog AND a useful tip with every recipe...

...it was a lot of work but well worth the effort because now you have the opportunity to feed your dog better than any other dog in your neighborhood!

You'll also find that in this market, we are the only company to continually update and improve our materials to release as new editions.

Bottom line is.... We've got your back (and your dog's! ☺)

My dog-lovin, hardworking team and I will continue putting in 110% effort to bring you the best, most up-to-date information about feeding & caring for your dog.

May your dog have a long and happy life,

Andrew Lewis

Andy

Preface

If you're reading this, you've probably asked yourself "What is best for my dog?" I can say with certainty that your answer goes something like this – "I want my dog to live a long, healthy, and happy life."



Figure 1 - This book is for all dog lovers like you!

As excellent dog owners, we do whatever we can to make our dogs healthy and happy.

So we give mountains of love, take care of them the best way we know how and visit the vet when needed. But sometimes, you get the devastating news – "Your dog is dying and nothing can be done to prevent it.

I've heard those words and my heart was broken...but what I didn't know then was most illnesses can be prevented with proper nutrition. My dog died from consuming commercial dog food every day of his brief life. But your dog can have a better outcome – a longer, happier life and I want to show you how. And the icing on the cake is, it's going to save you thousands of dollars over your dog's very long lifespan!

Many of us trust commercial dog foods and that they are making our furry companions healthy. Unfortunately this isn't the case most of the time. In fact, many commercial dog foods bring more harm than good.



Figure 2 - The photo of John Unger, and his 19-yr old arthritic dog, Schoep that went viral. After finding out that water relieves arthritic pain, Unger started bringing Schoep to Lake Superior to relieve him of pain and lull him to sleep.

What's New in Edition 6?

- ✓ Discusses in detail why organ meats are a great addition to your dog's meals.
- ✓ Discusses the nutrients found in various organ meats.
- ✓ Discusses the best place to get organ meats.
- ✓ Each recipe comes with a step by step instruction complete with photos
- ✓ We provided a detailed printable recipe

What's New in Edition 5?

- ✓ Discusses in detail each of the essential nutrient for dogs and their benefits.
- ✓ We provided a list of the excellent sources and poor sources of each of the essential nutrients.
- ✓ A broader discussion of the factors that affect dogs nutritional requirements
- ✓ An easy to read and detailed chart comparison between the nutritional needs of puppies and adult dogs
- ✓ We also included an easy to read chart of recommended calorie intake for puppies.
- ✓ Recommended meals for teething puppies
- ✓ In depth discussion of dog's digestive system.

- ✓ We also included a chart showing digestibility of certain protein sources to help make sure that your dog only gets the best protein sources.
- ✓ An easy to follow generic recipe to ensure that your dog gets a complete and balanced meal.
- ✓ Discusses the benefits of feeding dogs homecooked meals
- ✓ List of Safe Ingredients for Homecooked Dog Meals. We wanted to save you the trouble of wondering if an ingredient you want to use is safe or not. And we grouped these ingredients into meat, vegetables, herbs and spices, and fruits and vegetables for your convenience.
- ✓ List of "Usual People Food" that are safe for dogs.
- ✓ List of Foods to Never Feed Your Dog
- ✓ We discussed the raw diet, its benefits and concerns.
- ✓ Detailed discussion of must avoid common ingredients in commercial dog food and its dangers.
- ✓ We also included the potential contaminants in dog food. We worked hours researching this information to ensure that you avoid exposing your dog to these dangerous contaminants.
- ✓ List of Preservatives and Additives Commonly Found in Commercial Dog Food and the Health Risks Associated with Them
- ✓ A thorough explanation of Dog Food Labels and what they mean. Dog food labels are hard to decipher. But we've made them easier for you to understand.
- ✓ Tips on how to tell a good commercial dog food from the bad.
- ✓ Ingredients found in high quality commercial dog food and ingredients commonly found in low quality ones.
- ✓ Discusses in broader detail the Pet Food Manufacturing Industry and the prevailing marketing tactics.
- ✓ What you should do when your dog has been fed recalled pet food.
- ✓ Supplements and Vitamins: Instances when dogs need them.
- ✓ Discusses the dangers of oversupplementation.
- ✓ Checking your dog's poop for signs of health problems.
- ✓ Tips for preventing dog dehydration.
- ✓ Benefits of Exercise, Play and Socialization.
- ✓ Recommended Exercises, Play and Toys for Dogs.
- ✓ Stress and its effects on dogs.
- ✓ Signs of a stressed dog.
- ✓ How to help your dog cope with stress.
- ✓ Tips on how to prevent and buffer dogs from stressful situations.
- ✓ We added more grooming tips.
- ✓ Discusses ear mites and how to spot and treat this problem.
- ✓ First Aid Kit - Tips on how to assemble one.
- ✓ Tips on how to tell when your dog needs medical attention.

- ✓ Discusses in detail common dog health problems.
- ✓ The 7 Common and Potentially Fatal Dog Diseases: Its Symptoms and Treatments
- ✓ Responsible Pet Ownership
- ✓ Things to consider before getting a dog (or any pet).
- ✓ Costs associated with having a dog.
- ✓ All recipes are now in an easier to read table.

Edition 4

- ✓ Updated the nutrient requirements section. Since the release of the first Edition several years ago, I've had the opportunity to speak with many leading dog experts including some amazing holistic vets. Based on their comments, I've done a lot of additional research regarding nutrient requirements and change my initial recommendations to include more protein.
- ✓ All recipes are now in an easy-to-read table format!
- ✓ Every recipe is new, much healthier, more nutritious and easier to make. You told us the recipes were not as healthy as you would like and that they were difficult to make, so we listened and developed 39 new, easy and ultra-healthy dishes
- ✓ We've included 5 new ultra-healthy recipes especially for puppies!
- ✓ The main dish recipes are all completely free of flour, salt, sugar, cream and butter.
- ✓ All recipes now come with accurate calorie guidelines for Toy, Small, Medium, Large and Extra Large Dogs making it easy for you to give your dog the correct amount of calories it needs every day.
- ✓ And because we are grateful to our loyal customers and want to give you something back, we even put in 4 bonus recipes, absolutely free!

Edition 3

- ✓ All recipes now come with a 1 to 10 'Wag rating' to indicate healthfulness. All our recipes are healthy of course but some more than others, 10 is the maximum rating.
- ✓ The rules regarding use of the word "Organic" on packaging updated.

Edition 2

- ✓ All recipes now have a calorie breakdown for every ingredient!
- ✓ The calorie score for each recipe is listed in the Table of Contents for quick and easy reference.

- ✓ All important lists, tables and charts are repeated in the Appendix to make referencing them simpler
- ✓ We have changed our previous recommendation for dog chews from rawhide to Nylabones or similar type products.

You'll find a lot of helpful tips here.

The Healthy K9 team is dedicated to the well-being of dogs. Our love for dogs is what fuels us to continue doing research that will help dogs live a healthier, happier and longer life!

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Chapter 1: Food and Your Dog's Body



Yes! Your Dog is an Omnivore!

Dogs love meat and that is a fact. However no matter how much they love meat, an all-meat diet is not healthy for them. Contrary to popular belief dogs are not carnivores, they are omnivores.



Figure 3 - Dogs are actually omnivores.

I also used to think that dogs are carnivores. Dogs emerged from wolves according to scientists and since meat is what wolves eat in the wild to survive, it made sense to assume that meat would be the natural diet of dogs. And adding vegetables and starchy carbohydrates to their diet is unnecessary.

[A new study published in the journal Science argues that dogs were domesticated between 18,800 and 32,100 years ago in Europe long before agriculture was born or when Europeans were still hunters and gatherers.](#) The authors of the study believe that the carcasses left behind by these ancient hunters may have attracted the wolves which turned them tamer leading to the domestication of dogs.

[Research into the canine genome has revealed the earliest generations of domesticated dogs adapted to a starch rich diet,](#) and now all domesticated dogs differ from their wolf ancestors in this regard. Domesticated dogs have



Figure 4 -A Plos Genetics-published study has concluded that dogs and wolves evolved from a common ancestor that got extinct some 15,000 years ago.

not only adapted to a starch rich diet, it has become an essential nutrient, that is, they are omnivorous not carnivorous.

Let's munch on this tidbit:

Female dogs go into heat for the first time at approximately 12-14 months of age and if fertilized by a male, will deliver her first litter of pups 2 months later. This means the female pups in her litter could deliver their own litter only 14-16 months later.

Over 32,000 years since domestication, that's approximately 26,000 generations of dogs!

Why an All-Meat Diet Is Not Good For Your Dog

Wolves in the wild eat meat to survive. This fact had lead many dog owners to think that meat is dogs' natural diet. Therefore adding vegetables and starchy carbohydrates is unnecessary and unnatural.

But the thing is dogs are not wolves.

They are not exposed to the same environmental conditions and they don't have the same genetic predispositions like those of wolves. Because dogs have been domesticated for thousands of years, their diet has changed and are dependent on where they are and who raised them. Many of the modern dogs do not even resemble their wolf cousins.



Figure 5 -An all-meat diet is not healthy for dogs.

Cats Are Carnivores Your Dog Isn't

Cats on the other hand are strict carnivores. Although cats and dogs belong to the same Class Mammalia and the Order Carnivora, they have striking differences. Simply by observing them you'll see obvious differences in the way they look, react and respond.

Aside from having obvious differences, their metabolism and chemistry also differ.

Unlike cats, dogs can survive even without consuming meat. They can live on plant material alone. However feeding your dog only plant material is also not healthy.



Figure 6 - Cats are strict carnivores while dogs are omnivores.

So what should you feed your dog?

Simple.

Feed her meals complete with all the nutrients she needs. Let's find out what nutrients are essential to them.

The Nutrients Your Dog Needs and Why He/She Needs Them

Dog nutrition sounds complicated, intimidating, and something that only vets know about. I thought so too before. But once you know which nutrients are essential to dogs and where to get them from, things get easier.

Let us get to know one by one the nutrients that are essential to dogs.



Figure 7 - Dogs need certain nutrients to stay in good health

Nutrients Essential to Dogs

So what nutrients are essential to dogs? Let's go through them one by one.

Protein

Protein is essential to our diet and the same is true with dogs. In fact, without protein, your dog can't survive.

Protein is made up of 22 different amino acids, which are referred to as the building block of tissues. Protein helps bolster the immune system of

dogs and make their bones and muscles stronger. Protein is also a source of quick energy. Tissues, hair, skin, and nails of dogs are made up of proteins.



Figure 8 - Protein is an essential nutrient for dogs

In general, an average adult dog constantly replaces his or her skin, hair, enzymes, and other needs. Protein is needed for these replacements to happen and maintained.

How much protein is needed by a dog depends on a number of factors.

Is too much protein bad for your dog? This is the main concern about a protein-rich diet. Some believe that a protein-rich diet can lead to kidney damage or joint problems. Modern research has proven that this is nothing but a myth.

Excessive protein would never cause kidney damage. The kidney's job is to get rid of excess protein from the body so if your dog has healthy kidneys excess protein won't do any harm.

The only reason why most vets recommend a low-protein diet to dogs with kidney problems is to avoid putting more stress on the dog's kidneys.

We mentioned before that dogs can live eating plant materials alone. So what about feeding them only plant-based protein? Is this healthy? Simple answer is NO. Most experts agree that dogs thrive best on a diet having a decent amount of animal-based protein. Dogs have been hunting down prey for food for thousands of years and this made their digestive system best suited for animal-based protein.

Amino Acids Essential to Dogs

Protein can have up to 22 different types of amino acids. Dogs can naturally manufacture 12 of these and the remaining 10, they can't or at least not at the rate dogs' body need them. So to ensure that they get these essential amino acids, make sure that protein is a staple in your dogs' diet.



Figure 9 -There are amino acids that your dog's body can't manufacture on its own

What are the 10 essential amino acids?

1. Arginine
2. Histidine
3. Isoleucine
4. Leucine
5. Lysine
6. Methionine
7. Phenylalanine
8. Threonine
9. Tryptophan
10. Valine

Starchy Carbohydrates



Figure 10 - Carbohydrates are a great source of energy and fiber

First off...The Debate About Carbohydrates

Adding carbohydrates in a dog's diet is still a hot debate among dog owners. Some think it's unnecessary and even harmful while others think the opposite.

Those who consider dogs as strict carnivores believe that they are not able to digest carbohydrates that well. But, as mentioned earlier, dogs have adapted to a starch-rich diet during domestication.

So basically, the ancestors of our now domesticated dogs took advantage of the table scraps, and food that were relatively high in

carbohydrates left behind by humans. And this new adaptation in turn triggered changes in their genes that made it possible for them to digest starch better.

Benefits of Starchy Carbohydrates

Carbohydrates are a great source of energy and are also essential in maintaining the normal functions of your dog's brain and nervous system.

Some sources of starchy carbohydrates also provide beneficial fiber such as brown rice, oat bran and other grains which helps in keeping the colon healthy.

A Word of Caution

If your dog eats too much carbohydrates and get too little exercise, your dog can become obese. Too little can possibly result in fertility and whelping issues.

Dietary Fiber

Fruits and vegetables are excellent sources of dietary fiber and important minerals and vitamins. Dietary fiber can help overweight or obese dogs lose weight and also prevent obesity as they help keep dogs feeling full.

Fiber also promotes better digestion and helps control blood sugar levels, which is especially helpful for dogs suffering from diabetes.



Figure 11 - Fiber helps keep the colon healthy, promotes better digestion and helps control blood sugar levels

A Word of Caution

Too much dietary fiber in your dog's diet can cause loose stools or diarrhea which can lead to dehydration. Too much defecation is the primary effect of too much fiber in your dog's diet and this is not a good thing too.

When your dog defecates too much she won't be able to properly digest and absorb essential nutrients leading to nutritional deficiencies.

If your dog is eliminating too often and not getting enough nutrients, he or she will tend to eat more. This can lead to unhealthy weight gain which can eventually cause complications like diabetes, heart problems, as well as arthritis.

Now, a dog that gets too much fiber and too little water can suffer from constipation.

Fat



Figure 12 - Fat offers a lot of health benefits to dogs

Fat is essential for absorbing fat soluble vitamins. It also helps boost the immune system and promotes healthy skin and a shiny coat. Without fats, your dog will be shivering from the cold.

Fat also offers protection to the nerve fibers in your dog's body and is good for brain health - which can help lower stress in your dog. It is also an excellent source of energy plus it helps improve the flavor and palatability of food.

Vitamins

11 vitamins are essential to dogs. They are classified into two; fat-soluble vitamins and water soluble vitamins. 3 of the 11 essential vitamins are fat-soluble and the remaining 8 are water-soluble.

Fat-soluble Vitamins

Vitamin A

Vitamin helps prevent the widespread of cellular damage therefore keeping your furry companion's immune system healthy.



Figure 13 - Vitamin A helps boost your dog's immune system. It is especially essential for puppies and female dogs.

Vitamin A also benefits your dog's coat, muscles, nerves, skin and eyesight. It is especially crucial for female dogs as it helps them reproduce successfully. Vitamin A also helps in the growth and development of puppies.

Speaking of puppies...

Vitamin A is crucial for puppies since it helps make their immune system stronger. Puppies don't have fully developed immune system yet and they are constantly challenged with vaccines and are getting exposed to viruses, bacteria, parasites, and other harmful agents

Vitamin A Deficiency

The symptoms of vitamin A deficiency in dogs greatly depend on their life stages. For example, puppies with vitamin A deficiency may grow slowly, have weak muscles, poor eyesight and poor coat quality.

In adult dogs, Vitamin A deficiency can also cause slow growth, poor coat quality and poor eyesight at night, a condition called night blindness.

A Word of Caution

Vitamin A is stored primarily in the liver, until the time comes when your dog's body needs it. Too much Vitamin A in your dog's body can lead to Vitamin A toxicity.

Vitamin A Toxicity

Vitamin A toxicity can have serious effects on dogs such as bone damage and can even lead to death.

Vitamin A toxicity usually happens accidentally. Be careful not to leave Vitamin A supplements just lying around since dogs and especially puppies can end up consuming the entire bottle. Overuse of fish liver oil supplements or too much feeding of liver are also the usual culprits.

Symptoms of Vitamin A Toxicity

Watch out for:

- Loss of appetite
- Bone spurs
- Constipation
- Lethargy and weakness
- Limping and stiffness
- Weight loss
- Front legs and neck may also be sensitive to touch

Vitamin D

Dogs, just like us humans, can make small amounts of Vitamin D from being under the sun. So having a morning and afternoon rendezvous outdoors with your furry companion is very ideal.

Sun exposure alone is not enough to make the amounts of Vitamin D they need so including Vitamin D-packed foods in your dog's meals is important.



Figure 14 - Vitamin D helps promote strong and healthy bones plus a stronger immune system

Vitamin D is crucial in promoting proper muscle and nerve control, regulation of calcium levels in the kidneys, bone formation, promoting strong and healthy bones, bolstering the immune system and preventing respiratory infections like the kennel cough.

Vitamin D Deficiency

In the past, Vitamin D deficiency was widespread and was referred to as rickets.

Puppies lacking in vitamin D can have poor bone development or weak bones as well as poor eruption of permanent teeth.

For adult dogs, vitamin D deficiency can cause demineralization of bones, a condition called osteomalacia. Symptoms of vitamin D deficiency include pain, decreased muscle tone, overall weakness, and high possibility of multiple fractures because of weak bones.

A Word of Caution

If your dog happens to ingest exorbitant amount of vitamin D, she can get serious health problems. Dogs at any age can be susceptible to vitamin D toxicity, but puppies are at higher risk.

Vitamin D Toxicity

The most common cause of vitamin D toxicity in dogs is accidental ingestion of chemicals used for killing rodents. So if you have a rodent problem in your home be very careful in using these rodent-killing chemicals. However, too much vitamin D in your dog's diet can easily cause the same.

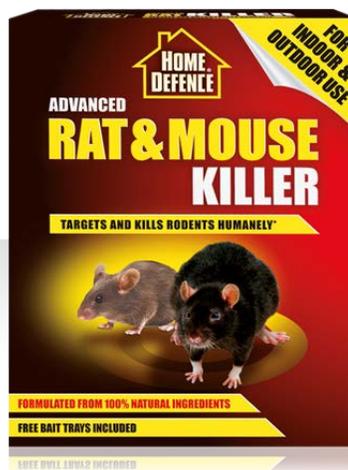


Figure 15 - Accidental ingestion of chemicals used for killing rodents is the most common cause of Vitamin D toxicity in dogs

Symptoms of Vitamin D Toxicity

Watch out for:

- Vomiting
- Blood in vomit
- Weakness
- Depression
- Appetite loss
- Increased thirst
- Increased urination
- Dark tarry feces with blood
- Weight loss
- Constipation
- Seizures
- Muscle tremors
- Pain in the abdomen
- Excessive drooling

Vitamin E

Vitamin E helps make your dog's immune system stronger and prevents cell damage. It does the same thing for the cardiovascular system plus promotes a healthy heart and prevents circulatory diseases such as Tachycardia (increased heart rate) and arteriosclerosis (hardening and thickening of arterial walls).



Figure 16 - Vitamin E promotes healthy skin and coat plus it bolsters your dog's immune system

Vitamin E also promotes good skin and good coat quality and can be particularly helpful to dogs with itchy skin due to allergies. Delaying the effects of aging, promoting fertility, preventing cataracts, regulating digestion, and supporting cellular and respiratory health are just a few more benefits of vitamin E.

Vitamin E Deficiency

Skin lesions, flaky or raw skin and susceptibility to skin diseases caused by skin mites and other agents are all signs of Vitamin E deficiency.

Here are a few more symptoms of vitamin E deficiency.

- Weakness of the muscles
- Reduced fertility
- Degeneration of eyesight (Some cases of eyesight degeneration have been reported due to vitamin E deficiency)
- Female dogs would also have a higher possibility of birthing weaker pups

A Word of Caution

High levels of vitamin E can lead to poor absorption of vitamins A and K. We already discussed just how important vitamin A is to your dog.

Vitamin K plays a crucial role in blood clotting and a deficiency in vitamin K can cause excessive bleeding and a delay in wound healing.

According to a few researches, too much vitamin E can cause internal bleeding and most of the time this happens in the brain (hemorrhagic shock).

Here are a few more symptoms of vitamin E overdose.

Symptoms of Vitamin E Overdose

- Lethargy – Your dog may feel lazy and may look groggy and just be lying around in one area for a long time.
- Diarrhea –In some cases, diarrhea can be accompanied by stomach aches and cramps.
- Birth defects in puppies – Giving a pregnant dog with too much vitamin E can lead to birth defects in her puppies.

Water-Soluble Vitamins

Water-soluble vitamins are not stored in the body which is why it is essential that your dog's diet includes appropriate amounts of needed water-soluble vitamins.

So what are these water-soluble vitamins that are essential to dogs?

- Vitamin B1 (Thiamine)
- Vitamin B2 (Riboflavin)
- Vitamin B3 (Niacin)
- Vitamin B5 (Pantothenic acid)
- Vitamin B6 (Pyridoxine)
- Folic acid
- Choline
- Vitamin B12 (Cobalamin)

Minerals

There are 12 minerals essential to dogs. 6 of these are macro-minerals and the remaining 6 are micro-minerals. Dogs use minerals to aid in their various bodily functions. Each mineral can aid in one or more functions from energy transfer to improving your dog's skin health.

Macro-minerals

- **Calcium**

Calcium is especially important for young and growing puppies as it helps build a strong skeletal structure.

- **Phosphorus**

Phosphorus is important for your dog's metabolism, bone structure and cell energy. Puppies especially need phosphorus for their bone development. Calcium and phosphorus come hand in hand. The wrong balance of the two minerals can cause deformed joints, brittle bones, and kidney failure.

- **Potassium**

Dogs need large amounts of potassium to maintain the proper functions of the body. Potassium helps keep a balance of pressure with sodium and also aids in creating cellular energy.

- **Sodium**

Sodium plays an important role of monitoring pressure inside and outside of your dog's cells. It also regulates water and helps in transferring nutrients to cells. It's also helpful in preventing build-up of minerals that could become stones.

- **Chloride**

Chloride works hand in hand with sodium in maintaining the balance of fluids in and out the individual cells of your dog's body. Chloride keeps the proper acid and alkali balance in the body. It is also crucial for protein digestion.

- **Magnesium**
Magnesium supports building strong bones, aids in the production of energy at a cellular level and is crucial to keep a good working nervous system.

Micro-minerals

Here is the list of micro-minerals vital for your dog's health.

- **Iron**
Iron helps in providing oxygen to your dog's organs and muscles.
- **Copper**
Copper helps ensure that your dog's system is able to absorb iron which is crucial in preventing anemia. It also plays a role in the production of melanin which gives your dog its hair color.
- **Manganese**
Manganese is especially vital for puppies as well as senior dogs. It helps ensure that your dog has quality bone and cartilage and also aids with the mitochondrial function or simply the cell's energy source.
- **Zinc**
Zinc helps improve your dog's body function in various areas. For example, zinc improves the quality of your dog's skin and hair while at the same time improving your dog's reproductive function.
- **Iodine**
Iodine plays an important role in your dog's digestive system.
- **Selenium**
Selenium helps fight off oxidative stress such as aging, pollution, cancer, and inflammatory diseases. Selenium works hand in hand with Vitamin E in protecting the cell membranes from the damaging effects of free radicals.

Water

Water is essential for all life forms. In fact, water ranks as the most important nutrient for all animals. Your dog can survive after losing all of her body fat, and half of her protein. But your dog may not survive if she loses only one-tenth of her water.



Figure 17 -Make sure that your dog has access to a bowl of fresh clean water every day

Every day, your dog loses water through urinating and defecating, panting, and through sweating (to a limited extent) from the pads on their paws. If your dog has had no access for more than 48 hours, she can suffer from dehydration, irreversible damage, and even death.

As long as there is clean and fresh water available to them, healthy dogs actually regulate their water intake. So make sure that you have a bowl of fresh and clean water for your dog every time.

Understanding Dehydration

Dehydration can have serious complications.

Your dog's body is made up of 80% water. Water is responsible for dissolving both natural and unnatural substances and it plays a crucial role in all your dog's biological processes such as digestion, circulation and removal of waste.

Dehydration happens when the fluid levels in your dog's body fall down below the normal level. This can be caused by two things – reduced intake of

water or increased loss of fluids. Fluid loss can be caused by hot weather, a bout of diarrhea, or vomiting most especially in puppies.

Signs of a dehydrated dog

Watch out for:

- Dark brown pee color
- Sunken eyes
- Lethargy/tiredness
- Less animation
- Eyes appear to be lacking in moisture
- Excessive panting and other signs of warmth
- Behavioral changes (example, more apprehensive)
- Gums, mouth and nose appear to be dry

What to Do If You Think Your Dog Is Dehydrated

Take your dog to the vet immediately if you think she is dehydrated. Dehydration may be an indication of a serious undiagnosed medical condition.

You can perform a body check to see if your dog is dehydrated. Lift the skin on the back of your dog's neck or between her shoulder blades then let it go. The skin should return to its normal position immediately. If it takes longer your dog lacks fluids. If you suspect that your dog is dehydrated, take her to the vet immediately.

Preventing Dehydration

How to prevent your dog from getting dehydrated:

- A bowl of fresh and clean water should be available at all times. Make sure that you change the water frequently so that it stays fresh and wash the water bowl every day.
- Monitor your dog's water intake especially if she is just recovering from diarrhea, vomiting, or any other illness. If at any time, you notice that your dog is not drinking enough amount of water, take her to the vet.

- Whenever travelling or exercising with your furry companion, make sure that you bring water.
- If your dog is drinking less amount of water than her usual intake, check the mouth for sores or foreign objects like sticks or burrs.
- Do not chain your dog outside as she may get all tangled up and not have access to her water bowl.

How Much Water Is Enough for Your Dog?

Healthy dogs are able to regulate their water intake. An average healthy dog needs to drink about an ounce of water or fluids for every 1 pound of his or her body weight on a daily basis. So a dog weighing 10 pounds needs to drink more than 1 cup of water every day.

Of course, there are factors that will affect the amount of water your dog should be drinking and we will touch on this subject later on.

If You Think Your Dog is Drinking Too Much Water...

If you have observed that your dog is drinking excessive amount of water, or if she's thirsty all the time, take her to the vet as this can indicate a health problem including liver disease, Cushing's diseases, kidney disease, cancer, infection, fever, and diarrhea.

Get to Know the Excellent and Poor Sources of these Nutrients

Now that you know the nutrients that are essential to dogs, let us then learn about the excellent and poor sources of these crucial nutrients.

Excellent Sources of Protein



Figure 18 - Muscle meat, organ meats, eggs, fish, and cheese are the best sources of protein for dogs

Protein-rich foods that are “most digestible” are the excellent sources of protein. First off, let us discuss the term biological value.

Biological value describes how easily dogs can render and absorb the protein in certain food sources. Food sources with a high biological value are easiest to digest and therefore the best sources of protein for dogs.

To put it simply, when food is thoroughly digested, your dog gets as much of the available protein in that particular food as possible. The opposite is true for those with a low biological value even if they are packed in protein.

Here is a list of foods that are excellent sources of protein for your loyal companion.

- **Eggs** –Eggs are actually a more superior protein source than meat. Just make sure that you serve them cooked.
- **Muscle Meat** – And we are talking about REAL meat here. This is the most natural protein source for dogs and there is much evidence from the ancestors of modern dogs that their digestive system was designed for real meat. Beef, chicken, turkey, liver, duck, and venison are some of the best sources of protein-rich meats.
- **Organ Meat** – Organ meats particularly liver, are excellent sources of protein

- **Fish** – But isn't fish only for cats? Fish is also an excellent source of protein for dogs as long as the fish is cooked. Salmon is generally the best choice in fish since it is also high in omega-3 fatty acid.
- **Cheese** – Cheese is another excellent source of protein for your furry family member. Both regular cheese and cottage cheese contain a good amount of protein, however they have different amount of fat in them. If your dog needs a diet that is lower in fat, cottage cheese is the more ideal option.

Poor Sources of Protein

Here are some poor sources of protein.

- **Meat By-Products** –are the leftovers of a carcass after the main meat has been removed. So meat-by products do not contain any muscle meat at all. These leftovers do contain some protein but they have a very low biological value.



Figure 19- This is where meat by products and meat meals Usually come from

Beaks, claws, feathers, hair, horns, and hooves are some examples of meat by-products.

Many pet food companies use 4D (Dead, Dying, Diseased, and Disabled) animals as the raw materials for meat by products. Roadkill, and euthanized cats and dogs are also used for it.

- **Meat Meal** - Meat meal is the dried end product of the cooking process referred to as rendering. If you have ever cooked stew, this is almost like rendering but with rendering the stew is overcooked intentionally. Water is then taken away and the remaining residue is baked and the end product is meat meal.

Meat meal contains a lot of protein. However, most pet food companies make use of inferior materials for their meat meal.

[Ann Martin, the author of *Food Pets Die For: Shocking Facts About Pet Food*](#) revealed the hazards of commercial pet food.

With her investigation, Ann Martin found out that meat meal can include dead animals, (animals that have died in the field or from a disease and full of drugs), road-kill, zoo animals, material from slaughterhouse facilities which have been found unfit for human consumption, garbage from restaurants and grocery stores, as well as dogs and cats.

- **Corn, Wheat, Soy and Rice**

Dogs find it hard to digest the protein in these grains. So most of the protein just passes through the system unused just like with bone meal and meat meal.



Figure 20 -Ann Martin revealed the horrors in many commercial pet foods with her book *Food Pets Die For: Shocking Facts About Pet Food*



Figure 21- Corn, wheat, soy, and rice are inferior sources of protein for dogs. Most pet food companies use wheat, soy and rice as protein source because they are cheaper

Some dog food companies use soy and rice for protein but they are very poor sources of this nutrient.

Excellent Sources of Fat

Two Sources of Dietary Fat

There are two sources of fats; dietary animal fats and dietary plant fats.

Dietary animal fats are usually solid at room temperature. Examples of dietary animal fats are the fat in and around meat and chicken, lard (fat from the pig's belly, tallow (usually rendered beef fat) and fish oils derived from livers of fish such as salmon and cod.

Dietary plant fats are what we call oils since they are in liquid form at room temperature. Examples are olive oil, sunflower oil, flaxseed oil, peanut oil, canola oil, soya bean oil, palm oil, palm kernel oil, and coconut oil.

So what are the best sources of fat for your dog?



Figure 22 -Saturated Fat in Meats including in chicken are the best sources of fat for your furry companion

- **Saturated Fat in Meats**

The fats you see in and on the outside of meats and chicken are superior fat sources. So if you feed your dog real meat or chicken then that's great.

- **Unsaturated Fish Oils**

Cod liver oil, salmon oil, and other unsaturated fish oils are also great sources of fat. However, these oils should not be given regularly as too much of it, can lead to vitamin E deficiency. Don't feed your average-size dog more than 2 drops of fish oil in a day.

- **Polyunsaturated fats from plant sources**

With plant oils, you are better off going with cold-pressed organic oil. They do have a steeper price but certified cold-pressed organic oils are free from harmful pesticides and chemical residues which can cause cancer. They also have not been processed with heat so the composition of the oil cells is not changed.

Here is a list of some of the best plant oils for your dog.

- *Flax seed oil* – Of all plant oils available, by far your optimum choice is cold-pressed organic flaxseed oil. It provides your dog with the most amount of Omega 3, helps boost the immune system, improve the skin and colon health and promotes better vitamin absorption
- *Canola oil* – Canola oil ranks second in holding the most amount of Omega 3 and Omega 6.
- *Sunflower oil* – This oil is packed with Vitamin E and Omega 6. However it does not contain Omega 3.
- *Safflower oil* – This oil is packed with Omega 6.
- *Olive oil* – Packed with Vitamin E

Poor Sources of Dietary Fat



Figure 23 - Hard and soft margarine such as butter and lard are poor sources of fat for dogs

• **Hard and Soft Margarine (examples: butter, lard)** – These are highly processed products and have been subjected to extreme temperatures, toxic chemicals and solvents.

• **Cottonseed oil** – Perhaps the worst dietary oil since this oil is derived from plants that are sprayed heavily with chemicals.

- **Palm oil** – Palm oil may have some benefits for your dog's health. However, the fact that palm oil plantations are linked to unsustainable deforestation globally and is cutting down livable habitats for orangutans, other sources that do not cause such havoc in the balance of nature is more ideal for us.

Excellent Sources of Vitamins and Minerals

- **Vitamin A**
 - Liver and Liver Oil
 - Fish
 - Carrots
 - Leafy Greens
 - Egg Yolks
 - Yellow Fruits (Hint: The more vibrant the color of the fruit or vegetable, the higher is its beta-carotene content)

- **Vitamin D**
 - Halibut
 - Cod Liver Oil
 - Saltwater Fish
 - Yogurt
 - Cheese
 - Eggs

- **Vitamin E**
 - Leafy Greens such as Spinach
 - Asparagus
 - Seeds
 - Nuts (Be careful what kind of nuts you give to your dogs. Some are poisonous to them. Check out this [list of nuts that are unsafe for dogs.](#))
 - Vegetable Oils

- **Minerals** - Meat, fish, vegetables and fruits are packed with minerals essential to dogs. We also have a free book included on canine supplements that you can make at home when you purchase the Gold Pack.

Excellent Sources of Fibrous Carbohydrates and Starchy Carbohydrates

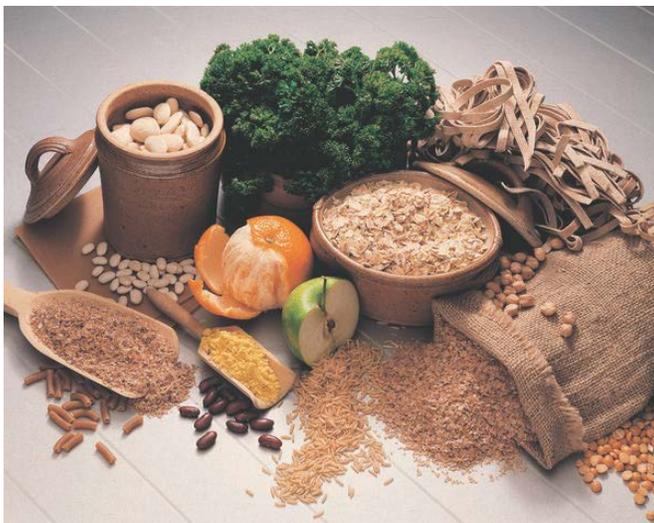


Figure 24 - Whole grains, veggies and fruits are excellent sources of fibrous and starchy carbohydrates

- **Whole Grains** - Brown rice, barley, and oats are great sources of starchy carbohydrates plus they contain fiber that are not found in most processed grains
- **Vegetables and Fruits** –They are excellent sources of dietary fiber, antioxidants, phytonutrients, enzymes, natural vitamins and minerals that help keep your dog healthy.

There are some fruits and vegetables that are poisonous to dogs so be careful what you feed them.

Check this [list of fruits and vegetables that are dangerous to dogs](#).

Check out Chapter 2 for our list of safe and unsafe foods for dogs.

Poor Sources of Fibrous Carbohydrates and Starchy Carbohydrates

- Corn
- Wheat
- Soy

Why You Should Include Organ Meats in Your Dog's Diet

Ever thought of feeding organ meats to Fido? The mere mention of kidneys, liver, gizzards, heart, pancreas, lungs, intestines, and brains as food can make a lot of people queasy. But for your canine pal, these organs are a culinary treat.

It's in Animals' Nature to Go Straight for the Organs

If we observe animals in the wild or in their natural habitat, we would see that most of them go straight for the organs of their prey. Nope, they do not go for the muscle meat first. They save that for later.

So how come, animals go straight for the organs first? Animals instinctively know that organ meats are the most abundant source of nutrition. In fact they are the superfoods in the animal kingdom.

Yes! The nutritional value of organ meats is higher than that of plain muscle meat.

Loaded with Healthy Nutrients

Not only are organ meats delicious, they also come loaded with goodies that your dog needs. They are excellent sources of protein and other essential nutrients including B vitamins, vitamins A, D, E and K, and minerals, such as phosphorus, copper and iodine.

Organ meats have high nutrient density, high digestibility and excellent nutrient profile. If you think about it, dogs and other animals living in the wild consume almost all the parts of their prey including all its internal organs for superior nourishment.

Organ Meats Are a Natural Source of Vitamin D

Vitamin D is regarded as one of the most important vitamins. It regulates a number of functions in the body. A deficiency in this vitamin can wreak havoc in your dog's health. Muscle weakness, fractures, common cancers, autoimmune and infectious diseases are just some of the troubles that a deficiency in Vitamin D can cause.

If you're living in higher latitudes and getting less sunlight, it is especially important that your dog gets a good amount of vitamin D in their meals especially during the winter season when vitamin D deficiency is most likely to occur. Compared to any food source, organ meats are known to contain some of the highest concentration of naturally occurring Vitamin D.

Contain High Amounts of Essential Fatty Acids

You've read in Chapter 1: The Nutrients Your Dog Needs and Why He/She Needs Them just how important essential fatty acids or EFAs are for dogs. And organ meats contain a high amount of these EFAs like arachidonic acid, and omega-3 fats, including EPA and DHA.

It's not just fish and fish oils that are an excellent source of EPA and DHA. Organ meats come packed with them too.

Liver is the Popular Choice But...

When somebody mentions "organ meats" liver is usually what comes into mind. Sure liver is an organ meat and an excellent source of protein and other essential nutrients but you can go beyond liver.

Just like liver, heart, gizzard, kidneys, pancreas, lungs and even brains are wholesome and excellent sources of protein and other nutrients that are important to your dog's health.

But even though liver is the most popular organ meat of choice, some have doubts on its safety.

You probably already know that the liver neutralizes toxins in your dog's body ranging from drugs to other chemicals. But this shouldn't scare you.

Sure the liver filters toxins. But storing these toxins is not part of its job. It's more typical that muscle meats will have higher amounts of unwanted toxins than the liver.

Let's take a look at some of the nutrients found in certain organ meats.

Liver

Liver contains more nutrients (gram for gram) than any other food. It is also the best natural source of Vitamin A – which helps in digestion and keeps the reproductive organs healthy. It is also a powerful antioxidant.

High in folic acid and B vitamins, especially B12, which work in preventing anemia, fatigue and keeping your dog's mental ability and nerve health. The liver is also a great source of iron. In fact iron in the liver is one of the most easily absorbed and used.

You probably are well aware just how important iron is for your dog. Iron is used in many functions such as hemoglobin formation, brain development and function, temperature regulation, muscle activity and catecholamine metabolism.

If your dog lacks iron, her immune system weakens as a lack in iron reduces the production of T-cells and antibodies. Oxygen transport and cell respiration is the primary function of iron. A dog lacking in iron (anemic) is easily tired and fatigued.

Did you know that just like humans, dogs can suffer from dementia too? Liver has numerous nitrogen containing compounds that are building blocks for DNA and RNA. Combined with the B vitamins found in the liver, it makes it extremely helpful for people suffering from Alzheimer's and dementia. The same is true for dogs.

Kidneys

Kidneys are low in fat and packed in protein. vitamin B12, riboflavin and iron, and useful levels of B6, folate and niacin are also provided by kidneys.

Heart

If the liver is the best natural source of Vitamin A, the heart is the best natural source of co-enzyme Q10. We'll learn more about co-enzyme Q10 in a bit. The heart is also loaded with collagen and elastin and contains a high amount of vitamin B12, iron, potassium, selenium, phosphorous and zinc.

What is Co-enzyme Q10?

Co-enzyme Q10 also known as ubiquinone is a substance that is produced naturally by your dog's body. It provides a host of benefits. Although it is naturally produced in the dog's body, it can also be supplemented if there is a shortage for example due to aging.

It's essential for the cells, providing them with energy and aids in providing enzymes for the cells. It also acts as an antioxidant which can be helpful for dogs dealing with a heart condition. There have been studies showing that a shortage in this substance can cause more severe symptoms in dogs with congestive heart failure.

Co-enzyme Q10 is also believed to help in delaying aging. If good amounts of the co-enzyme Q10 are maintained, the tissues of your dog stay young for a longer time.

So now you know just how healthy organ meats are, you better start adding them to your dog's meals. You'll eventually get over your queasiness after seeing how happier and healthier your furry family member is.

But...It's Important to Know Where the Organ Meats Come From

It's great that you've decided to add organ meats to your dog's meals. But before you go ahead and buy some, it's important that you know where the organ meats you'd be buying and feeding to your dog come from.

We recommend that you opt for organ meats from animals that have been grass-fed or raised organically. By doing so, you will avoid feeding your furry best friend organ meats pumped with a lot of antibiotics and hormones. Another problem with grain fed animals is that most grains are genetically modified. We have discussed the dangers of GMO in Chapter 3: Potential Contaminants in Commercial Dog Food.

Make sure that the organ meats you add into your dog's diet are fresh. You can go to your local butcher and ask for fresh cuts of organ meats.

What About Organ Meats in Commercial Pet Food?

But wait. Aren't organ meats classified as by-products? And we (informed dog owners) know too well that by-products must be avoided. So how come we shun commercial pet foods that have organ meats in them?

Numerous commercial pet foods have organ meats in them. But here's the problem.

Let's start from the beginning.

Organ meats added in commercial pet feed start out as fresh, chilled and frozen internal organs from animals and fish slaughtered under humane, sanitary and safe practices in modern food processing facilities - from an article titled "Organ meats: quality source of protein for pets." However in the same article, the author also said;

"Today, much of the organ meats wind up in the various rendered protein meals such as poultry by-product meal, meat and bone meal, pork meal, lamb meal or fish meal.

This becomes problematic as Dr. Karen Becker pointed out. Dr. Becker, a proactive and integrative wellness licensed veterinarian and voted top 10 veterinarians in Chicago stressed that because raw product that came from meat slaughtering and processing plants are combined with dead animals from farms, ranches, marketing barns, animal shelters, feedlots, ranches and other facilities as well as fats, grease, and other food waste from restaurants and stores during the rendering process, the quality of the organ meats is compromised.

Another issue that Dr Becker pointed out is that the rendering process cooks raw products at extremely high temperatures making them less nutritious.

So when organ meats are subjected to the pet food rendering process, they lose a significant amount of their nutrients which is unfortunate for your dog.

Factors that Affect the Nutritional Needs of Your Furry Companion



Figure 25 -Your dog's breed affects his or her nutritional needs

Certain factors affect your dog's nutritional needs.

What are they?

Let us go through them one by one.

Breed

Generally pet food companies base the energy their dog food products provide on body weight. However, some breeds of the same size and weight can have different energy needs.

For example, breeds such as Beagles and Labradors have a higher ratio of body fat compared to lean muscle mass. Metabolically speaking, fat tissue is less active than muscle. Therefore Beagles and Labradors would

have an energy requirement that is below average for their body weight. The opposite is true for breeds that are highly muscled.

Age

Not all breeds have the same maturity rate. So better be familiar with how your dog matures so you can correctly determine her nutritional needs and keep her healthy.



Figure 26 - Age is another factor that affects your dog's nutritional needs

Here is a table that will be helpful

Groups	Weight in Lbs	Growing Years	Adult	Senior
Toy Breeds	2 - 12	1st 39 weeks	>39 weeks	14 years
Small Breeds	13 - 29	1st 52 weeks	>52 weeks	12 years
Medium Breeds	30 - 59	1st 73 weeks	>73 weeks	10 years
Large Breeds	60 - 99	1st 86 weeks	>86 weeks	8 years
Giant Breeds	>100	1st 95 weeks	>96 weeks	6 years

Larger breeds mature at a slower rate but turn seniors much faster. Dogs as they get older cut down on physical activity have slower metabolism. To prevent obesity and other health complications, cut down the amount of food you serve

Here are a few signs that can indicate your dog is starting to slow down and a change in diet may be necessary.

- Difficulty in movement
- Changes in their vision and hearing
- Increase in their body weight
- Changes in their bowel and or urinary behavior
- Bad breath possibly because of teeth or gum problems associated with old age.

Puppies have higher nutritional needs than mature dogs. It is best to start feeding your puppy with multiple well-spaced meals about four weeks after birth. Their nutritional needs normally start going down when they reach adulthood. You can use the chart we provided above to determine when your pup becomes a mature adult dog.

Body Weight



Figure 27 - A dog's body weight and body composition also plays a role in determining his or her nutritional needs

There have been mathematical formulas developed by scientists calculating the number of calories that should be fed for the average pet weight. And these formulas are fairly accurate. It is important to note that base energy levels must be adjusted in a constant manner to all of the factors that determine the maximum level of nutrition your pet needs at any given time, period, or condition in its life.

Body Composition

Body composition determines the amount of fat tissue your dog has. Fat does not use energy like muscle tissue does. So the greater the ratio of fat tissue to muscle, the lower the amount of base calories a dog would need per pound of body weight.

Gender

Male dogs often have a greater amount of muscle mass compared to female dogs. This means that they use up more energy per pound of their body weight which is why male dogs have a lesser tendency to become overweight or obese.



Figure 28 - Gender also determines a dog's nutritional requirements

Now here is an important matter that dog owners must decide on.

Spaying or neutering your pet or keeping them intact.

Spaying or neutering your dog will lead to the loss of sexual hormones. This brings down your dog's activity level as he or she no longer has the urge to seek out a partner or mate. To keep them at a healthy weight and prevent obesity have longer walks, longer play time or do anything that will increase your dog's energy output, or cut back on the amount of food you feed your dog.

Pregnancy and Lactation

Most dog owners automatically feed their pregnant dog more than the usual. It makes sense since your dog is not just eating for two, maybe 3, 4 or even more. But with dogs, pregnancy is quite unique.

There is not actually much need to increase your pregnant dog's food intake until the last few weeks before she gives birth

Now here's the tricky part.

During these critical weeks, your dog's belly is full of puppies nearing full birth weight pressing on her stomach leaving just a little physical space to squeeze in food but it is at this time that your pregnant dog needs to double her food intake. Supplements can come in handy to ensure that Mama Dog gets all the nutrients she requires.



Figure 29 - Pregnant dogs must receive optimum levels of nutrition especially during the critical weeks before giving birth. Your dog's energy and protein needs also go up during lactating stage.

Nutritional deficiency in pregnant dogs can lead to problems such as the size of the newborn pup, the amount of milk she has available for the new pups and even birthing difficulties

Lactation also gives way to another nutritional issue. Her energy and protein requirements will go up since she will be feeding her litter.

If the correct energy and protein needs of the mother dog are not met then her body will start using up its own body tissues which can result to excessive organ, muscle mass and hair coat loss.

Activity Level

Activity level ranks as the second most crucial factor in determining the dietary needs for a healthy pet.

Often times, the lifestyle of the pet owner dictates a dog's activity levels

We are seeing a lot of overweight dogs and cats because too few of us are exercising our loyal companions enough. Lack of exercise can make your furry loved one sick. So for your dog's sake get off the couch, pick up the leash and stop being lazy.



Figure 30 - The more active a dog is the more energy he/she requires.

If your dog's activity level exceeds that of routine exercise, her energy needs can go up rapidly.

Simply put the more active your dog is the higher is her energy needs and the opposite is true if she's less active.

Illness

Severe illness or trauma may double your dog's energy or nutritional requirement. Check with your vet whenever your dog becomes ill to determine any change in his or her nutritional needs.



Figure 31 - Severe illness or trauma may double your dog's energy or nutritional requirement.

Seasons/Temperature



Figure 32 -Dogs require more energy during the colder days to keep their body temperature

Your dog will require more energy during the colder days to keep his or her body temperature. If for example, your dog spends at least half his time outdoors during the cold days of winter, he may need double the amount of food you normally serve him with during the summer season.

Stress

Yes, dogs also get stressed out and stress has an effect on their nutritional needs.



Figure 33 -Stress makes your dog's system work harder therefore increasing his or her nutritional needs

Stress in dogs is any extra physical or emotional demand that triggers a certain set of responses.

Dogs' Early Physiological Responses to Stress

- Increased heart rate
- Stomach constriction
- Energy use up
- Adrenalin release and dilation of pupils (readying the dog for a fight or flight response)

Prolonged stress can weaken your dog's immune system making him or her more prone to sickness.

Good Stress Vs Bad Stress

Yes, there is good stress and there is bad stress. When a dog experiences good stress, he or she exhibits enhanced physical condition and performance. However when bad stress is in play, physical signs can include reduced activity, poor performance, weight loss, dehydration, anemia, slower recovery from illness, and disease.

There are various psychological signs of stress. With good stress your dog's more alert, more responsive and shows a good attitude while bad stress makes a dog maladjusted, dissociated, irritable, depressed, apathetic, unsocial, and not wanting to eat and drink.

A lot of things can stress out your dog. The kind of stress and how long it is present determine how severe the effects will be.

Puppies usually experience stress when they are weaned out and get separated from the litter. And since puppies don't have a fully developed immune system yet, even a healthy pup can get sick due to stress.

Dogs are also stressed out by training, working, performing, disease, trauma, and injury and unless they are controlled, things could get worse.

To sum it up stress makes your dog's system work harder which ups her nutritional needs. As long as stress is allowed to persist, your dog's nutritional requirement will continue to go up.

But here's the tricky part.

Animals usually don't want to eat when stressed out.

Your Nutritional Needs VS Your Dog's Nutritional Needs



Figure 34 - Most dog owners are guilty of sharing their meals and snacks with their furry companion

Love Sharing Your Meals and Snacks with Your Dog?

Not all of the foods we eat are good for dogs. Some foods that are healthy for us can be bad for them or can even be poisonous.

So you better be careful with what you share with Fido.

We know it is so hard to say NO but just remember saying NO is for their own good.

Some Foods That You Enjoy Aren't Healthy for Dogs

Here is a list of foods that you might enjoy but aren't healthy for dogs.



Figure 35 -Be careful of the food you share with Fido. Some foods you enjoy are dangerous to them

Chocolates - Chocolates are toxic to dogs. So you should make sure that your dog does not get any access to them and other food products containing chocolates

Effects of Chocolates in Dogs

Here are a few effects of chocolates to dogs.

- Vomiting
- Increased thirst
- Abdominal discomfort
- Restlessness to severe agitation
- Muscle tremors
- Irregular heart rhythm
- High temperature
- Seizures
- Death

Extra Tip: When it comes to chocolates, the darker they are, the more dangerous they are for your furry companion.



Avocado –Avocado fruit, leaves, seeds, and bark may contain persin which can be toxic to dogs.

The ASPCA or the American Society for the Prevention of Cruelty to Animals includes avocado in their [list of foods not safe for dogs](#). It gave out a warning that the pepsin in the fruit, seeds, and bark of avocados can cause vomiting and diarrhea.

So how toxic is avocado to dogs?

Just how toxic exactly avocado is to dogs is still being debated. In most cases, dogs who were fed avocado suffered no serious injury. However, you should know that one case report indicated that 2 dogs had a fatal heart failure after having ingested a large amount of avocados.

So what's my take on this?

I love my dogs so much that I would not want to take the risk of feeding my dogs avocados.

Ethanol – Ethanol are also known as ethyl alcohol, grain alcohol, or the one that we drink. Even a small amount of alcohol can intoxicate dogs. So make sure that your dog can't reach them. And during parties tell your guests to never make your loyal companion have even a small taste of any alcohol.

So what are the effects of alcohol intoxication to dogs?

In dogs, alcohol intoxication usually causes the following:

- Vomiting
- Loss of coordination
- Disorientation and stupor

In severe cases alcohol intoxication can cause coma, seizures and even death.

If your dog is showing mild signs of alcohol intoxication, you should closely monitor him or her. If your dog is so intoxicated that he or she can no longer stand up, you should have your vet monitor your dog closely until full recovery.

Grapes and Raisins –Never give them to your dog.

Recently, grapes and raisins have been associated with kidney failure in dogs although at the present time, the exact cause of why they are causing kidney failure is not yet clear. There are some dogs that can eat these fruits without experiencing any harm however some dogs get life-threatening conditions after eating just a small amount.

Another baffling issue is that some dogs eat grapes and raisins without experiencing any ill effect however when they eat them later on in their life they get very sick.

My opinion on this matter: As a dog owner, I would take the safest course which is to not feed grapes and raisins to my dogs.

Symptoms of Grape or Raisin Toxicosis in Dogs

Within 12 hours of ingestion

- Vomiting
- Lethargy
- Diarrhea

Progression

Dogs can become more lethargic and dehydrated. Your dog may not want to eat and it's possible for him/her to show a temporary increase in urination but later on followed by a decrease in urination or even no urination at all. Your dog can die within three to four days due to kidney failure. Dogs lucky enough to survive the intoxication can suffer from a long-term kidney disease.

Macadamia Nuts –They are toxic to dogs. Although the ill effects of this nut are unlikely to cause fatality, it can bring very uncomfortable symptoms that can last up to 48 hours.

What are the ill effects of macadamia nuts on dogs?

- Weakness of the rear legs
- Pain
- Possible tremors
- Possible low grade fever

Here are a few more food items that you may love but are dangerous for your furry family member.

- Fatty meats and cured meats (In colder months, fatty meats can be okay to serve for outdoor dogs)
- French fries
- Anything that is batter dipped and deep fried
- Pastries, cookies, cakes and other sweets or sources of sugar
- Pancakes and waffles
- Ice cream
- Potato chips and other junk food
- Frozen dinners and fast food meals
- Processed foods
- Coffee and other caffeinated products

Nutritional Needs of Puppies VS Nutritional Needs of Adult Dogs



Figure 37 -Adult dogs and puppies have different nutritional needs

Puppies are especially sensitive to the effects of dietary deficiencies, toxins, and poor quality ingredients.

So what are the special nutritional needs of puppies?

During puppy stage is when your furry companion grows and develops rapidly. Puppies need more calories than adult dogs. The amount of calories they need depends on various factors. But here is a chart that will be helpful.

Recommended Calorie Intake for Puppies

Puppy's Age in Weeks	Calories Per Lb Per Day
1 Week	60-69
2 Weeks	70-79
3 Weeks	80-89
4 Weeks and Over	90-100

The difference in the nutritional needs of puppies and adult dogs do not stop with calories. Let us take a look at the table from the American Association of Feed Control Officials (AAFCO) showing the minimum requirements for some nutrients both by puppies and adult dogs.

Nutrients	Puppies	Adults
Protein (%)	22.0	18.0
Arginine (%)	0.62	0.51
Histidine (%)	0.22	0.18
Leucine (%)	0.72	0.59
Lysine (%)	0.77	0.63
Methionine + cystine (%)	0.53	0.43
Phenylalanine + tyrosine (%)	0.89	0.73
Threonine (%)	0.58	0.48
Tryptophan (%)	0.20	0.16
Valine (%)	0.48	0.39
Fat (%)	8.0	5.0
Calcium (%)	1.0	0.6
Phosphorous (%)	0.8	0.5
Sodium (%)	0.3	0.06
Chloride (%)	0.45	0.09

Looking at the chart, you can see that puppies require a higher amount of protein, fat, amino acids, and minerals compared to adult dogs.

So what does this mean when it comes to chow time? How should you feed your puppy?



Figure 38 -For optimum growth and development, puppies must be fed healthy meals

Here's one rule to remember. Puppy meals should consist:

- 50% protein
- 10% fat
- 20% carbohydrates
- 20% vegetables

Our book **"Pack Your Puppy with Power"** explains puppy feeding in greater details and you can get this book for free by purchasing the GOLD Pack. We will of course discuss the basics here. Let's start from the very first day of puppy feeding.

5 Stages of Puppy Feeding

There are 5 stages of feeding your puppy.

Stage 1: Breast Feeding (From birth to 4 weeks)



Figure 39 - Mama Dog's breast milk is best for pups until 4 weeks

From day 1 until 4 to 6 weeks of age, puppies get their nourishment from their mother's milk.

For those caring for orphaned pups, consult your veterinarian for the best milk replacement formula.

Stage 2: Weaning Process (From 4-6 weeks)

The weaning process starts around 4 weeks after birth. Weaning pups before they reach 4 weeks of age is not advisable as they are not yet ready to digest puppy food.



Figure 40- When pups turn 4 weeks mother dogs usually start to wean them out

In general, mother dogs successfully complete the weaning process on her own. So don't stress about the weaning process.

Stage 3: Teething (5-6 Weeks)

At 5-6 weeks, they start teething and they continue to do so until they reach 3 months of age, when milk teeth are replaced with adult teeth.

At this stage, your pup will need mushier food as his or her gums are tender.



Puppy food is just like baby food...all mushy. A handheld masher, or a food processor, or a blender will come in handy in pureeing puppy food. We will discuss later on what you should be feeding your adorable puppy at this stage.

Figure 41 -During teething stage, your pup becomes a chewing machine

Stage 4: Time for Solid Puppy Food (from 2 months to 10 months)

By 2 months puppies can transition to eating solid food. This is a good time for your pup to start giving those new teeth some exercise.

In general, high-protein meals are best for pups until they reach the age of 10 months. But remember that some breeds mature faster than others. It's best to consult your vet for advice on this matter.



Figure 42 - By 2 months old, your pup can start eating solid food

Stage 5: Time to Switch to an Adult Diet (from 10 months onwards)

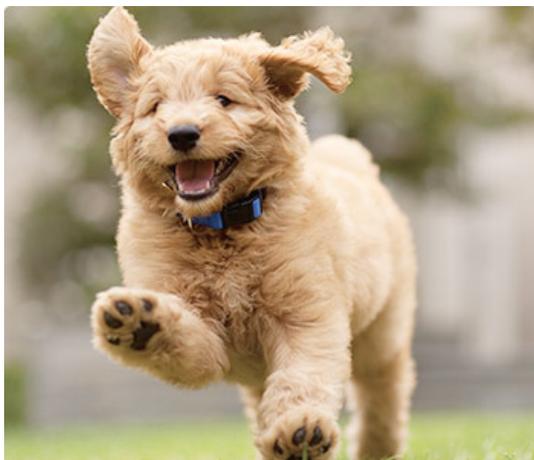


Figure 43 -At 10 months old, your puppy can start being on an adult diet

At 10 months of age it's time to switch to an adult diet. We have provided super healthy recipes for your dog in Chapter 7.

Smaller breeds usually mature at 9 months while larger breeds are all set for an adult diet when they reach 10 months of age.

What to Feed Your Adorable Furry Companion While Teething

About 13 weeks to 16 weeks, adult teeth start pushing the small sharp milk teeth.

This can bring some misery to your pup as the jaw is growing rapidly and at the same time the gums are inflamed from cutting new teeth.

You'll have a chewing machine, your pup will chew anything that her mouth can go around. But she would also be a picky eater.

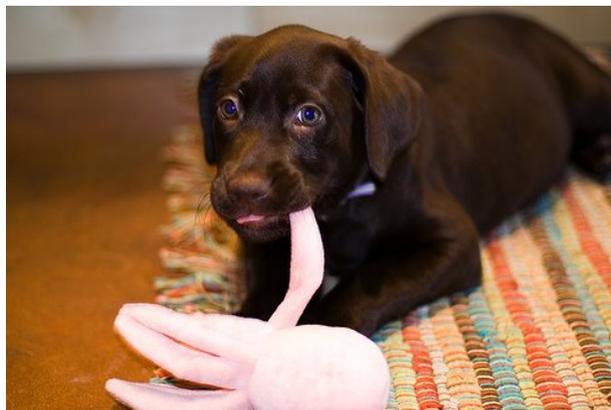


Figure 44 - At about 13 weeks to 16 weeks your puppy starts teething

So what should you feed your puppy?

You can make enticing biscuits complete with the essential nutrients her growing body needs. Biscuits are great for teething puppies since they are just hard enough to let them work out their teeth. We have a recipe for a nutritious and enticing biscuit perfect for teething puppies on our book "Pack Your Puppy with Power" which comes free when you purchase the GOLD PACK.



Figure 45 -Biscuits are great for teething puppies

How Frequent Should You Feed Your Puppy?

Since puppies still have a small stomach, it is best to distribute their meals throughout the day. About 3-4 small meals is good for puppies. So if for example your puppy's meal is about $\frac{3}{4}$ cup for the whole day, divide it to 3 or 4. If you opted to feed 3 times a day, then each meal should be $\frac{1}{4}$ cup.

Feeding Guide for Adult Dogs

Most dogs love to eat and eat they will. If it's up to them, they would be eating and eating all day long. But this is not healthy.

So how often should you feed an adult dog?



Figure 46 - Once your pup becomes an adult dog, her nutritional requirements change

Twice a day feeding is usually recommended. This way, it is easy for you to monitor your dog's food intake.

There is no precise answer as to how much food you should give your dog. Knowing how to judge your dog's body condition score comes in handy. Ideally, when you look at your dog, you should not see the ribs and you should be able to feel her ribs when you touch her.

To check if you are feeding your dog too much look straight down at her while she is standing on four legs and you should see a recognizable waist. The best thing to do is ask your veterinarian if your dog is at a healthy weight on your very next visit. You can also ask for a sample of body condition scores.



Figure 47 - Obesity is a common health problem of today's modern dogs and usually the dog owner is to blame

Obesity is a common health problem of today's modern dogs. This is most of the time the dog owner's fault. We usually serve too much food to our furry companions and do not exercise them that much.

Your Dog's Digestive System and How it Works

To understand dog nutrition better, basic knowledge on canine digestive system and how it works will be important.

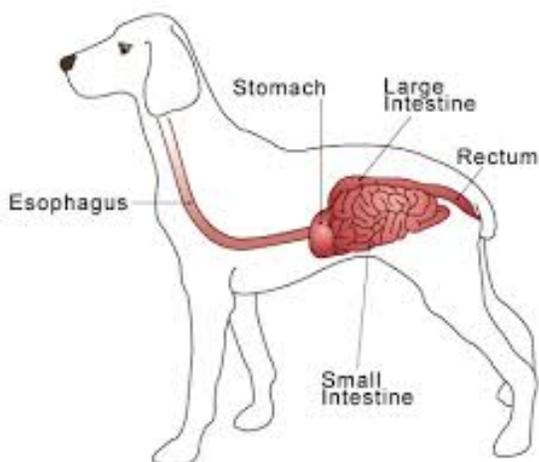


Figure 48 - Having a basic knowledge about the canine digestive system is crucial to get a better understanding of dog nutrition

What's Involved? Getting to Know the Components of Canine Digestive System

The dog's digestive system is made up of the following:

- Mouth
- Teeth
- Jaws
- Saliva
- Esophagus
- Stomach
- The small intestine
- Colon (including its bacterial flora)

The mouth, teeth, jaws, and saliva

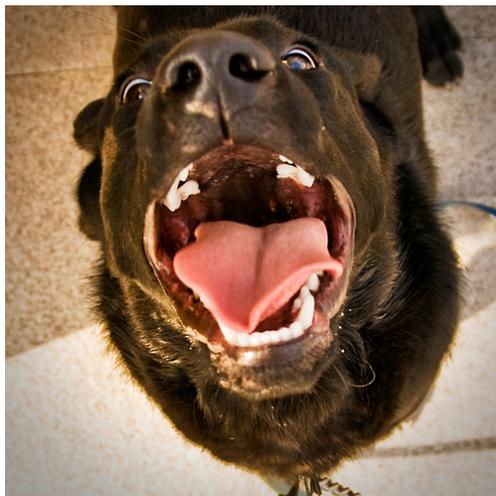


Figure 49 -Take a look at your dog's mouth and you'll immediately notice how different her set of teeth are from yours

Dogs have fangs for grabbing, holding and tearing. Their front teeth are designed to scrape meat off bones. The small saw teeth or incisors are meant for holding and grabbing. They have big incisors to cut just like a pair of scissors and their molars placed behind are for crushing.

The jaws of dogs are longer compared to their face except of course for those breeds that were deliberately manipulated through breeding to have shorter jaws so that they have a more human-like face.

Dogs can't actually move their jaws sideward like we do when we chew to make that grinding action. They can only make an up and down movement with their jaw.

They don't need to chew their food like we do and their saliva serves as a lubricant so they don't choke. All the digestion is taken care of by their stomach.



Figure 50 - Nature designed dogs to have long jaws so that their fangs can grab large objects

Your Dog's Stomach

Your dog's stomach actually looks like an accordion and when it is empty it folds and starts looking like a thin intestine. When your dog's stomach is filled, it expands and all the wrinkles are unfolded.



Figure 51 -The stomach of dogs looks like an accordion. When it's empty, it folds and become wrinkly but when filled it expands and unfolds

Our stomach on the other hand is basically just a bag. It does not fold like a dog's stomach does.

A dog's stomach's lining has some very strong muscle. There is a constant massaging of the food going on in your dog's stomach to make sure that the digestive juices get in close contact with the food. The digestion process goes on until all or most of the digestible pieces of food are already dissolved.

Once the digestion process is over, the strong stomach muscles will now squeeze the liquid mass into the intestine to get on with the final finish of the process and of course to absorb the nutrients.



Figure 52 - The dog's stomach handles the breaking down of food

Dog's Small Intestine

Once the food has been broken down and turned into liquid, it then goes through the small intestine. This is where the main part of the digestion happens, and where food is assimilated into nutrients to be absorbed by the body.

The Large Intestine or the Colon (plus its bacterial flora)

After the small intestine is finished with its job, whatever remains is passed to the large intestine or the colon. This is the last stop of the digestion process or before the waste is passed through the dog's rectum in the form of feces or simply dog poop.

The main function of the colon is to absorb the water from what will then become the dog's stool. The bacterial flora in the colon create additional nutrients. At times, gasses can also be generated.

Canine Digestion and the Food You Serve Your Dog



Figure 53 - Enzymes found in your dog's stomach effectively digest animal protein and fat

Let's take a look at the food you serve your dog in relation with how they digest food.

Protein Digestion

The digestive enzymes in your dog's stomach effectively digest animal protein and fat.

Here's a chart that shows the digestibility of certain protein sources.

Protein Sources	Digestibility Rate
Egg Whites	100%
Muscle Meats	92%
Fish	92%
Chicken	92%
Organ Meats (Liver, Kidneys)	90%
Milk and Cheese	89%
Wheat	64%
Corn	54%

Looking at the chart you would see that dogs have a difficult time digesting grains. This is why it's quite surprising to see many commercial dog foods with corn as the main source of protein.

Grains and Carbohydrates

Dogs also have a difficult time digesting complex carbohydrates and usually they just pass through the dog's system undigested.

However certain sources of carbohydrates especially starchy ones are easily converted into simple sugar which is a quick source of energy.



Figure 54 - Starchy carbohydrates can serve as energy source for dogs



Figure 55 - Fruits and veggies provide dogs with essential nutrients

Fruits and Vegetables

Fruits and vegetables are your dog's source of nutrients such as B-vitamins, essential minerals, as well as enzymes that boost their immune system and promote good digestive movement or motility and overall health.

Processed Foods

Most commercial dog foods have been subjected to high and prolonged temperature during processing and this makes it harder for dogs to digest proteins, most specifically lysine which is one of the 10 amino acids essential for dogs.

High temperature cooking also destroys methionine and histidine which also are 2 of the 10 amino acids that are essential to dogs.



Figure 56 - Commercial dog foods have been subjected to high and prolonged temperatures which can negatively impact dog's ability to digest proteins, most specifically lysine

Do Puppies Digest Food the Same Way As Adult Dogs Do?



Figure 57 - In general adult dogs and puppies digest food the same way. However, their nutritional requirements differ

In general, puppies and dogs digest food the same way.

The difference is the timeframe. For a mature dog with a healthy digestive system, digesting a meal usually takes 7-10 hours.

In puppies, things go much faster. After eating a meal typically it takes just 30-45 minutes for them to poop.

What Your Dog's Poop Should Smell and Look Like

You can tell a lot about the state of your dog's health just by looking at her poop. Yes, this may seem gross at first but you'll get used to it in time and you probably won't mind doing this poop-checking task anymore. All you'll be thinking about is it's for your dog's well-being!

Although this is not the most pleasant subject to talk about you have to remember that your dog cannot speak human and her poop can actually give you clues about her health.

So what does a healthy poop smell and look like?

A healthy poop is firm, moist, compact, and only with a light smell. If your dog's poop deviates from this, it can indicate an underlying health problem. But keep in mind that what you feed your dog affects what comes out of the other end. If you are feeding your dog unhealthy meals, then you can expect that her poop will not look and smell healthy as well.

Dogs on commercial pet food usually have large, smelly and dry poop which says much about the quality of the commercial dog food. Dogs on healthy home-cooked meals, have smaller, moist yet firm, and faint-smelling poop.

Most commercial dog foods come with fillers that are not digested by your dog's digestive system. So these fillers, having no nutritional value, just pass through your dog's digestive system, making the poop larger.



Figure 58 - What a healthy poop looks like: good coloration, moist, firm without being hard.

Chapter 2 Proper Canine Nutrition and Its Benefits



What a Healthy and Balanced Meal Looks Like

There is very little information on dog nutrition available and usually what's out there is conflicting.



Figure 59 - Dogs just like humans need balanced nutrition to stay in good health

Here's a tip.

It is possible to make a complete and balanced food for your dog at home even without a degree in nutrition.

Complete and Balanced Diet

A complete and balanced diet means that all of the nutritional requirements of your dog are met. This does not necessarily mean that each meal for every day is balanced - unless of course you feed your dog the same meal every single day with little or no variation at all.

Your dog can get tired of being fed the same food every day. So you need to have variation.

So how do you ensure a complete and balanced diet?

Home-prepared diets that incorporate a wide variety of foods given at different meals rely on "balance over time". This is the same as to the way we humans eat.

As long as we get all the nutrients we need in our weekly meals, our diet is complete and balanced. The same is true for dogs.

When it comes to achieving a complete and balanced diet, we humans have some guidelines that we follow in terms of food groups and portion sizes. You can do the same for your furry companion too given that your dog does not have any health condition that requires her to be in a very specific diet.

So what does a healthy and balanced meal for dogs look like?

Generic Recipe

To make things easier for you, we have a generic recipe that you can follow to ensure that your dog gets a complete and balanced meal.

A healthy and balanced meal should be made up of:

- 40% protein
- 25% starchy carbohydrates
- 25% fibrous carbohydrates
- 10% fat

We have listed down excellent food sources of these essential nutrients in Chapter 1 so you would not have any problem coming up with varied but complete meals. We also have included complete and balanced recipes in this book and they are quite easy to prepare!

How Nutritious Are Commercial Dog Foods?

It is almost automatic for some of us to believe the claims and labels in beautiful prints plastered in many commercial dog food packaging. I used to be just as gullible as the rest of the gullible crowd.



Figure 60 - When buying commercial dog food, you need to check on the ingredients to ensure that your dog gets optimum nutrition

This is not to say that the entire pet food manufacturing industry is bad or evil. There are still some pet food manufacturing companies that produce good quality food for pets. It is now up to us to seek out the good from the bad.

You have to start understanding dog food labels and learn to decipher the ingredients listed in them to tell the good from the bad.

Here's what you need to know.

- Not all commercial dog foods provide dogs all the nutrients they require.
- Some have chemicals in them that are bad for your dog's health.
- You have to start scrutinizing marketing labels and not believe them right off the bat.
- Some commercial pet food manufacturing companies are profit-driven and would use cheap substitutes that would not meet the nutritional requirements of your dog.

Why Cook for Your Dog?



Figure 61 - Henrietta Morrison, the founder of Lily's Kitchen and author of the recipe book *Dinner for Dog*.

Why should you cook for your dog?

If what you want for your dog is a long, happy, and healthy life, then this answers the question.

The Benefits of Feeding Your Dog Home Cooked Meals

Nothing tastes better than your mom's (or dad's) cooking, right? And perhaps if dogs can talk, they would say this as well.

Check out the benefits of cooking for your dog.

- **Fresh food**—You are sure that the ingredients are fresh. With commercial dog foods you're not really sure about the quality of the ingredients plus they have been processed already subjected to high temperatures which can destroy some important nutrients.

- **No harmful chemicals**- Many commercial pet foods are laden with additives or chemicals that can harm your dog's health. These chemicals are used as preservatives or simply to prolong shelf-life of the product.
- **No questionable ingredients** - When you buy the ingredients for your dog's meals, you definitely seek out the freshest and the best quality. This is not true for most commercial dog food.

Ever seen the term meat by-products in your bag or tin of dog food? Meat by-products can include zoo animals, road kill, the so called 4-D livestock (Dead, Diseased, Disabled, and Dying) and even euthanized dogs and cats.



Figure 62 - Feeding your dog home cooked meals provide her with a host of benefits

In 1990, the San Francisco Chronicle reported that euthanized companion animals were being used in commercial pet foods. Of course executives of pet food companies and the National Renderers Association strongly denied this allegation. However the American Veterinary Medical Association and the FDA confirmed the story.

- **Safe from commercial pet food recalls** – Every now and then numerous bags of commercial pet foods are recalled for reasons of contamination, molds, etc.

Always be on the lookout for pet food recalls. You can find information online from various websites such as the [US Food and Drug Authority](#), [American Veterinary Medical Association](#), [Australian Veterinary Association](#), [Healthy Canadians](#), and many more.

Just last year, almost 600 pets have died and more than 3,600 have gotten sick in a mysterious outbreak of illness connected to jerky treats made in China. You can find more information about [the jerky treat investigation here](#).

- **Smaller and less stinky poop**
- **Healthy skin and softer coat** – Many dog owners who switched to healthy home cooked meals for their dogs are reporting improvement in their dog's skin and coat.
- **More savings in your pocket**—Because your dog is healthier, she would get sick less often which means less expense for vet visits, medications, and hospitalization.
- **Healthier, happier and longer life for your dog!** This is of course the ultimate benefit of feeding your dog home cooked meals.

The Best Ingredient in Home Cooked Meals



Figure 63 - Home cooked meals have a unique ingredient and that is LOVE!

What's the best ingredient in home cooked meals that you won't find in any commercial dog food?

That is LOVE!

The time and effort you pour into researching healthy recipes, picking out the best ingredients to use, cooking, and double checking that the meals you provide are complete and balanced just show how much you love and care for your furry family member.

List of Foods Safe for Dogs to Consume

Here is a list of food items that are safe for your adorable and loyal companion.

List of Safe Ingredients for Home Cooked Dog Meals

Meat

- Chicken (Best to remove the skin)
- Beef
- Lamb
- Turkey (Best to remove the skin)
- Lamb
- Duck (Best to remove the skin)
- Pork
- Meat organs such as liver and kidney
- Cooked fish such as salmon, cod and haddock



Figure 64 - When buying meat for your dog, make sure that it's fresh and it's safe for her

Vegetables

Note: It is best to steam, boil or broil vegetables first before serving them to your dog as they are easier to digest when cooked.



Figure 65 - While many vegetables provide dogs with essential vitamins and minerals some are not safe for them

- Broccoli
- Cabbage
- Carrots & Asparagus
- Cauliflower
- Celery
- Cucumber
- Green beans
- Lettuce
- Pumpkin
- Spinach
- Sweet potato
- Spinach

Herbs and Spices

Add flavor and aroma to your dog's meals by using these herbs and spices. They are great for your dog's overall health.

- Basil
- Ceylon Cinnamon
- Flax seeds
- Fennel seeds
- Garlic (Some people may be concerned seeing garlic here. Garlic is okay for dogs as long as it is cooked and of course in little amounts. Garlic also has natural antiseptic and antibacterial properties)
- Ginger
- Parsley
- Rosemary
- Turmeric
- Cumin



Figure 66 - Herbs and spices are beneficial to your dog's health as they are packed with antioxidants and anti-inflammatory properties.

List of Safe Fruits for Dogs

Note: Make sure that you wash the fruits first and remove all seeds before feeding to your dog. Most seeds naturally contain cyanide which is toxic.



Figure 67 - Fruits provide dogs with vital nutrients. However some fruits are poisonous to them

- Apple
- Apricot
- Banana
- Blueberries
- Cantaloupe
- Mango
- Oranges
- Pear
- Pineapple
- Raspberries
- Strawberries
- Watermelon

Usual “People Food” That are Safe for Dogs

- Peanut butter –A favorite treat of many dogs and is an excellent source of protein, fats, vitamin B, niacin, as well as Vitamin E. Choose raw, unsalted peanut butter.
- Cheese - A great treat for dogs who aren't lactose intolerant. Cottage cheese and ricotta cheese are excellent choices. Be sure to monitor how your dog reacts to cheese.
- Yogurt –An excellent source of calcium and protein. Yogurt contains active bacteria which are great for your dog's digestive system. Go for yogurts that do not have any sweetener in them.
- Oatmeal –An excellent source of soluble fiber. Cook oatmeal first before serving to your dog.
- Rice and pasta



Figure 68 - Some foods that you enjoy such as cheese and yogurt can be enjoyed by your dog too!

Do Not Feed Your Dog These Foods!

Moldy Foods

Molds grow on food and some of them produce toxins called tremorgenicmycotoxins which can cause serious health problems or even death. Since there is no telling which type of mold produces these tremorgenicmycotoxins, you better be careful.

If your dog is on commercial dog food, check the bag or tin for molds. There have been dog food recalls due to molds.

Freeze your dog's meals if you cook them in batches and always check for any mold growth before serving.

Remove any trash or moldy debris such as fallen fruits or roadkill on areas where your dog usually stays.

Signs of TremorgenicMycotoxin Poisoning

- Fine muscle tremors (this is usually the initial symptom) progressing to very coarse total body tremors
- Convulsions
- Death (in severe cases)

The good news is dogs usually respond well to the correct treatment. So if you see any of these signs immediately take your dog to the vet.

Raw Bread Dough

Raw bread dough with live yeast can be dangerous to your loyal friend.

The yeast can cause your dog's stomach to expand which can decrease the blood flow to the stomach resulting to tissue death. It can also cause difficulty in breathing as the expanded stomach presses on the diaphragm.

Yeast also produces alcohol which can lead to alcohol intoxication. In extreme cases, alcohol intoxication can cause coma, seizures or even death. Lack of coordination, disorientation, vomiting or attempting to vomit, are a few signs to watch out for.

Xylitol

Xylitol can cause blood sugar levels to drop severely and rapidly. Within just half an hour of ingestion, your dog can become disoriented or start seizing. But it's also possible for symptoms to happen several hours after ingestion.

Large amounts of xylitol can cause liver damage which can be deadly. If you suspect your dog to have ingested any product containing xylitol, take her to the vet immediately.

Cooked Bones

Cooked bones easily splinter and can puncture your dog's stomach.

Onions

Onions are toxic to dogs.

How Healthy is the Raw Diet?

How healthy is the raw diet? Just like any other dog diet, owners and experts are divided on this subject so it is not surprising to see tons of conflicting information out there. It is indeed a raw debate.



Figure 69 - Proponents and followers of the raw diet believe that raw is a more “natural” diet for dogs.

Proponents and followers of the raw diet believe that raw is a more “natural” diet for dogs since it closely resembles what canids eat in the wild.

Opponents of the raw diet counter argues that dogs have been domesticated for thousands of years and the process of breeding have already made some alterations making the domesticated dogs different from their wild cousins. Therefore the diet of wild canids may no longer be the best diet for them.

Unfortunately, scientific research on feeding dogs a raw diet is very little. So it can be quite challenging for dog owners to decide if the raw diet is actually the best diet for their loyal companions.

If you are thinking of switching to a raw diet, it is best to take a look at the benefits and concerns surrounding this subject to arrive at a more informed decision.

Two Types of Raw Diet

Raw diet is categorized into two major types.

- Commercial raw diet – Can be fresh or frozen. Usually comes in a patty form.
- Home-prepared raw diet – Is usually made of raw meat and bones, with vegetables, fruits, supplements and added grains.

Let us outline the main benefits and concerns of feeding dogs a raw diet.

Benefits of Raw Diet (Home Prepared)

- **Safety** – There have been numerous pet food recalls for the past years. When you are in charge of preparing the meals of your loyal companion, you have full control of what goes into your dog's meals and what ingredients are used.
- **Health Benefits** – The main ingredient in raw diet is meat which is an excellent source of protein and healthy fats. Mixed with the right balance of vegetables and fruits, the raw diet can provide all of the nutrients that are essential to dogs.

Dog owners who have been feeding their dogs a raw diet share that their dogs are healthier and livelier. The same sentiment is shared by dog owners who switched from commercial pet foods to the raw diet. Dog owners supporting the "rawvolution" highly recommend the use of organic produce for the raw diet. This is to ensure that the ingredients are without antibiotics, and other harmful chemicals.

Concerns for the Raw Diet

Safety – The main concern about raw diet is its safety. The American Veterinary Medical Association (AVMA) opposes the “rawvolution” that is becoming quite popular with many dog owners. It issued an official policy last 2012 against raw food diets for dogs. Check out [AVMA’s policy on raw diet](#) here.

The AVMA stated that the presence of pathogens such as Salmonella, E.coli, Campylobacter, Toxoplasma gondii (parasite responsible for toxoplasmosis) Cryptosporidium, Echinococcus, Clostridium, Neospora, and Sarcocystis in raw foods such as meat and eggs makes the raw diet too dangerous for dogs.

Some veterinarians even claim that the raw diet is dangerous not just to dogs but to humans as well as these pathogens can sometimes be transmitted to people. However, no confirmed cases of such event happening have been linked with raw diets.

When the AVMA released this policy on raw foods, proponents and followers of the raw diet accused the AVMA of being puppets of the pet-food industry. Almost 4,000 people signed a Chance.org petition after this policy on raw foods was released by the AVMA.

Health Concerns - Some vets suggest that nutritional deficiencies can be a possibility in raw diets. For one, raw vegetables are poorly digested by dogs and nutrients in vegetables are rendered more available when they are cooked.

Chapter 3: Why You Should Say No to Commercial Pet Food



Although no commercial pet food will ever be as healthy as home-cooked meals, there are some commercial pet foods that are good.

We've researched on this topic and listed down good commercial pet foods in our Confidential Dog Food Report. The Confidential Dog Food Report comes as a bonus when you purchase the GOLD Pack.



Figure 70 - If you're feeding your dog commercial feed, always check the ingredients label

Before buying any commercial dog food, we highly recommend that you scrutinize the ingredients first.

Certain ingredients in dog food should make your alarm bells ring. Check out which ingredients these are.

Common Ingredients in Commercial Pet Foods You Should Avoid: What They Are and Where They Come From

Meat by-products or Animal by-products



Figure 71 - This is where meat by products and meat meals usually come from

Meat by-products or animal by-products are simply the leftovers on a slaughtered animal after the edible parts have been taken away. They can include the waste of meat processing not intended for human consumption, feet, backs, livers, lungs, heads, brains, spleen, frames, kidneys, stomachs, intestines, and undeveloped eggs of slaughtered animals.

The issue is not just a matter of what ingredients were used but more on how these ingredients were handled after the slaughter process. Some suppliers leave these materials just lying around in a hot offal trailer for up to 24 hours and even though they have been marked officially as unfit for

human consumption and intended to be destroyed they can still be legally made into pet food.

Meat Meal

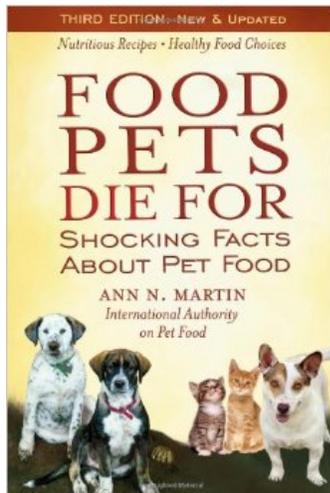


Figure 72 - Ann Martin revealed the shocking horrors in commercial pet foods in her book *Food Pets Die For*

Most pet food companies make use of inferior materials for their meat meal which is why although they are packed in protein we still see them as a bad source of protein

Ann Martin, the author of *Food Pets Die For: Shocking Facts About Pet Food*, found out that meat meal can include dead animals, (animals that have died in the field or from a disease and full of drugs), road-kill, zoo animals, material from slaughterhouse facilities which have been found unfit for human consumption, garbage from restaurants and grocery stores, as well as dogs and cats.

Named by-product meals such as chicken by-product meal, turkey by-product meal, poultry by-product meal, and beef by-product meal say what kind of animal was used but we can't consider them as being the highest quality ingredients. They can be considered as acceptable.

Powdered Cellulose

Powdered cellulose or cellulose is used purely as a filler. You'll be surprised that they are actually commonly used in attic insulation. But, why is powdered cellulose included in many commercial pet foods? That's a great question to ask pet food manufacturing companies.

Dried Beet Pulp

Dried beet pulp is another "filler" found in many commercial pet foods. It comes from sugar beets and not red beets. Just like soy, it contains saponins which can cause diarrhea,



Figure 73 - Dried beet pulp is another "filler" found in many commercial pet foods. It can cause diarrhea, bloody stools and other signs of intestinal damage

bloody stools and other signs of intestinal damage. Beet pulps also artificially harden stool consistently making it very hard to use stools to check for any signs of digestive distress or signs of health problems.

In other words, beet pulp short circuits one of dog's most effective methods of self-defense.

Rice Hulls or Rice Husks



Figure 74 - Rice hulls, or the hard coverings of rice grains are used as fillers in many commercial pet food

Rice hulls are used as building material, fertilizer, insulation material, and also as fuel. However, a number of commercial pet foods have rice hulls in them. Why so? Rice hulls are used as fillers so that pet food manufacturing companies can protect their pockets.

Animal Fat

Animal fat comes from the tissues of mammals and or poultry. The problem with animal fat is the materials used for them can include 4D (Dead, Dying, Diseased or Disabled) animals.



Figure 75 - A photo taken from a rendering plant showing drums containing euthanized pets. Pet food companies released a statement that they no longer use euthanized pets in manufacturing pet feed but the FDA has found pentobarbital, the most common drug used in euthanizing pets in rendered meat meal, bone meal, and animal fat.

Expired meat from stores, road kill and even euthanized pets can be legally used for animal fat. Although pet food companies claim they no longer include dead dogs and cats in their products the Food and Drug Administration has found pentobarbital, the most common drug used for euthanizing pets in rendered meat meal, bone meal, and animal fat.

<http://products.mercola.com/healthypets/real-food-for-healthy-dogs-and-cats-cookbook/>

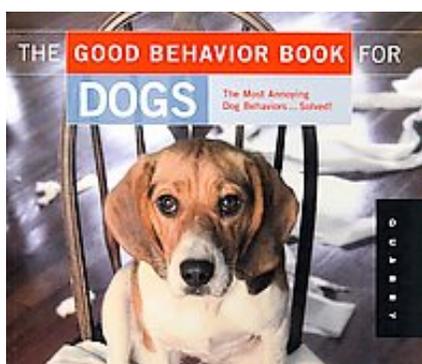


Figure 76 - Colleen Paige, author of The Good Behavior Book for Dogs: The Most Annoying Dog Behaviors...Solved! said that dogs may experience a sugar high which can make them become hyper and unfocused.

Sugar

According to Colleen Paige, author of [The Good Behavior Book for Dogs: The Most Annoying Dog Behaviors...Solved!](#), dogs may actually experience a sugar high which can make them become hyper and unfocused. And after the high, dogs can experience sugar low which makes them lethargic, sleepy, moody and irritable. Aside from behavior problems, a high-sugar diet can result to diabetes.

Artificial Colors

The use of artificial colors is another marketing trick to get buyers' attention. But the main concern about artificial colors is that they have been linked to cancer. [Learn more about toxic food dyes here.](#)



Figure 77 - Colored kibbles may look attractive but they contain synthetic chemical dyes that have been linked to cancer and other health issues

Cheap Vegetable Proteins are More Beneficial to Dog Food Manufacturers Than Your Dog



Figure 78 - Corn, soy and wheat are used in many commercial pet feed as a cheap source of protein.

Corn, Corn Meal, or Corn Gluten Meal



Figure 79 - Many pet food companies use the gluten in corn as the main source of protein in their commercial pet food. Corn itself is not a complete source of protein and it needs animal proteins to create an amino acid profile that is usable for pets.

Just like us, our four-legged companions love the sweet taste of corn.

The gluten in corn is used as the main protein source in many pet foods even though it is a poor source of protein. Corn itself is not a complete source of protein and it needs animal proteins to create an amino acid profile that is usable for pets. If corn protein is the exclusive protein source in your dog's diet, she may experience muscle loss.

Corn is also high in carbohydrates. Too much carbohydrates can cause obesity, diabetes, chronic inflammation, and cancer.

There is also concern on the quality of the corn used in pet foods. Low quality corns can contain toxins such as mycotoxins and molds and they can damage your pet's liver and kidneys.

Many pet food manufacturers love using corn in their products because it's very cheap.

Wheat

Wheat gluten is also used as protein source in pet foods. The reason for this is because wheat is cheap. Many dogs that have been fed pet food with wheat experienced allergies as well as wheat and wheat gluten intolerance.

In 2007, Menu Foods, a manufacturer of pet foods for hundreds of household brands did a massive recall on their pet food products.

The reason?

Wheat gluten contamination! A number of loyal furry companions suffered from kidney failure, debilitation, and even death because Menu Foods chose to use lower cost materials for their products.



Figure 80 - In 2007, Menu Foods, a manufacturer of pet foods for hundreds of household brands did a massive recall on their pet food products because of wheat gluten contamination but a number of loyal furry companions suffered from kidney failure, debilitation, and even death



Figure 81 -Soy is another cheap substitute for meat protein. Soy is among the most common allergens in pets

Soy

Just like corn and wheat, soy is among the most common allergens in pets. But many commercial pet foods use soy as a cheap substitute for meat protein. The concern does not end with soy being an allergen.

According to [Encyclopedia Britannica Advocacy for Animals](#) about 89% of soy crops are genetically engineered while about 61% of corn crops are genetically engineered.

Now why should we be concerned about GMOs or genetically modified organisms? We'll discuss this later in the chapter. Soy also has estrogenic properties that can start messing up your pet's hormonal system.

How Commercial Pet Foods are Made

Ever wondered how those attractive and beautifully packaged commercial pet foods are made?



Figure 82 - Inside a pet food manufacturing plant

The Manufacturing Process

Dry Kibbles



Figure 83 - A machine called the extruder is used in manufacturing most dry commercial pet food

the dog food.

An extruder is generally used in making most dry food. For dry kibbles, the commonly used ingredients are meat and bone meal, poultry by-product meal, grains, and flours.

The ingredients are blended until it becomes a dough, which is then fed into the screws of the extruder. The dough is then subjected to steam and high pressure while being pushed through the dies that give the shape of

Whirring knives then cut the dough into tiny pieces as it exits the extruder. The dough then puffs into its final shape once it reaches normal air pressure. It is then allowed to dry then sprayed on with fat, digests, or other

compounds to make the food more appetizing for the pets, allowed to cool then bagged.

A Word of Caution:

There is a chance that the kibbles pick up bacteria during the process of drying, coating, and packaging and for these bacteria to multiply once the kibbles get wet prompting some experts to warn against mixing dry food with water, milk, canned food, or other liquids.

Some dog foods are baked at high temperatures instead of being processed in an extruder. Usually they are already palatable so typically they don't get sprayed on with fats and other flavor enhancers.

Semi-moist pet foods and treats are also processed using an extruder. To get that semi-moist texture, these foods are usually laden with numerous additives, colorings, and preservatives. They are not an ideal primary diet of pets.

Wet Food



Figure 84 - A bowl of wet commercial dog food

Wet pet foods usually come in cans or pouches. For those wet food that has chunks in them, a special extruder is used. The mixture is then cooked and then canned, sealed, and then commercially sterilized. Some manufacturers actually cook the food right in the can.

Potential Contaminants in Commercial Dog Food

There have been a number of pet food recalls over the years which is not surprising at all considering the types of materials used by manufacturers in making their products.



Figure 85 - Are you feeding your furry loved one contaminated food?

Ingredients used in many commercial pet foods are often contaminated with a wide array of toxic substances. While the manufacturing process can destroy some of these toxic substances some still remain.

Here is a list of potential contaminants lurking in bags and tins of pet food products.

Bacteria

Animal carcasses used in pet foods are often contaminated with bacteria such as Salmonella and E.coli. E. coli is said to contaminate more than 50% of meat meals which is a scary fact.

Endotoxins produced by some bacteria can survive processing and they can cause a lot of health problems.

What's more alarming is that pet food manufacturers do not test their products for bacterial endotoxins.

Since many manufacturers use 4D animals and euthanized pets in their ingredients, drugs that were used to treat or euthanize these animals can be present in the pet food. The FDA (Food and Drug Administration) has found pentobarbital, the commonly used drug for euthanizing pets, in rendered meat meal, bone meal, and animal fat – all common ingredients of commercial pet foods. Penicillin can also be present in pet foods even after the manufacturing process.



Figure 86 - Significant increase in tumor growth, infertility and shorter life span in animals have been linked to GMOs

Mycotoxins

Molds can produce mycotoxins which are harmful to your dog's health. Wheat and corn, the 2 most common crop ingredients in commercial pet foods are prone to getting molds and are most likely to be contaminated with mycotoxins.

Chemical Residue

Pesticides and fertilizers used in growing crops may leave residue on plant products and these chemical residue may still be present even after processing. Here's another shocker. In the United States, grains deemed by the USDA (United States Department of Agriculture) as not fit for human consumption because of high chemical residue can actually be legally used, without limitation in pet foods.

GMOs

Foods that are [GMOs have been found out to affect our own health negatively](#) and the same is true for our loyal companions. In fact, studies on GMO crops documented that laboratory animals fed with GMO crops had significant increase in tumor growth, are infertile and had shorter life span compared to those animals that were fed organic crops.

Acrylamide

Acrylamide is a carcinogenic (cancer-causing) compound which is likely present in commercial pet foods due to the high temperature used in the manufacturing process.

How the Manufacturing Process Lowers the Nutritional Value of the Ingredients in Dog Food

Cooking and processing involved in manufacturing pet foods can diminish the nutritional value of the ingredients used. Although cooking grains and starchy vegetables make them more digestible, many nutrients are lost during the manufacturing process.

For example, proteins are highly vulnerable to heat and when exposed to high temperatures they can get damaged or "denatured" or altered and may lead to food intolerances, allergies, as well as inflammatory bowel disease.



Figure 87 - If you are feeding your dog commercial pet food always be on the look-out for pet food recall



Figure 88 - The processes involved in manufacturing commercial pet food can lower the nutritional value of the ingredients used

Preservatives and Additives in Commercial Pet Food

List of Common Artificial Preservatives Used in Pet Foods and Their Side Effects and Health Risks



Figure 89 - Most commercial pet food are laden with synthetic chemicals or artificial preservatives that are known to compromise their good health

Commercial pet foods are added with preservatives to keep it from spoiling or going rancid and of course for it to become more appealing to pets. Some suppliers add preservatives to the raw materials/ingredients used for pet foods and some preservatives may then be added by the manufacturer.

Ethoxyquin



Figure 90 - Ethoxyquin is believed to cause cancer but used as a preservative in dog food.

In commercial pet foods, ethoxyquin is usually found in meat and fish based ingredients. Believed to cause cancer, it has been banned for use in human products. It's startling and saddening at the same time that ethoxyquin is still added in commercial pet foods.

Here's one more thing we should be concerned about.

As long as preservatives such as ethoxyquin have been added to the raw materials or ingredients by the supplier or before the manufacturing process, pet food companies are off the hook of listing ethoxyquin in the ingredients.

BHA and BHT

In the United States, BHT has been banned from being used in baby products and in a number of countries BHT and BHA are banned from being used in human products.

Sadly, our pets do not get the same protection from these harmful chemicals.

BHA is suspected to cause cancer and has been found to consistently produce certain types of tumors in lab animals according to The National Institute of Health. The Office of Environmental Health Hazard Assessment of the state of California includes BHA in their list of chemicals known to the state to cause cancer or reproductive toxicity.



Figure 91 - BHA is suspected to cause cancer.

But even with these facts in hand the FDA still allows BHA to be used in commercial pet foods as a fat preservative under this assumption – BHA is generally recognized as safe in low (0.02% or 200 parts per million) doses.

Let's assume that the BHA added in commercial pet foods are in low doses. However, what's concerning is that there are many dogs fed of commercial pet foods with BHA in them for 365 days a year, with even some getting twice a day feeding, and this goes on year after year.

Propylene Glycol



Figure 92 - FDA has banned Propylene Glycol in cat food but it is still used in dog food

Propylene glycol is actually used as an anti-freeze. Because propylene glycol has a proven risk of blood toxicity, the FDA has banned its use in cat food. Yet, it's still used in dog food.

But What About Natural Preservatives?

Natural preservatives are a different story from the artificial ones. Natural preservatives are typically considered safe and they are generally made from antioxidants such as Vitamin C or Vitamin E. Look for the word tocopherol or ascorbate to know that natural preservatives were used. It would typically read like this "chicken fat preserved with alpha-tocopherol".

List of Additives Commonly Used in Pet Foods



Figure 93 - Natural preservatives are typically considered safe and they are generally made from antioxidants

Categorized as Safe category.

- Anti-caking agents
- Anti-gelling agents
- Antimicrobial agents
- Antioxidants
- Color additives
- Condiments
- Curing agents
- Drying agents
- Emulsifiers
- Essential oils
- Flavor enhancers
- Flavoring agents
- Grinding agents
- Humectants
- Leavening agents
- Lubricants

A number of additives are also used in pet foods to make the end product more palatable and appealing but they offer no nutritional value.

Here is a list of additives approved for use in animal feed and pet food. Not all of the additives listed below are used in pet food products.

Additives can be approved specifically for what use or they can be put in the GRAS or Generally



Figure 94 - Additives are used on commercial pet foods to make them more palatable and attractive.

- Palatants
- Pelleting agents and binders
- Petroleum derivatives
- pH control agents
- Preservatives
- Seasonings
- Spices
- Stabilizers
- Sweeteners
- Texturizers
- Thickeners

Understanding Dog Food Labels: What Do They Really Mean?



Figure 95 - Knowledge is power and this applies to dog food labels as well

Pet food comes with special labeling requirements. In the United States, you can find all of these labeling requirements in the annually revised Official Publication of AAFCO (Association of American Feed Control Officials). It is important to understand that the AAFCO is not responsible for regulating pet food. However, it does provide model regulations and standards for U.S. pet food manufacturers to follow.

In the United States, pet food labeling is regulated at two levels. The U.S. Food and Drug Administration or FDA enforces the federal regulations which establish standards applicable for all animal feeds. All animal feeds must comply with the following regulations on labels.

- Proper Identification of Product
- Net Quantity Statement
- Manufacturer's Name and Address
- Proper Listing of Ingredients.



Figure 96 - When buying commercial pet food always read the label

There are a few states in the U.S. that enforce their own regulations on pet food labeling. However, the most popularly adopted model of pet food regulations is that of the AAFCO (Association of American Feed Control Officials). The regulations established by the AAFCO are more specific and cover a number of aspects including the product name, guaranteed analysis, the nutritional adequacy statement, feeding directions, and calorie statements.

Product Name

The name of the pet food says a lot about the product...that is if you know about the rules in naming pet foods.



Figure 97 - Bags of commercial dog food in a store shelf

The product name plays a crucial factor in consumers' decision when purchasing and pet food manufacturers often use fancy names and techniques that emphasize a certain aspect of the product. Most look for a specific ingredient (such as chicken, or beef) in pet foods which is why you'll see a number of pet foods having a certain ingredient included in their product names. There are 4 AAFCO rules at play in determining the percentages of named ingredients in the total product.



Figure 98 - The US Food and Drug Administration established 4 basic rules to standardize the process of naming a dog food.

- **95% Rule** – This applies to products consisting primarily of meat, poultry or fish. Often, they are canned products. They usually have simple names such as “Beef for Dogs”. The named ingredient must be at least 95% of the product, not counting the water added for processing as well as the condiments. If you count the water, the named ingredient must be at least 70% of the product.

For combination ingredients such as “Chicken and Liver Dog Food”, the two named ingredients combined must comprise 95% of the total weight. The first ingredient mentioned in the name should be the ingredient that is more predominant in the product. So if the product name says “Chicken and Liver Dog Food, chicken is more predominant than the liver and together, they make up 95% of the total weight.



Figure 99 - You should learn how to decipher dog food labels if you're feeding your furry loves ones commercial feed

must still be at least 10% of the product. Other descriptive names used are “Platter”, “Entrée”, “Nuggets”, and “Formula”.

- **The 25% Rule or Dinner Rule** – This applies to both canned and dry products. A qualifying descriptive term such as Dinner (for example Beef Dinner for Dogs) must be included in the product name if the named ingredients comprise at least 25% of the product but less than 95% (water for processing excluded). If the water is included, the named ingredients

However, the most predominant ingredient is not always the named ingredient and can be the ingredient that the buyer does not want to feed their pets with. So it is always best to check the ingredients list.

The Dinner rule applies to ALL ingredients, whether of animal origin or not. If it happens that the “Dinner” name has more than one named ingredient for example Lamb and Rice Dinner for Dogs, the named ingredients must total 25% of the product and the order of listing must be the same in the ingredients list. Each named ingredient should also at least be 3% total of the product. So in the example “Lamb and Rice Dinner for Dogs”, lamb and rice in combination must be 25% of the product and lamb is more predominant than rice.

- **The 3% or “with” rule** – This rule was originally intended for ingredients highlighted on the principal display panel but outside the name of the product. The 3% or “with” rule allows manufacturers to state the presence of minor ingredients they added in their products but its quantity was not enough to merit a “Dinner” claim.

Manufacturers can include a side burst “with” for example cheese, as long as at least 3% of cheese is added.

However, the AAFCO now allows the “with” term in the product name, for example Dog Food with Beef as long as beef is 3% of the product. This can be confused with the name Beef Dog Food. Beef Dog Food means that 95% of the product is beef (or 70% of the product is beef if water is counted) while Dog Food with Beef means only 3% of the product is beef.

- **The flavor rule** – With this rule, there is no specific percentage required. However the product is required to have an amount that is sufficient to be detected. You probably have seen the name like “Beef Flavor Dog Food”.

Manufacturers are required to have the word “Flavor” on the label to be in the same size, style, and color as the word “Beef”. The ingredient used to give the flavor for example in the Beef Flavor Dog Food may be beef but manufacturers are allowed to use other substances that will give the characterizing flavor.

Ingredients List

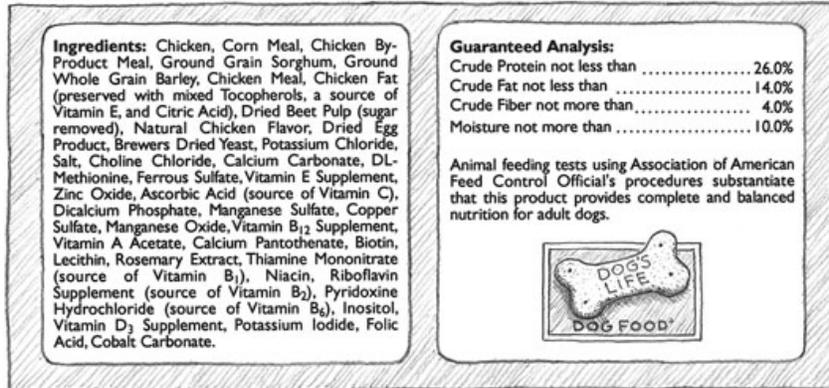


Figure 100 - Always check the ingredients label before buying any commercial pet food

The ingredients listed on the pet food label are listed by weight in descending order. So the first ingredient listed is the heaviest and the last ingredients are those with the least weight. Vitamins and minerals are usually listed last.

The Guaranteed Analysis

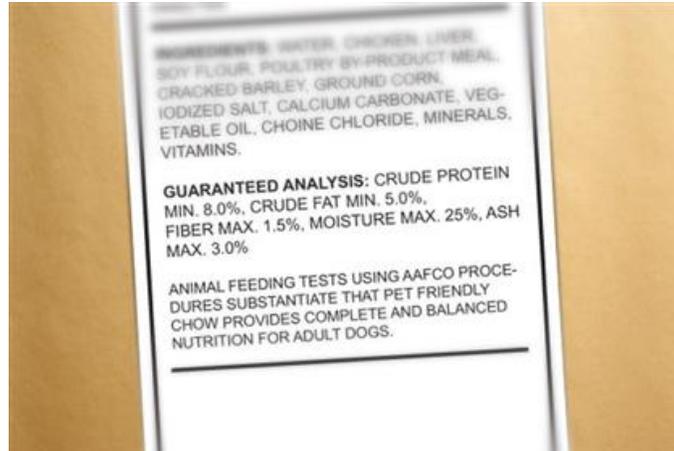


Figure 101 - The Guaranteed Analysis tells consumers a very general guide to the composition of the pet food

This tells consumers a very general guide to the composition of the pet food. Manufacturers are required to list the crude protein, fat, fiber, and total moisture in the product. There are some companies that list down other ingredients in their Guaranteed Analysis voluntarily. Most commonly the ingredients they list voluntarily are those they deem important in their marketing standards.

Nutritional Adequacy Statement

The Nutritional Adequacy Statement tells you if the food is complete and balanced for a particular life stage, such as growth, reproduction, adult maintenance or a combination of these or if the pet food is for intermittent or supplemental feeding only.



Figure 102 - The Nutritional Adequacy Statement tells you if the food is complete and balanced for a particular life stage

What does a **nutritionally complete** dog food mean? According to the dog food industry, this means that the product can be given to a dog as its sole ration. It means that the product can maintain life without any other substance being added, except of course for water. Now a balanced dog food, according to the industry's guidelines has all known required nutrients in proper amount as well as proportion.

Before any pet food manufacturing company can print the words Complete and Balanced on its packaging, the AAFCO mandates that such a claim be validated first. The validation comes in two ways.

The first method uses the product's recipe or via a laboratory analysis of a sample tested if it meets the AAFCO Dog Food Nutrients Profile. If the dog food meets this standard, the packaging would usually say something like this:

"(Name of product) is formulated to meet the nutritional levels established by the AAFCO Dog Food Nutrient Profiles"

The second method goes beyond meeting the AAFCO profile. It includes actual feeding trials with real dogs. The Nutritional Adequacy Statement will read something like this:

"Animal feeding tests using AAFCO procedures substantiate that (name of product) provides complete and balanced nutrition"

Feeding Directions

Weight (Pounds)	Daily Amount*	Weight (Kilograms)	Daily Amount (Grams)
Up to 10 lb	¾ - 1¼ cups	Up to 5 kg	90 - 150 g
10 - 30 lb	1¼ - 2½ cups	5 - 14 kg	150 - 300 g
30 - 50 lb	2½ - 4 cups	14 - 25 kg	300 - 500 g
50 - 80 lb	4 - 5¼ cups	25 - 40 kg	500 - 650 g

½ cup for each 10 lbs of body weight over 80 lb
 50 grams for each 4½ kilogram of body weight over 40 kg
 * Amounts are based on a standard 8-ounce measuring cup

Figure 103 - Feeding Directions tells the pet owner how much should be given to the pet

Dog food products are required to have feeding directions in them. This tells the pet owner how much should be given to the pet. Pet foods should say at minimum feed ____ cups per ____ pounds of body weight. Feeding directions are rough guidelines. Basically, it gives the pet owner a place to start.

Calorie Statement

This is a guide for pet owners on how much of the food to feed and it also allows consumers to compare pet food products.

Marketing Labels or Label Claims

Premium and Gourmet



Figure 104 - Premium and Gourmet labels are not required to contain any different or higher quality ingredients. They are not also held up to any higher nutritional standards

What do the labels “Premium”, “Super Premium”, “Ultra Premium” “Gourmet”, “Premium Gourmet” mean? Premium and Gourmet labels are not required to contain any different or higher quality ingredients. They are not also held up to any higher nutritional standards.



Figure 105 - The “Natural” label can be interpreted as being the same or equivalent to a lack of artificial flavors, artificial colors, or artificial preservatives in products.

Natural

There is no official definition for the term “Natural” yet on labels. But AAFCO came up with a feed term definition for types of ingredients that can be considered “natural” and they also put together the “Guidelines for Natural Claims” for pet foods. In general “Natural” can be interpreted as being the same or equivalent to a lack of artificial flavors, artificial colors, or artificial preservatives in products.

Organic

As of the moment, there are no rules governing the labeling of organic foods for pets. It’s quite not clear this time how manufacturers are allowed to label their products to carry the “Organic” label. Here’s another thing to remember, “Natural is not the same as “Organic”.



Figure 106 - It’s quite not clear this time how pet food manufacturers are allowed to label their products to carry the “Organic” label.

Marketing Labels VS Healthy Dog Meals



Figure 107 - What do healthy meals for dogs look like?

To pick the best food for your dog, don't just rely on the marketing labels.

For your dog's diet to be complete and balanced, it should meet all of the nutrients she requires. Home-prepared meals rely on balance over time and not every meal.

It is not important that every meal you provide your dog with is complete and balanced unless of course your dog eats the same meal every single day with little or no variation at all.

If you feed your dog with a home-cooked diet that has a wide variety of foods fed at different meals, as long as your dog gets everything she needs spread out over each week or 2, then this diet will be complete and balanced over

time.

While it is true that the pet food industry has standards and guidelines for pet foods, there are cracks and loopholes.

For example, in the "Guaranteed Analysis", manufacturers list down the crude or total protein in their product. This is composed of protein content from all sources – meat, grain, and vegetables. The crude protein listed does not depict the actual usable protein.

Comparing Commercial Pet Foods

How to Evaluate Pet Food Ingredient Listing



Figure 108 - Do you know how to evaluate pet food ingredient listing?

Here's a helpful way of evaluating pet food ingredient listing.

Look at the top 10 ingredients. The top 10 ingredients usually make up 80% of a dry pet food's overall formula. This will give you a good idea of its overall quality.

Check on the ingredients and their other forms. Pet food manufacturing companies are required to list down all of the ingredients they use in their products as they are. Although this labeling regulation makes good sense, sometimes, this can cause the lower quality ingredients appear further down the list when they're supposed to be further up. A descending order is followed, the heaviest ingredient in weight gets to be listed first and the lowest ones go further down.

So how do the lower quality ingredients appear further down when in fact they should be listed at the top?



Figure 109 - Read the ingredients until the very end

Here's an example.

The ingredients listed are:

Chicken, ground corn, corn gluten, ground wheat, and corn bran.

You would think that chicken is the most predominant ingredient. But if you group all the corn ingredients together (ground corn, corn gluten, and corn bran) they may actually outweigh the amount of chicken in the product. But since brands have to list ingredients in its actual form, consumers should be more careful in interpreting the ingredients listing.

Read all of the ingredients listed until the very end of the list.

This is the only way you will know if the product contains artificial preservatives and additives.

Ingredients You'll Find in Quality Commercial Pet Foods



Figure 110 - Common ingredients found in high quality commercial foods are real meat, whole grains, vegetables and fruits

There are still quality commercial pet foods out in the market and we have listed down some of the best commercial pet foods in our Confidential Dog Food Report which comes free if you buy the Gold Package.

Here are the ingredients you'll commonly see in quality pet foods.

- **Real Meat** – Chicken, Fish, or Lamb are all sources of high quality and highly digestible proteins.
- **Whole Grains** – Brown rice, barley, and oats are sources of complex carbohydrates that help keep your dog's energy level plus they contain fiber not found in most processed grains.
- **Vegetables and Fruits** – They provide your dog with antioxidants, phytonutrients, enzymes, natural vitamins and minerals and fibers that help promote and keep your dog's health and wellness.

Ingredients You'll Find in LOW Quality Commercial Pet Foods



Here are the common ingredients of LOW Quality commercial pet foods.

- Meat by-products and meat meals
- Artificial colors and chemical preservatives
- Corn, wheat, and soy

Figure 111 - Meat by-products, meat meals, artificial colors, chemical preservatives, corn, wheat, and soy are common ingredients used in low quality pet feed

The Pet Food Manufacturing Industry

Are Dogs Their Top Priority?

The pet food manufacturing industry is a billion-dollar industry and its future is very much safe and even predicted to soar higher. But are dogs their top priority?



Figure 112 -The pet food manufacturing industry is worth billions of dollars.

With all of the pet food recalls and malpractices exposed, it is very hard to believe that the industry is looking after the best interest of dogs. To be fair, there are still several companies that do provide good quality pet foods.

But a huge chunk of the industry seems to be prioritizing their bottom line.

Marketing Tactics and Loopholes

There are certain loopholes in the regulations and guidelines that a number of pet food companies are capitalizing on. The use of low quality ingredients for one is a commonly abused practice. And they are quite smart with their marketing tactics.

Who Regulates the Pet Food Industry?

Ann Martin mentioned in an [interview](#) that she found out from U.S. government officials that the pet food industry is virtually unregulated. This is really concerning. If such a billion-dollar industry is virtually unregulated, the chances of bad practices happening are highly plausible. And many bad practices of the pet food industry have been revealed and sadly many dogs all over the world have suffered.

AAFCO

In the United States, the Association of American Feed Control Officials or AAFCO provides model regulations and standards which pet food manufacturers in the U.S. follow. Although, it is important to note that the AAFCO has no regulatory authority.



Figure 113 - In an interview, Ann Martin, the author of Food Pets Die For said that she found out from U.S. government officials that the pet food industry is virtually unregulated

US FDA

The US Food and Drug Administration is the agency responsible for regulating pet food. The Federal Food, Drug, and Cosmetic Act or FFDCA requires all animal foods be safe to eat and must be produced under sanitary conditions. It also requires that there be no harmful substances in the animal foods and that they be labelled truthfully. According to the [FDA Regulation of Pet Food](#):

“There is no requirement that pet food products have pre-market approval by the FDA. However, FDA ensures that the ingredients used in pet food are safe and have an appropriate function in the pet food. Many ingredients such as meat, poultry and grains are considered safe and do not require pre-market approval. Other substances such as sources of minerals, vitamins or other nutrients, flavorings, preservatives, or processing aids may be generally recognized as safe (GRAS) for an intended use (21 CFR 582 and 584) or must have approval as food additives (21 CFR 570, 571 and 573). Colorings must have approvals for that use as specified in 21 CFR 70 and be listed in Parts 73, 74, or 81.”

PFIAA

The Australian Pet Food Industry as of present is self-regulated via the Pet Food Industry Association of Australia or the PFIAA. The industry sets its own standards with the use of a voluntary code of practice.

CFIA

In Canada, it is the responsibility of each Canadian pet food manufacturers to ensure the safety and quality of their products.

FEDIAF

FEDIAF or the European Pet Food Industry Federation represents the pet food industry in more than 26 European countries via 18 national or regional pet food industry associations before the European Institutions and other international bodies. In 2001, the PEDIAF adopted the Guide to Good Practice for the Manufacture of Safe Pet Food. This is an internal set of standards which pet food manufacturers abide by. Its main goals are to prevent possible difficulties in the production process and to meet their

commitment to nutrition, safety, and quality of their products. This code is recognized in European legislation.

Are they working for the best interest of dogs?

Although the pet food industry have codes or standards in place to ensure nutrition and safety of their products, many of us can become skeptic and start questioning if they really are after the best interest of dogs. This billion-dollar industry have admitted to practicing very questionable practices in manufacturing pet foods.



Figure 114 - Is the pet food manufacturing industry working for the best interest of pets?

Although they gave an assurance that they've scrapped out these bad practices, the incidents of pet food recall are just too frequent.

What to Do When Your Dog Has Been Fed Recalled Foods?



Figure 115 - Always be on the lookout for pet food recall if you're dog is on a commercial pet food diet

If you feed your dog commercial pet food, always be on the look-out for recalls.

Here are tips on what to do when your dog has been fed recalled foods

- Immediately stop feeding your dog the recalled pet food.
- Have your dog checked by your veterinarian even if she is not showing any symptoms.
- Dispose the recalled pet food and make sure

that it won't be accessible to any other animal. You can also choose to bring the product back to the store where you purchased it and ask for a refund.

- If your pet fell ill or had died because of the recalled food you can file a complaint. If you are in the U.S., you can file your report to the [FDA Consumer Complaint Coordinator in your state](#).

Chapter 4: Keeping Your Dog Healthy



Supplements and Vitamins



Figure 116 - Is it necessary to give dogs supplements?

Do dogs need supplements and vitamins daily?

It depends.

Instances When Dogs Should Be Fed Supplements

- If your dog has been diagnosed to have a vitamin and or mineral deficiency or a certain disease that responds to supplementation then this situation calls for you to give your dog supplements. It is however important to note that in most cases, specific vitamins and minerals must be supplemented, and not a multivitamin.
- If your dog is not eating that much or would only eat a poor-quality diet whether it's because of an illness or your dog is just a picky eater, supplementing her with a multivitamin can help prevent deficiencies. But, supplements are a poor substitute for a healthy and balanced diet.

Do dogs on a home-cooked diet need supplements?

Most would say yes. But this is not necessarily true. If your dog is eating a well-balanced and nutritionally complete diet, then supplements are not necessary anymore. However, if you still insist on giving your dog supplements it is best to consult your veterinarian about this to avoid over supplementation.

Over supplementation and Its Dangers

In the case of over supplementing your dog with water-soluble vitamins such as Vitamin C, you are only harming your pockets. But over supplementing her with fat-soluble vitamins such as vitamins A, D, and E can be dangerous as they can build up to toxic levels.

In most cases excessive levels of a fat-soluble vitamin is just as harmful as a deficiency in a fat-soluble vitamin. Another point to remember is that if a dog is getting too much of a mineral it can interfere with her body's ability to absorb another nutrient which can lead to deficiencies.

Buying Supplements? You Can Make Your Own Instead

Why buy dog supplements when you can make your own? And the other side of this is "why make your own dog supplement when you can easily buy one?"

Sure there are numerous dog supplements available for grabs in the market. But we still recommend that you make your own. Here's why.

I have been looking around for dog supplements that I can recommend to dog owners. But in the course of my search I was surprised to see that a lot of dog supplements sold in the market contain the same deadly ingredients found in a number of commercial dog food.

So I and my team did some extensive researching on how to make homemade supplements for dogs and we were able to dedicate an entire book for a few recipes of homemade dog supplements. The book is called

Homemade Canine Supplements and it comes as a bonus when you purchase the GOLD pack.

Although this book only comes with a few recipes for homemade dog supplements, we believe that these supplements are what your dog would need to stay healthy. (An exception of course, is if your dog is suffering from a particular health condition)

Exercise, Play and Socialization

Animals in the wild spend most of their waking hours hunting and scavenging for food, caring for their offspring, defending their territory, and socializing and playing with each other. They interact and socialize and solve problems that are crucial for survival

Unfortunately most domesticated dogs are just sitting and lying around. We have turned them into couch potatoes. Yes, that's our fault.



Figure 117 -Exercise, play, and socialization are essential in keeping your dog healthy



Figure 118 - Don't let your dog turn into a couch potato. Pick up the leash and walk or exercise your furry companion

They no longer have to work to earn their keep. Their bowl is filled and refilled without them doing anything. And with many of us living a sedentary lifestyle, our dogs had to adjust to such an inactive lifestyle. Some are often confined in an area, all by their lonesome, and inactive for most of the day. Without having a purpose, a dog would not have an outlet for her naturally active tendencies both physical and mental and this can lead to behavioral problems.

Lack of Exercise and Play Can Cause Problems

Here are some of the most common behavior problems that dogs exhibit when they do not get enough play and exercise.

- Destructive chewing, digging, and scratching
- Raiding the garbage and other investigative behaviors
- Hyperactivity
- Excitability
- Active during the night
- Unruly, jumping up on people and knocking over furniture
- Predatory and social play that is excessive
- Play biting and rough play
- Attention-seeking behaviors such as barking and whining



Figure 119 - Obesity is a common problem in today's modern dogs and we are to blame

Benefits of Exercise and Play



Figure 120 - Regular exercise and play can prevent behavioral problems

- Exercise and play help bring down or get rid of common behavioral problems we listed above

- Keep dogs agile, limber, and healthy
- Exercise and play also helps bring down digestive issues and constipation
- Help build confidence and trust
- Help dogs become sleepy rather than restless at bedtime or during times when you are relaxing
- Help control weight



Figure 121 - Giving your dog a daily dose of play and exercise is essential in keeping her healthy and happy

Check with Your Veterinarian First Before Getting on with Your Dog's Exercise Program

Before getting on with any exercise program have your vet check your dog first for any health issues that may be aggravated by exercise. Your vet can also recommend activities that are suited for your dog.

Here are some things to consider when picking exercises for your dog.



Figure 122 - Before getting on with your dog's exercise program, you should consult your vet first

- Dogs with short of flat noses (brachycephalic breeds) can have difficulties in breathing when exercised intensely especially in hotter climates.
- Energetic young dogs will benefit greatly from exercise however sustained jogging or running is not recommended for dogs under 18 months as their bones are still developing.



Figure 123 -There are a few important things you should consider when picking exercises for your dog

- Large dogs are more prone to injuries such as hip dysplasia and cruciate ligament injuries, and diseases such as arthritis. Long runs or jogs can be hard on their bones and joints. Before you start running

with your large dog, make sure she is well conditioned for this exercise.

- Have your dog checked first by your vet especially if she's already a senior before going on long hikes to make sure that her joints and bones can still handle strenuous activities.

Finding the Right Exercise for You and Your Dog



Figure 124- Consider your dog's natural interests, health condition and energy level when picking exercises for her

Dogs are more athletic than us but there are plenty of fun activities that suit both parties.

Ideal Exercises and Play for Dogs

Age, size, breed, as well as the individual traits of a dog play a role in determining his or her need for exercise. Daily aerobic exercises such as playing fetch, running, play-tug, and swimming are greatly beneficial for most dogs. The same is true with a 30-minute walk.

When choosing activities for your dog, you should consider her personality and natural interests. We have listed down a few activities that you can try out.

Experiment with these suggestions to find out which are the best suited and most enjoyable activities for you and for your furry companion.

Fun Activities for Your Furry Companion...and You'll Enjoy Too!



Figure 125 - Mental exercises are just as fun and demanding

There are plenty of exercises that would make your dog work hard but would not require much effort from you. So if because of a medical condition, an injury, you cannot run, take long brisk walks or perhaps you just don't like doing these things, here are a couple of activities that will exercise your dog.

Activities That Are Easy on You But Make Your Dog Work Hard

Brain and Not Brawn

Mental exercises are just as fun and demanding. Food puzzle toys, obedience training, trick training, and hunting for dinner are a few examples of brain exercises. When you stimulate your dog's mind and challenge her to give new things a try, you are actually giving your furry companion fulfillment. These mind games are not only fun but also enriching. Plus by spending some playtime with your dog, you are establishing an even deeper bond with her.



Figure 126 - A dog playing fetch

Make Your Dog Run Around While You Sit or Stand Most of the Time

Games such as fetch with a ball, Frisbee, or a stick are fun for dogs. You can also play games such as Find It, Hide and Seek or let your adorable companion catch bubbles. You can also make your dog chase a toy attached to a rope or stick.

Let Her Socialize with Other Dogs



Figure 127 - Let your dog socialize with other dogs

Give your dog some socialization time by bringing her to the dog park or arranging play dates.

Go on On-Leash Walks



Figure 128 - On-leash walks give dogs an opportunity to see and smell interesting things

may not be enough exercise.

If your dog is already of senior age, not used to exercising, overweight, or suffers from certain health conditions, you can start off with a 10-minute walk for a few days and then increase the amount of time you walk in a gradual manner.

On-Leash Running, Inline Skating or Biking

Pick up your dog's leash and take her out for a stroll. Walking is not only good for your dog's health but for your health too. On-leash walks give your dog an opportunity to see and smell interesting things.

This activity may provide enough exercise for some toy breeds and senior dogs.

But for healthy young or middle-aged dogs, on-leash walks

On-leash running, inline skating, or biking are fun activities best for healthy and very energetic dogs. Plus, you'll be in shape too.



Figure 129 - Cesar Millan, the dog whisperer, inline skating with his pack of dogs

To keep these activities safe and enjoyable, teach your dog first not to pull on the leash while walking.

Let Your Dog Swim

Some dogs are natural water dogs. But don't think that just because your dog was not bred for water activities that she would not enjoy going for a swim from time to time.

It is best to introduce your dog to water activities very early on, preferably during puppy stage but you can still teach older dogs how to swim.



Figure 130 - Most dogs enjoy swimming

Let Your Dog Jump Around



Figure 131 - Dog owner playing jump rope with his dog

Jumping is a fun activity for most dogs. You can easily have DIY jumps for your furry companion using materials that you have in your home such as cardboard boxes, or even a broomstick. Just lay them across two low pieces of furniture and then start teaching your dog to jump over it. Use treats to lure your dog to make the jump over.

below it to avoid straining her bones and joints. If your dog is hesitating to continue jumping or if she looks like she's tired after a few minutes, wrap it up.

Start very low then gradually increase the height but keep the jump heights at your dog's elbow level or

Let Her Play Soccer

There are plenty of dog exercise balls available today. There are balls for soccer-style play and they come in different colors, and sizes. Of course, your dog will enjoy more if you play soccer with her.



Figure 132 - Dogs love playing with balls. If you love soccer you can play this sport with her!

Let Her Play Sports

Your dog will have tons of fun playing dog sports and for sure you too! Dog sports such as fly-ball, agility, obedience, tracking, rally, and many more are just some of the sports that you can let your dog explore.



Figure 133 - Dogs have fun playing with food dispensing toys

Ideal Toys for Dogs

- **Food-Dispensing Toys** – Stuff your dog’s favorite treats inside the food-dispensing toy and she’ll get hooked trying to figure out how to get the treats out.
- **Tug Toys** – Dogs love to play tug. There are various types of tug toys available ranging from rubber ones, to furry ones and even food-dispensing tugs. If you have a teething puppy, rope tugs soaked in chicken broth then frozen are ideal for them. Make sure that you supervise your puppy while playing with the rope tug.



Figure 134 - Dogs love to play tug

- **Fetch Toys** - Dogs love to fetch! You can use a stick or any fetch toy. But don’t leave your dog’s fetch toys lying around. They should only be given under supervision.



Figure 135 - Dogs love playing fetch

- **Chew Toys** – Dogs are a chewing machine, especially when they are puppies. There are plenty of chew toys that satiate her chewing madness and so she does not chew your precious shoes, cables, and other belongings.

When it comes to dogs and chewing the automatic thought would be bones. Never give your dog cooked bones. Marrow bones are not ideal for dogs that can chew with much power. Never give bones to your dog without close supervision.

Rawhides are great chew toys. Pressed rawhides are an ideal option. With the recent deaths of almost 600 dogs and thousands sickened in connection with jerky treats made in China, we suggest that you avoid rawhides made from China as well just as a precaution. Keep your eyes on your dog whenever you give her chew toys.



Figure 136 - Always supervise your dog whenever playing with chew toys

- **Stuffies** - If your dog loves stuffies, be sure to get those that are tough and durable and ideally without sewed on plastic or button eyes as they can be choking hazards.



Figure 137 - Some dogs love playing with cute stuffies too

Keeping Your Dog Safe Around Toys

Toys are fun for your dogs but they do come with potential hazards. Keep your dog safe around her toys with these tips.



Figure 138 - Toys are fun for your dogs but they do come with potential hazards. So always keep a close eye on your dog whenever she's around her toys

- Make sure that the toys you give to your dog are of the appropriate shape, size, and are always in good condition.
- Toys that are too small pose a choking hazard when accidentally swallowed. Plus it can result to blockage too.
- Avoid toys with things that can be chewed off such as plastic eyes, or nose on a stuffie.
- If you see any toy starting to wear out, replace it immediately.

Stress and Dogs

Dogs are sensitive by nature and they can absorb the energy including stress and tension in their surroundings.

What Stress Means for Your Dog

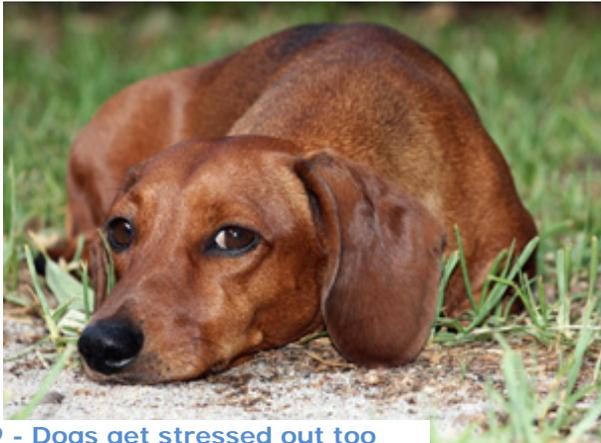


Figure 139 - Dogs get stressed out too

The most common source of stress in dogs is a change in their environment.

Occasional stress is nothing to be worried about but excessive or prolonged stress is another story as this can have the same negative effects in dogs just like in humans.

Stress can weaken your dog's immune system making her more prone to various illnesses.

How to Tell If Your Dog is Stressed Out

Dogs when under stress exhibit some signs and symptoms. Just like in people, personality plays a major factor. For example, more aggressive dogs may start taking out their stress on their dog owner or their home. Shy or nervous dogs may make themselves sick as they usually turn their stress inward. Here are some of the telltale signs of a "stressed out" dog.

- **Accidents** – If your dog all of a sudden starts soiling in your home, then you should be concerned. This is usually the number one sign of stress.
- **Excessive Barking** – Anxiety can cause your dog to start barking or howling excessively whether inside the home or outside.
- **Irritability** – If your dog starts showing irritable behaviors such as growling, snarling, and even biting, then this could be a sign that she is feeling stressed out.
- **Illness** – Some dogs internalize stress and this usually leads to illness. Vomiting, diarrhea, loss of appetite, allergies and skin reactions can be due to stress.
- **Destructive Behaviors** – Dogs will sometimes start having destructive behaviors as a way to relieve their stress. When stressed out, some dogs would start biting, licking, or chewing their self or your furniture.



Figure 140 - Dogs exhibit certain signs and symptoms when they're stressed out

How to Cope with Stress

Some dogs get stressed out because of loneliness, boredom, and separation anxiety. This is no surprise at all as dogs are naturally social beings. If these are the things causing your dog to feel stressed out, the best remedy is to spend more time with your furry companion, exercise her and go for walks.

Preventing Stress Before It Starts

You can stop stress before it even begins.

How?

Consistent communication and training is the key to a happier and more secured dog, making her less prone to stress and behavioral issues. It

is best to start obedience training early on. Puppies are easier to discipline but older dogs can learn new tricks. The key is consistent and prolonged training.

DO NOT PUNISH YOUR DOG

Remember that when a dog is stressed out she may act out or do some things that are inappropriate to cope. Punishing her can only make things worse. Chances are your dog will wait for you to not be around and then do the things that help her cope with stress.

The good news is dogs can easily be trained. You just need to remember the 3 Cs of training a dog. What are these 3 Cs?

- Control
- Consistency
- Companionship

Provide your dog with these 3 Cs and make it a routine.

Following a Routine

Structure and framework are essential for dogs to feel secure and therefore behave appropriately. So establishing a routine is really important to prevent your dog from feeling stressed out. When your dog knows when you will feed her, walk her and when you'll play with her on a regular basis, she will feel more relaxed and she'll have that feeling of security. Regular companionship is where routine is rooted. If you don't have this with your dog, chances are she won't be able to adapt well to the unavoidable changes in life.

There are times when your dog's routine gets disrupted and you can't totally avoid these situations. But there are a few things you can do to buffer your dog from stressful situations.

How to Buffer Your Dog from Stressful Situations

Crate Training

A crate can become a dog's safe place when the world around her is changing. It is best to start crate training your dog early on.



Figure 141 - It is best to crate train your dog early on. A crate is not a cage. It can be your dog's safe haven when the world around her is changing

Make the crate comfortable for her. Place some bedding and throw in a shirt that has your scent. Don't forget to put in her favorite toy as well (remember to give her toys that are ideal for unsupervised times). It will take time for her to get accustomed to staying in a crate. So don't rush this process. The goal is for the crate to become a place where she can always feel safe in.

Confinement

During parties and holiday get-togethers or when there are new family members coming into your home, it is best to confine your dog to one room where her bed or crate is. She'll feel safe this way rather than feel like her territory is being threatened. Remember to introduce your dog to new people slowly.

Stick to your basic routines

If your dog gets stressed out because you are moving, whether she gets stressed out before, during, or after the move, you should try your best to keep your daily routine. See to it that she gets regular mealtimes and that she gets her walk frequently. Frequent play breaks is also important.



Figure 142 - Sticking to your basic routines help buffer your dog from stressful situations

Don't coddle nervous or fearful dogs

It may be automatic for us to coddle someone to make them feel better but when it comes to nervous or fearful dogs, this is not ideal. You may also want to console your nervous and fearful dog by speaking in a soft and soothing tone but this is also not a good thing to do as your dog may interpret this as you like her nervous or fearful behaviors. Of course, you don't want to reinforce these behaviors as they make your dog stressed out.

Be patient when introducing a new baby

When you have a new baby in your home, introduction is important. You should be cautious especially when your dog is fearful or aggressive. Put your dog's leash on and guide her when approaching the baby.

If your dog starts acting all excited, correct her and once she obeys your command, give her praises. You'll have to be patient with your dog. You'll avoid having to deal with sibling rivalry if you show your dog lots of love and attention.

Here's another thing to remember. Never leave your dog alone with a baby or a small child as neither one fully knows how to react to each other.

Have your dog checked

If your dog is still showing signs of being stressed out after you have worked with her for about 2 days, it is a good idea to go to your

vet and have your dog checked. There are cases when stress aggravates an illness or an illness actually triggers a stress-type response in dogs.



Figure 143 - You have to be patient when introducing your dog to a new baby

A Few Tips for Would Be Dog Owners

Here are a few tips for those would-be dog owners.

- Establishing clear boundaries as well as setting aside a safe place for your new dog should start from the moment you bring your new dog home.
- You should have a crate ready for your dog or puppy where she can feel safe.
- You should start setting rules so that she will learn which behaviors are appropriate and which ones are not acceptable.
- You should make it clear which is your space and which is hers.

Grooming

For us humans, grooming is essential to keep us looking and feeling good. The same is true for dogs. Not only is this a healthy habit for our furry companions, grooming is also an important part of the bond we share with them.

Benefits of Regular Grooming

- Promotes good health in terms of your dog's coat, skin, feet, ears, and teeth
- Gives you and your dog an opportunity to spend some quiet time together
- Allows dog owners to get familiar with all parts of their dog's body therefore dog owners can easily notice any changes that are unusual and may indicate veterinary care and attention
- Healthy for both humans and dogs as this interaction actually helps lower levels of stress



Figure 144 - Regular grooming gives dogs plenty of benefits

Keep Your Dog's Grooming Experience Positive and Fun

If you are a new dog owner and just learning how to groom your furry loved one, you have to remember that keeping your dog's grooming experience fun and positive is the key to making her accept what you are doing.



Figure 145 - Be patient when grooming your dog. You have to keep the experience positive and fun

So make sure that you have lots of patience and that you have a fun and great attitude come grooming time. The beginning part would be a bit difficult and your dog may not be too receptive with what you are doing. If you are starting to get frustrated, stop what you are doing and just come back to it later.

General Grooming

General grooming includes:

- Bathing
- Brushing your dog's coat
- Clipping or trimming the nails
- Cleaning the ears
- Brushing the teeth
- Some dogs would also need occasional trimming of their fur

Bathing

You don't need to bathe your dog every day as doing so can dry out her skin. In general dogs need bathing every 2-4 months unless of course your dog has gotten into something stinky and dirty.



Figure 146 - The key to a good bathing experience is not making a big deal out of it

Getting Started

Your dog may try to run away from you but don't punish your dog. The trick that has worked for me is that I just don't make a big deal out of it. I bathe my dog while singing a song in my head. I don't give my dog eye contact or don't coo her and say it's alright or anything. Once I get to shampooing, she loves it. Try to make the lathering of shampoo as some sort of a petting massage. Dogs love that.

Bathing Tips

- Always use a dog shampoo. Shampoos formulated for humans are too harsh for dogs.
- Prevent your dog from slipping by placing a non-slip surface such as a bath mat on the bottom of your bathtub, sink, bathroom floor or wherever it is that you bathe your dog.
- Remember to rinse your dog thoroughly.
- Avoid getting shampoo and water in your dog's eyes, mouth and inside her ears.

Coat Brushing



Figure 147 - Brush your dog's coat regularly to keep it clean and healthy

Brushing your dog's coat or fur regularly about every couple of days gets rid of dead hair, prevents any tangles, distributes the fur's natural oils which results to a clean and healthy coat. Regular brushing also stimulates the surface of your dog's skin and sloughs off dead and dry skin. It also gets rid of dirt and foreign objects that may have gotten in your dog's fur.

This also helps get rid of hair mats and help your dog shed her seasonal coat. It also helps you get familiar with your dog's body.

Nail Clipping/Trimming

Too long they can be uncomfortable and even painful for your dog so you should regularly clip or trim them.

Check to see if they're too long about every 2 weeks. If they're starting to make a clicking sound it means that they are already too long and need clipping.



Figure 148 - Clip your dog's nails regularly. Too long nails can cause pain and discomfort

Clipping Tips

Here are some tips for clipping your dog's nails.

- Use only nail clippers made just for pets.
- Have a jar of styptic powder handy as it helps stop bleeding in case you clip the vein accidentally.
- For white-nailed dogs, you will see a pink part on your dog's nails. Clip off the tip of the white nail before the pink part.
- For black-nailed dogs, you need to clip off a small part of the nail at a time. Every after clip, you need to check the tip straight on and look

for a pale oval. Once you see a pale oval in the tip, stop cutting as you are near the vein.

If you are not comfortable doing the clipping on your own, go to a dog grooming service.

Dental Health

Dogs can also have dental problems such as cavities, gum disease, as well as tartar build-up. If your dog suffers from gum diseases, it is also very likely that bacteria can enter her bloodstream which can cause other illnesses. So make sure that brushing your dog's teeth is part of her regular grooming.

Brush your dog's teeth about 2-3 times a week.

Teeth Brushing Tips



Figure 149 - Just like us, dogs can have dental problems too

- Use either a piece of gauze wrapped around your finger, a finger cap scrubber for pet teeth cleaning or a toothbrush for dogs.
- Use a toothpaste made for dogs and never your own toothpaste use baking soda or just water.
- Clean the outside surface of the teeth only. You don't need to brush the top and inside surfaces as your dog's tongue will do the cleaning.
- Remember to take it slow and be very patient. You may need to get your dog used to your finger rubbing her gums before you can move on to using one of the tools recommended for cleaning your dog's teeth.

Ear Cleaning

Clean both the inside surfaces and outside surface of your dog's ears about once a week.

Ear Cleaning Tips

- Use a cotton ball or a piece of gauze
- Soak the cotton ball or gauze with an ear cleaning solution.
- Don't use water as water does not evaporate that quickly.
- Wipe the inside of your furry loved one's ears and go down only as far as your finger can fit easily.
- When using cotton buds, be very careful as going down further the ear canal can lead to a painful ear injury.



Figure 150 - Keep your dog's ears clean to prevent infection

Look Out for Ear Mites!

Ear mites are microscopic so you won't see them with your naked eyes. However there are signs that indicate their presence.

Signs of Ear Mite Infestation



Figure 151 - Ear mites are invisible to the naked eye but there are visible signs of ear mite infestation including coffee grounds-like ear discharge

- Your dog keeps scratching a lot especially at her ears
- Constant head shaking
- A foul smell coming from your dog's ears
- The presence of dirt that resembles coffee grounds or dirt that has a dark maroon to brown color inside her ears

If you suspect that your dog has ear mite infestation, take her to the vet right away.

First Aid Kit

Any dog owner or pet owner for that matter should have a basic pet first-aid kit handy. You should have one in your home and another in your car or luggage when traveling with your pet. You can buy one or you can also assemble your dog's first aid kit on your own starting from a first-aid kit for people then adding the items listed below.



Figure 152 - Always have a basic pet first-aid kit handy in your home, your car, and your luggage

Must-Have Items and Information in Your Pet's First-Aid Kit

- First-aid book for pets
- Phone numbers of your veterinarian, emergency veterinary clinic nearest to you (with how to get there directions is ideal) and the number for poison control center or hotline.
- Your pet's paperwork , current photo and medical records placed in a waterproof container or bag
- Nylon leash
- Self-cling bandage (This is the type of bandage that sticks to itself but not to the fur. You'll find one in pet supply stores)
- Muzzle or strips of cloth that will prevent biting (Don't use these items if your dog is vomiting, coughing, choking or having difficulty breathing)
- Absorbent gauze pads and adhesive tape
- Antiseptic wipes, lotion, spray, or powder
- A foil emergency blanket
- Cotton balls or cotton swabs
- Rolls of gauze

- Hydrogen peroxide (Hydrogen peroxide is used to induce vomiting. However do this only when directed by your vet or a poison control expert)
- An ice pack
- A pair (or two) of non-latex disposable gloves
- A digital rectal thermometer (Your dog's temperature should not be above 103 degrees Fahrenheit or fall below 100 degrees Fahrenheit)
- Petroleum jelly (you'll need it to lubricate the rectal thermometer)
- Rubbing alcohol to clean the thermometer
- A pair of scissors with blunt ends
- Sterile non-stick gauze pads for bandages
- Sterile saline solution
- Tweezers

You should also make sure that you have your pet carrier handy.

Here are some other useful items that you can include in your pet's first-aid kit.

- Diphenhydramine (Benadryl®) – If it is approved by your veterinarian for use in case of allergic reactions. Your vet would tell you the correct dosage for your dog's size.
- Ear cleaning solution
- An expired credit card or an ATM card you no longer use to scrape away insect stingers
- Glucose paste or corn syrup if your dog is diabetic or has low blood sugar
- Nail clippers
- Antibiotic ointment (non-prescription)
- A penlight or flashlight
- Plastic dropper and syringe
- Tongue depressors

- Splints
- Styptic powder or pencil (You can find them in your vet's office, pet supply stores or the local pharmacy)
- Temporary ID tag to put your local contact information on your pet's collar whenever you travel
- Towels
- Needle-nosed pliers

This list may not be complete and missing some things essential for your dog. Here are a few common-sense piece of advice:

- Include any item recommended by your vet
- Remember to do inventory of the items on the kit and resupply and replace any item that has expired.
- Keep your dog's first-aid kit in a place where you can easily reach it in case of emergency but keep it away from small children and of course your adorable companion.

Chapter 5: When Does My Dog Need Medical Attention



It is Your Duty to Be Vigilant About Your Dog's Health Status

Because dogs seem to have endless energy and robustness you might be fooled into thinking they never get sick.

This is not true at all.



Figure 153 -Dogs exhibit common signs and symptoms when they are not feeling well

Dogs are actually quite susceptible to illnesses, ranging from mild to severe and life-threatening ones.

Here are some guidelines to follow so that you can catch diseases early on and get proper treatment for your loyal companion.

- Schedule a regular check-up for your dog.
- Educate yourself about canine diseases.
- Find a good vet and always keep her contact details handy
- Learn the common signs and symptoms that dog exhibit when they are sick.
- Take your dog to your vet if you suspect she is sick.

When to Call the Vet

My advice is to take her if you suspect she is sick. There are times when you'll come out of the vet's office with nothing wrong with your dog and you were just being paranoid but that's still good news. At least your dog is well.



Figure 154 -If you suspect your dog is sick, take her to the vet

Sometimes, waiting it out and observing your dog is the best option. But as a dog parent, most of us just can't do this. So for your peace of mind, sanity and for your dog's well-being, my advice is to go to your vet.

Emergency Situations

For emergency situations, the important thing to remember is to keep calm and do whatever you can to take control of the situation. Here are some situations that warrant a visit to your vet right away or even to the nearest animal hospital.

- If your dog has heavy bleeding including heavy bleeding of an open wound, bleeding from the nose, mouth, ears or any other body opening

- If your dog is having trouble breathing, swallowing, standing, or walking
- If your dog is experiencing prolonged or frequent panting, staggering, or uncoordinated pattern of movement
- If your dog has fractures or dislocation
- If your dog has a broken bone (If she does, don't try to find the break and fix it yourself. This should be done by a professional as you can make the situation worse)
- If your dog lost consciousness
- If her temperature goes over 103 degrees Fahrenheit (As mentioned earlier, you should have a digital rectal thermometer in your dog's first-aid kit)
- If your dog is convulsing, paralyzed or in shock or if your dog was electrocuted or is showing persistent sneezing
- Blunt trauma from being hit by a car, or from getting caught in doors or machinery. Even if it seems like your dog is fine and no serious injury is apparent go to your vet or the nearest animal hospital right away to have her checked as this type of accidents can cause internal bleeding and other serious injuries that only a veterinarian can detect.



Figure 155 -When dealing with emergency situations remember to keep calm

If your dog is exhibiting any of these signs, don't delay going to your vet or the nearest animal hospital. Even a few minutes of waiting can mean death.

Common Health Problems of Dogs

Dogs can suffer from a wide-range of illnesses. But what are? We have listed down 7 of the most common and potentially fatal canine diseases. Remember though that any illness left untreated can potentially kill your dog. So if you suspect that your furry family member is sick, take her to the vet and have her checked.

The 7 Common and Potentially Fatal Dog Diseases

The good news is there are vaccinations available that can help protect your dog against these terrible 7 common and potentially fatal canine diseases.

What are these 7 diseases?

- 1. Canine Cough aka Kennel Cough** - The canine cough is a respiratory infection that commonly hits dogs that are kept together such as the kennel, animal shelters, and pet stores. With this type of infection, the trachea, larynx, and bronchi get inflamed.



Figure 156 - Mild to severe cough and at times a runny nose are the common symptoms of canine or kennel cough.

Mild to severe cough and at times a runny nose are signs of canine cough. Canine cough can be prevented through vaccination

Most vets recommend the double whammy strategy wherein a liquid vaccine will be administered through your dog's nose and then your dog will be injected for parainfluenza virus.

2. **Coronavirus** – Coronavirus is usually a mild disease and it rarely causes fatality. However, it can be fatal to puppies and adult dogs who are not in the best of health or are stressed.



Figure 157 -Depression, refusal to eat, vomiting (especially when bloody) and a bad case of diarrhea are common signs of corona virus infection

Depression, refusal to eat, vomiting (especially when bloody) and a bad case of diarrhea are all signs of this illness. Another sign is super foul-smelling stools especially if it's bloody or with a strange yellow orange color. There is vaccination against coronavirus.

3. **Distemper** – Distemper is considered the number one dog-killing disease all over the world and puppies between the ages of 9-12 weeks are at high risk. Distemper is a highly contagious virus and it spreads through direct contact or through air. A dog who is in best health can survive distemper and will usually experience relatively mild symptoms.



Figure 158 - Distemper is considered the number One dog-killing disease all over the world

Dogs with a compromised immune system are most likely to succumb to distemper. Once the distemper virus overwhelms a dog's body, other bacteria can jump in and cause other infections.

Protect your dog from this deadly disease by having her vaccinated against distemper virus.

4. **Canine Infectious Hepatitis** – This disease is caused by a virus which spreads via direct contact. In mild cases, a dog will only experience symptoms such as a mild fever and low white blood cell count for two days.



Figure 159 - Puppies 2-6 weeks old are at high risk of getting the deadly form of canine infectious hepatitis

Puppies who are 2-6 weeks old are at high risk of getting a form of this disease that progresses more quickly and can cause death. The usual signs are a fever, swollen tonsils, and a tummy ache. This is a serious disease that attacks quickly and unexpectedly. So have your dog vaccinated against canine hepatitis.

5. **Leptospirosis** – Leptospirosis is a disease caused by a bacterium passed in the urine of infected animals and can enter a dog's system through any wound or opening in the skin or when a dog eats or drinks something that has been contaminated with the infected urine.

The early symptoms of leptospirosis are depression, lethargy and loss of appetite. The disease usually attacks the kidneys so a dog may start walking all hunched up because her kidneys are painful. As leptospirosis progresses, ulcers will start appearing in the mouth and on the dog's tongue. The tongue will also start sporting a thick brown coating.

The best thing you can do is to have your dog vaccinated against leptospirosis to protect her from this infectious disease.



Figure 160 - Early symptoms of leptospirosis are depression, lethargy and loss of appetite.

6. **Parvovirus** – Parvovirus is a very contagious disease. It can be spread via an infected dog's paws, fur, saliva, as well as stool. The virus can also attach on people's shoes, and crates or beddings which were used by an infected dog.

Puppies less than 5 months old are at most risk and are most likely to die from parvo. Certain breeds such as Doberman Pinchers, Rottweilers, and Pitbulls are especially susceptible to this disease.

There are two forms of this disease. In the more common form of parvovirus, the sign is severe diarrhea while the less common form is characterized by damage to the heart muscle. So have your dog vaccinated against parvovirus.

Between 6 weeks and 5 months old, puppies are especially at high risk of getting parvovirus even if they have been vaccinated against it.

7. **Rabies** – Rabies is a serious disease that can cause death. It infects and kills warm-blooded animals such as dogs, and yourself. Yes, humans can get rabies and a number of people have died from it.



Figure 161 - Rabies is a deadly disease. Protect your dog from rabies by having her vaccinated against it as soon as she is 3 months old

This disease takes two forms. The first is described as furious while the other is referred to as paralytic. Sadly, paralytic rabies usually ends in death. If a dog is in the furious stage of the disease (this usually lasts 1-7 days), she goes through many behaviors such as restlessness, nervousness, viciousness, excitability, sensitivity to light as well as touch. Heavy and fast breathing is also noticed which is the cause of foaming at the mouth. A sudden personality change is one major indicator of rabies.

There is no joking around rabies. So protect your dog from rabies by having her vaccinated against it as soon as she is 3 months old. After a year, you need to have her vaccinated again against rabies and then after 3 years. The rabies vaccine helps prevent your dog from spreading rabies.

Common Symptoms and What They Could Mean



Figure 162 - If it seems like your dog is feeling under the weather, the best action is to take her to the vet

There are times when dogs only show subtle symptoms of illness and at times we can overlook these symptoms.

Dogs usually hide their illness as a part of their survival instinct.

Before domestication happened being sick meant being removed from the pack.

Here are symptoms related to eating patterns, energy levels, changes both physical and behavioral as well as mood swings or changes that are telltale signs of an ill dog.

Changes in Your Dog's Eating Pattern

If your dog is showing the following behaviors listed below persistently or you notice that the change is too sudden, better have her checked.

Signs to Watch Out For

- Your dog is eating less than the usual or is not interested in eating at all
- She suddenly becomes a finicky eater when normally she eats heartily
- If suddenly she seems to want to eat all the time or showing an insatiable appetite
- If your dog vomits right after eating



Figure 163 - Changes in your dog's eating habits can either mean a minor or serious problem

Changes in Your Dog's Energy Levels

It's normal for a dog to display different energy levels. But if your dog exhibits the following symptoms listed below for several days, it is best to take her to your vet.

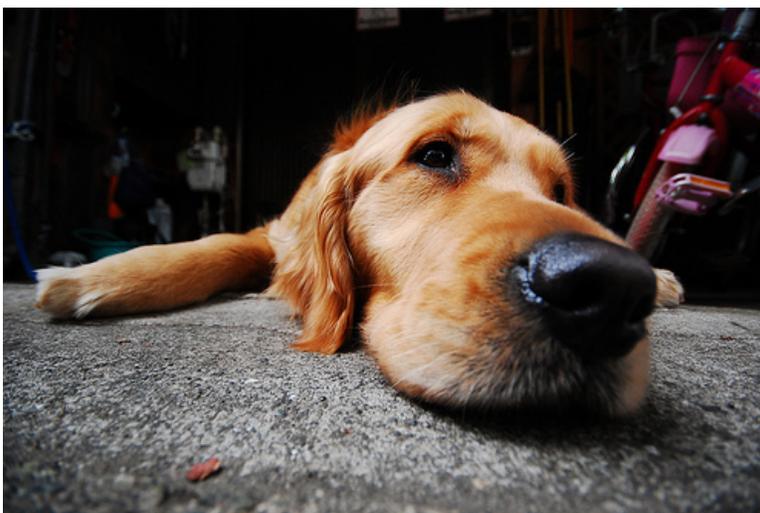


Figure 164 - A sudden change in your dog's energy level can indicate illness

Signs to Watch Out For

- Your dog is sleeping more than usual
- She has been acting lethargic
- She seems to be not interested in activities she normally enjoys such as playing fetch, tug, or going for a stroll
- Your dog keeps on pacing around or acting restless

Other Physical and Behavioral Symptoms to Watch Out For

We can't list down all of the physical and behavioral symptoms of an ill dog as the possibilities are just too many. But here are a few more telltale signs of a dog with an illness.



Figure 165 - Watch out for physical and behavioral changes in your dog as they may indicate illness

- Eyes that are watery or sunken
- Loss of balance (Be on the watch if your dog is always tripping)
- House soiling (If your dog suddenly starts house soiling when she does not normally do, this may indicate an illness)
- Rapid weight loss or weight gain
- Bad smelling or foul odor coming from the ear
- Unusual ear discharge
- Diarrhea (Frequent and irregular bowel movements)
- The lack of bowel movements
- Panting throughout the day most especially when she's trying to sleep
- Coughing
- Excessive water drinking

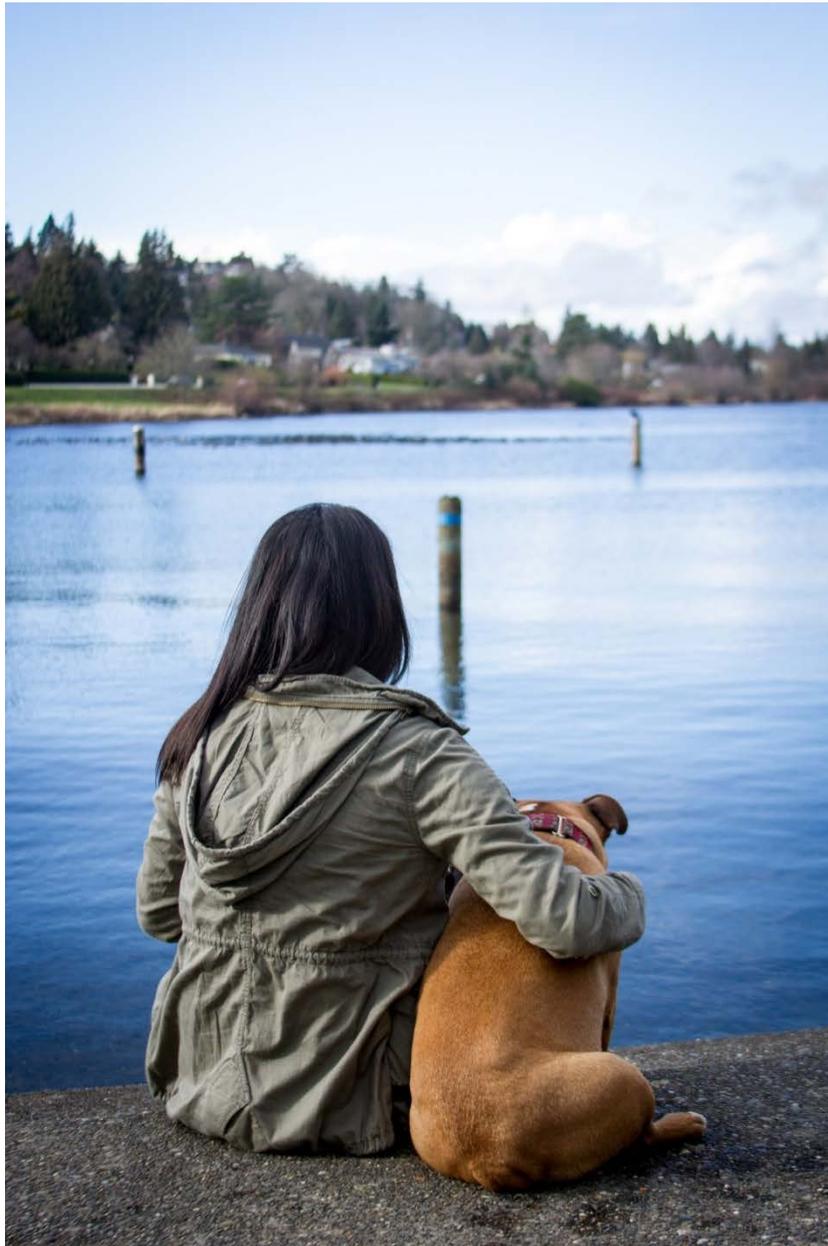
Mood Changes

If your usual outgoing dog suddenly starts hiding in one corner of your house or if your usual friendly and gentle dog suddenly becomes aggressive, this be a sign that she is sick.

My Rule of Thumb

If I suspect that my dog is sick or I feel that something is not right with her, I take her to the vet immediately to be checked.

Chapter 6 Responsible Pet Ownership



We push for responsible ownership and we hope that you will join us in this cause. Yes, getting a pet is a serious decision.



Figure 166 - The number of pet abandonment cases all over the world is on the rise. You can do something to lessen this. Be a responsible pet owner and help spread the message.

Why so?

In the end it's the animal that suffers with most quick decisions to get a pet. When you get a pet you are responsible for her well-being, happiness, and contentment. You must provide her with a safe and loving home until her very last breath.

The number of pet abandonment cases is just too high and it will continue to rise if we keep on giving pets as gifts, or if we keep on getting pets in a whim and if people do not realize that a pet is also a responsibility. A pet is a lifetime commitment and we hope that you will help us spread this message.

So what is responsible pet ownership?

As a responsible pet owner, you must:

- Be committed to the relationship for the entire life of your pet
- Avoid any impulsive decision on getting a pet or pets
- See to it that you pick the pet or pets that suit your home and your lifestyle
- Understand and accept that having a pet means entails cost and your time
- Only keep the type of pet and the number of pets that fit the right and safe environment your home can provide
- Ensure that you can provide appropriate food, water, shelter, health care and companionship to your pet
- Make sure that your pets have proper identification such as tags, or microchips and keep their registration information up to date
- Follow ordinances and requirements that are in effect in your locality (example licensing requirements)
- Help in controlling your pet's reproduction especially if you cannot care for any additional pet. You can do this through managed breeding, containment or spaying/neutering. By doing so you are helping control overpopulation issues
- Find a good veterinarian for your pet and maintain a good vet-client-patient relationship

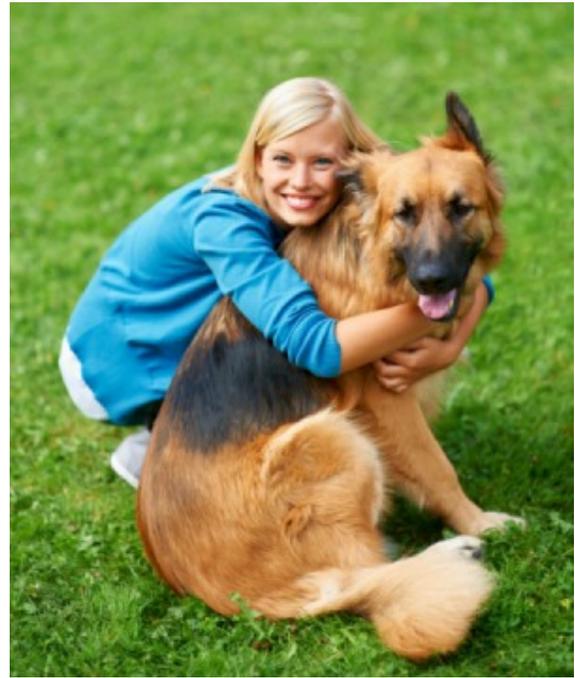


Figure 167 - Are you a responsible dog owner?

- See to it that you give your pets preventive and therapeutic health care throughout their entire life as recommended by their veterinarian. Preventive health care includes vaccinations, parasite control, etc.
- Provide appropriate training for your pet
- Provide opportunities for socialization and make sure that your pet's well-being and the well-being of other animals and people are kept as a priority
- Be responsible for preventing your pet from impacting other people and animals negatively. You are also responsible for preventing your pet from negatively impacting the environment. So be a responsible pet owner and pick up after your pet and practice proper waste disposal. Do not allow your pet to stray or become feral.
- Be responsible for giving your pet appropriate exercise and mental stimulation. As mentioned in chapter 5 there are certain considerations when picking exercises for your dog such as her age, breed, and health status.
- Make sure that you make advanced preparations for your pet's well-being should an emergency situation or disaster happens. In Chapter 5, we have discussed how you can assemble a first-aid kit for your dog. You must also assemble an evacuation kit for your pet.
- See to it that you have alternative arrangements for your dog in the case when you no longer can care for your pet.
- Be wary of declines in your pet's quality of life. Once you recognize them you should consult with your veterinarian and make decisions on appropriate end-of-life care such as hospice, palliative care, and euthanasia.

A Side Note: Deciding to euthanize your beloved pet is a very hard decision to make. But to end the suffering of your pet, this is the most humane thing to do. I read a post in Facebook about euthanasia. This person worked in a vet's clinic and had assisted in euthanizing pets for a number of times.

Most veterinarians give pet owners the choice to stay or not during the process of euthanizing their beloved pets. A number of pet owners choose to not stay and this is understandable as this is really hard for any pet owner to witness.

But this person said and I quote “To owners... always stay. They look for you once you’re gone.” This brought tears to my eyes and I just wanted to share this to all pet owners. It may be really hard for us but it’s much harder for our pets.

A Pet is a Lifetime Commitment

All over the world there are homeless pets. But how do they end up homeless? And how can we stop this from happening or at least lessen its occurrence?

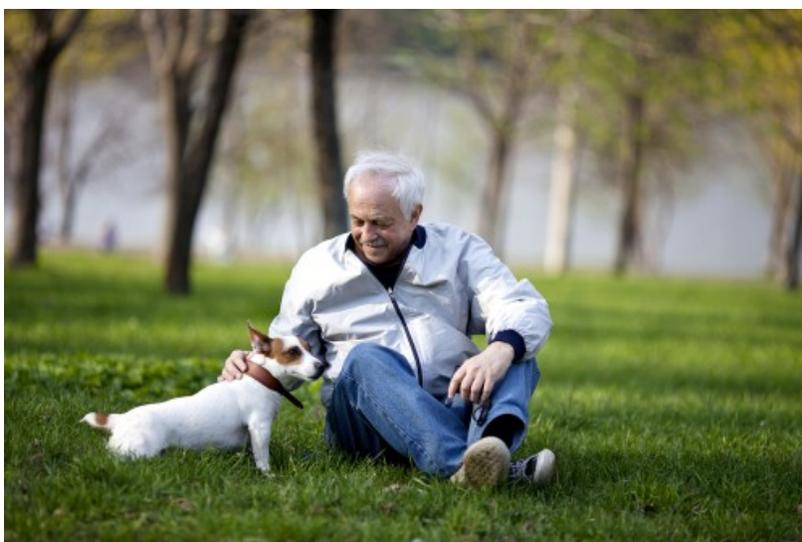


Figure 168 - When getting a dog or any pet for that matter one has to remember that they are a lifetime commitment

Most of the time pets end up on the street because of our doing. A number of people still get pets without considering important things such as their time, their plans in the future, their current financial situations and future financial situations and many more. We hope that you will help us in spreading this message.

Here are a few things you can do to help lessen the case of pet abandonment.

- Do not give pets as a gift. Getting a pet is a serious decision and you should not forcibly impose the responsibilities that come along with having a pet to anyone. Pets are not ideal gifts.

- Help educate people especially young children about the responsibilities that come along with having a pet.
- Before adding in another pet member, make sure that you consider your time, the space you have, your current lifestyle, your current and future financial situation, your current pet or pets and if the entire household is in on the decision of getting an additional pet.

If you know anyone who is planning to get a pet, please share the following information.

Things to Consider Before Getting a Pet

- Pets no matter the breed and age have needs.
- Getting a new puppy (or a new kitten) is like having a new baby in the household. You will need to patiently train her until she is housebroken. You have to be ready to see a lot of “accidents” or pee and poop in your home, your lovely carpet and perhaps your shoes.



Figure 169 - Are you ready for the responsibilities that come with having a dog?

Scolding your dog after she has an accident will only lead to more accidents as this is their way of telling you they mean no harm and that you are the boss. It is your responsibility to teach your new furry family member acceptable behaviors.

- Only get a pet if you are sure that you can continue to care for your pet even with life changes such as marriage or having a baby.
- Everyone in the household should be on board with the decision of getting a pet.
- A pet is a considerable financial obligation.
- Consider your lifestyle right now and how you see it in the future. Check on your future plans.
- One should also consider their living situation. Do you own your home or do you rent? Do you think your living situation will change in the future?
- Check your schedule. Pets need time and attention too.
- Have a support system in place to act as a backup to provide care for their pet in cases where they would be away for a period of time.
- How active are you? Are you a laid back person or leading mostly a sedentary life? Dogs need exercise and some breeds are hyperactive and need vigorous activities to keep them healthy and to prevent them from acting out unacceptable behaviors.
- Your pet is your responsibility until their very last breath. If unavoidable circumstances arise and you no longer can care for your pet, it is your responsibility to ensure that your dog gets a new loving home.

Costs Associated with Having a Dog



Figure 170 - Regular vet visit is essential to ensure your dog's in good health

Having a dog is a considerable financial obligation. What are the costs associated with getting a dog?

Cost of Vaccinations

When you have a dog you need to have them vaccinated against certain diseases. There are vaccinations that your dog will need

only one time and there are yearly ones.

Check-ups and Hospitalization Cost

Every now and then you'll need to visit your dog's vet for different reasons. Getting your dog vaccinated is one of them. Other reasons for going to the vet are routine check-ups, illness, injury, and emergency situations. You are responsible for your dog's well-being so a trip to the vet every now and then will always be in the picture.

Food Cost

Of course, your dog will need food. Whether you are planning to give your dog home-cooked meals or commercial dog food, both of these choices mean money out of your pocket.

Training Cost

If you can't handle training your dog, then you need to seek the help of a professional dog trainer. This of course means money out of your pocket.



Figure 171 - If you're finding it hard to train your dog, you can hire the help of a professional dog trainer

Pet Sitter Cost/Pet Hotel Cost

If you travel a lot and you don't have anyone to care for your dog while you are gone, you need to get a pet sitter or check your dog in a pet hotel. Both of these choices do cost money.



Figure 172 - At one point in time you may need to hire a pet sitter to look after your furry loved one

Dog Necessities



Figure 173 - One of the things dog owners need to spend on is dog's basic essentials

Your dog will need plenty of things such as a water bowl, a food bowl, grooming essentials, collar, leash, towels, a traveling crate, treats and lots of toys. There may be other things that I have forgotten to put in here but the main idea is these necessities will mean money out of your pocket.

So if you are planning to get a dog, or you know anyone who is, be sure to share this information!

Excellent Dog Ownership

Having a dog is a privilege and a responsibility. You can be an excellent dog owner. In fact anyone can be.

Excellent dog ownership or EDO is a philosophy that is very close to my heart and I hope that you spread this philosophy. EDO is all about doing everything for your dog to ensure that she lives a full, happy, comfortable, and long life. It is about standing by your dog's side through cuteness, rowdiness, sickness, health, happy days, sad days, sunny weather, and stormy weather. It's about putting your dog's best interest first no matter what the situation.

EDO is also about making necessary sacrifices such as finding a new caring and loving home for your furry loved one should you be in a situation when you cannot care for her anymore. And it is about letting go...when the time comes.



Figure 174 - Are you an excellent dog owner?

EDO is all about LOVE! It's LOVING your dog wholeheartedly.

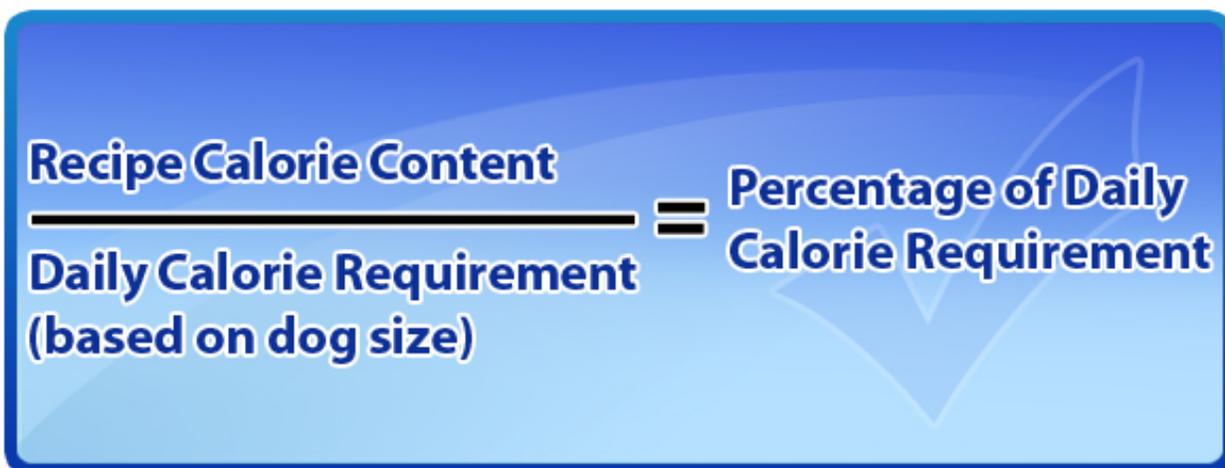
Chapter 7 Recipes



Calorie Calculations According to Dog Size

Size of Dog	Weight of Dog		Daily Calorie Requirement
Toy	6 lbs	2.7 kg	250 calories
Small	22 lbs	9.9 kg	750 calories
Medium	48 lbs	21.7 kg	1360 calories
Large	75 lbs	34 kg	1830 calories
Extra Large	90 lbs ++	40.8 kg++	2150 calories ++

Equation for calculating Percentage of Daily Calorie Requirement:



The equation is displayed within a blue rounded rectangle. It shows the formula:
$$\frac{\text{Recipe Calorie Content}}{\text{Daily Calorie Requirement (based on dog size)}} = \text{Percentage of Daily Calorie Requirement}$$

Figure 175 – How to calculate daily calorie requirement

*The calorie chart is for your dog’s ideal weight. If your dog is overweight, please calculate with his target weight in mind.

**Note: If *Percentage of Daily Calorie Requirement* is greater than 100%, then it is more than one day’s worth of food.

Meat and Vegetable Broths

Broths contain proteins, vitamins and minerals. They are useful:

- When dogs are sick and unable to tolerate solid foods
- As an addition when stewing meat, boiling vegetables and cooking rice as a replacement or in addition to water.

For sick animals it is suggested that a combination of the meat and vegetable broths be used.

We have prepared an easy to follow step by step guide complete with photos so you cooking Fido's meals would be a breeze for you. We also made a printable recipe for each dish we have included here, so you can print them out and have them handy whenever you need them.

Doggy's Chicken & Tomato Broth

Ingredients



Figure 176 - Ingredients for Doggy's Chicken & Tomato Broth

You'll need the following ingredients:

- 2 Cups (1lb) Chicken heart or liver
- 3 Cups of Water
- 1 Tsp Tomato Paste

They're pretty basic ingredients and easy to find. So now that you have all the ingredients, let's get cooking!

Directions

This is very easy to prepare. Whether you've never cooked before or you're not too good in the kitchen, you won't have any difficulty preparing this healthy and tasty meal for your furry companion

So let's get started!



1. Cut the chicken hearts or liver into small cubes.



2. Grab your pot and pour in 3 cups of water.



3. Add the chicken liver or heart in the pot.



4. Mix in 1 teaspoon of tomato paste.



5. Put the lid on and let it stew for about 30 minutes or until the chicken heart or liver is cooked.



6. Strain the meat from your liquid. Allow the liquid to cool prior to refrigerating or freezing for later use in an airtight container.

7. Store the broth in the freezer if not for immediate use.

Check out the printable recipe of Doggy's Chicken & Tomato Broth in the next page.

Printable Recipe: Doggy's Chicken & Tomato Broth

RECIPE Wag Rating: 9/10					
Amount	Measure	Ingredients	Calories	Sodium Mg	
2	Cups	Chicken hearts or livers (1lb)	800	1824	
1	Teaspoon	Tomato paste	5	43	
3	Cups	Water	0	0	
Total			805	1867	
Method	<ol style="list-style-type: none"> 1. Cut the chicken hearts or liver into small cubes. 2. Grab your pot and pour in 3 cups of water. 3. Add the chicken liver or heart in the pot. 4. Mix in 1 teaspoon of tomato paste. 5. Put the lid on and let it stew for about 30 minutes or until the chicken heart or liver is cooked. 6. Strain the meat from your liquid. Allow the liquid to cool prior to refrigerating or freezing for later use in an airtight container. 7. Store the broth in the freezer if not for immediate use. 				
Cooking Duration	30 minutes		Temperature --		
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	322%	107%	59%	43%	37%
Note	In the refrigerator the broth will remain fresh for three days.				

Doggy's Best Beef & Tomato Broth

Ingredients



Figure 177 - Ingredients for Doggy's Best Beef & Tomato Broth

You'll need the following ingredients:

- 2 Cups Beef
- 1 Tsp Tomato Paste
- 3 Cups of Water

Pretty simple and easy to find ingredients! Now let's get cracking in the kitchen.

Directions:



1. Cut the beef into small cubes.



2. Grab a pot and pour in 3 cups of water.



3. Mix in 1 teaspoon of tomato paste.



4. Let it stew for about 30 minutes or until the beef is cooked.



5. Strain the meat from your liquid. Allow the liquid to cool prior to refrigerating or freezing for later use in an airtight container.

6. Store the broth in the freezer if not for immediate use.

Check out the printable recipe of Doggy's Best Beef & Tomato Broth in the next page.

Printable Recipe: Doggy's Best Beef & Tomato Broth

RECIPE Wag Rating: 10/10						
Amount	Measure	Ingredients	Calories	Sodium Mg		
2	Cups	Beef	1248	308		
1	Teaspoon	Tomato paste	5	43		
3	Cups	Water	0	0		
Total			1253	351		
Method						
<ol style="list-style-type: none"> 1. Cut the beef into small cubes. 2. Pour 3 cups of water in a pot. 3. Mix in 1 tsp of tomato paste. 4. Let it stew for about 30 minutes or until the beef is cooked. 5. Strain the meat from your liquid; allow it to cool prior to refrigerating or freezing for later use in an airtight container. 6. If the broth is to be refrigerated or frozen allow it to cool. It becomes gelatinous. 7. Reserve the broth in an airtight container and store in the freezer if not for immediate use. 						
Cooking Duration		30 minutes		Temperature --		
Preparation Time		15 minutes		Yields 2 cups		
Percentage of Daily Calorie Requirement Met		Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
		501%	167%	92%	68%	58%
Note		In the refrigerator the broth will remain fresh for three days.				

Very Saucy Veggie Soup

Ingredients



Figure 178 - Figure 178 - Ingredients for Very Saucy Veggie Soup

- 1 Cup Carrot
- ½ Cup Broccoli
- ½ Cup Green Beans
- 1 Cup Green peas
- ½ Cup Tomatoes
- ½ Cup Zucchini
- ½ Cup Celery
- 1 Cup Sweet potatoes
- 4 Cups Water

Directions:



1. Cube all the vegetables except for the green peas.



2. Pour 4 cups of water in a pot and put in all the vegetables.



3. Cover and let it boil. It'll take about 20 minutes for the veggies to be cooked.



4. Once the veggies are cooked, grab your strainer and strain the vegetable pulp from the liquid.

5. Let the veggies cool down before placing them in an air tight container for refrigerating or freezing. Do the same for the broth.

Printable Recipe: Very Saucy Veggie Soup

RECIPE Wag Rating: 9/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
1	Cup	Carrot		52	45
½	Cup	Broccoli		15	12
½	Cup	Green Beans		17	3
1	Cup	Green peas		117	4
½	Cup	Tomatoes		16	7
½	Cup	Zucchini		9	2
½	Cup	Celery		7	52
1	Cup	Sweet potatoes		114	17
4	Cups	Water		0	0
Total				347	142
Method	<ol style="list-style-type: none"> 1. Cube all the vegetables except for the green peas. 2. Pour 4 cups of water in a pot and put in all the vegetables. 3. Cover and let it boil. It'll take about 20 mins for the veggies to be cooked. 4. Once the veggies are cooked, grab your strainer and strain the vegetable pulp from the liquid. 5. Let the veggies cool down before placing them in an air tight container for refrigerating or freezing.. 6. Do the same for the broth. In the refrigerator the broth will remain fresh for three days 				
Cooking Duration	20 minutes		Temperature		--
Preparation Time	10 minutes		Yields		5.5 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	138%	46%	25%	18%	16%
Note	<p>The vegetables listed above are given as an example of what you might use to make the broth, however, any vegetables (fresh or frozen) that you have and are safe for dogs could be used. In preparing any of the recipes remember to retain any excess broth for later use in that or other recipes.</p>				

Puppy Food

Puppy food is not much different than for an adult dog food. They eat the same ingredients, but the ratios are slightly different (below is a rough-and-ready guide):

PUPPIES	ADULT DOGS
50% Protein	40% Protein
10% Fat	10% Fat
20% Carbohydrates	25% Carbohydrates
20% Vegetables	25% Vegetables

A puppy's food, however, needs to be mushier than an adult dog because its gums are tender and they are teething (this commences at about five weeks of age continuing until about three months of age which is when their adult teeth replace their "milk teeth". Use of a handheld masher or preferably a food processor or blender helps to make the food prepared into a puree i.e. 'mushy, similar to human baby food.

Initially, while the puppy is still nursing, get it used to the food by placing a dab of puppy food on its paw and let it lick the food off. Once its teeth appear leave it a bowl of food and it won't be too long before it makes the switch. The transition to eating solid food generally occurs by the time it is two months. At this stage refrain from making the food 'mushy' so that it can now exercise its new teeth. Until puppies are approximately nine months of age (slightly less if smaller breed) they remain on high-protein foods. Some small breeds reach maturity sooner than larger breeds. It is advisable to consult your veterinarian for advice on this subject.

Puppy's Chicken Chow

Ingredients

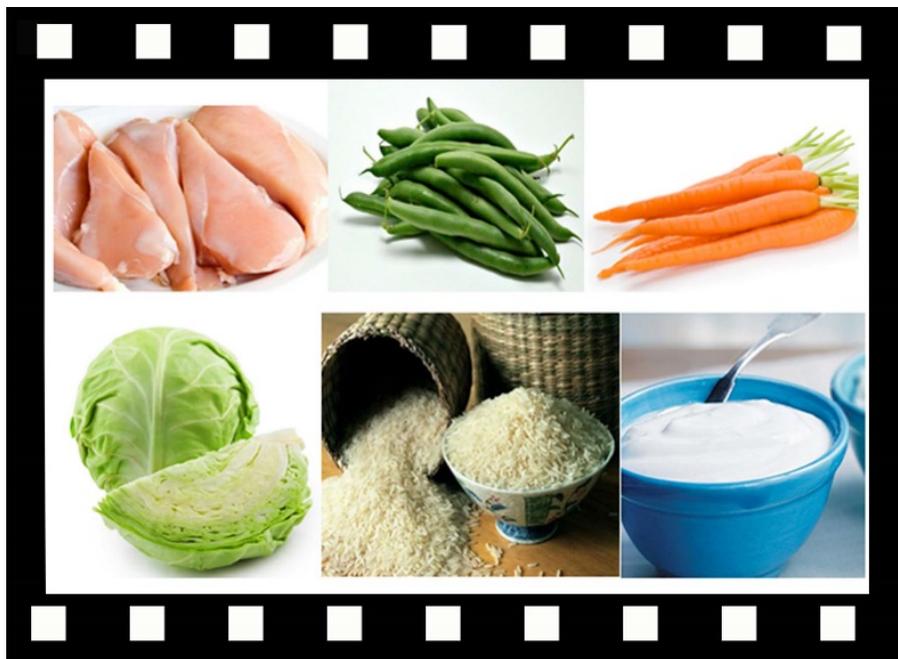


Figure 179 - Ingredients for Puppy's Chicken Chow

You will need the following:

- 2 Cups Chicken
- 1 Cup Green beans (Fresh or frozen)
- 1 Cup Carrot
- 1 Cup Cabbage
- 1/2 Cup Brown or white rice
- 1/2 Cup Plain Yogurt

Now that you've got all the ingredients you need, it's time to bring the party to the kitchen. Ready your sauce pan and stove. You don't need any kitchen experience to whip up this dish. It's very simple to prepare. And we've got the step by step directions written out for you to help make this even a lot easier!

Direction:



1. Place the chicken in a medium sized saucepan, cover with water and bring to a boil then lower heat.



2. While waiting for the chicken to cook, start cutting the vegetables into small bite size pieces.



3. After the chicken has boiled, cook it for 20 minutes more. Set aside the broth and shred the chicken into smaller pieces.



4. Boil the green beans, cabbage and carrot for approximately 20 minutes until soft. Drain the broth and set aside.



5. Use both the chicken and vegetable broth in cooking the cup of rice. Cook the rice with the lid on over low heat for about 30 minutes until the rice is tender and has absorbed the stock. If there is not enough broth



6. Grab a bowl and combine the chicken, beans, cabbage, carrot, and rice. Stir in the yogurt and serve at room temperature.

Head on to the next page for the printable recipe!

Printable Recipe: Puppy's Chicken Chow

RECIPE Wag Rating 8/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2	Cups	Chicken		390	325
1	Cup	Green beans (fresh or frozen)		38	7
1	Cup	Carrot		52	45
1	Cup	Cabbage		17	16
½	Cup	Brown (or white)raw rice		350	1
½	Cup	Plain yogurt		75	57
Total				922	451
Method	<ol style="list-style-type: none"> Place the chicken in a medium sized saucepan, cover with water and bring to a boil then lower heat. While waiting for the chicken to cook, start cutting the vegetables into small bite size pieces. After the chicken has boiled, cook it for 20 minutes more. Set aside the broth and shred the chicken into smaller pieces. Boil the green beans, cabbage and carrot for approximately 20 minutes until soft. Drain the broth and set aside. Use both the chicken and vegetable broth in cooking the cup of rice. Cook the rice with the lid on over low heat for about 30 minutes until the rice is tender and has absorbed the stock. If there is not enough broth then add water. Grab a bowl and combine the chicken, beans, cabbage, carrot, and rice. Stir in the yogurt and serve at room temperature. 				
Cooking Duration	30 minutes		Temperature		--
Preparation Time	20 minutes		Yields		7 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	368%	122%	67%	50%	42%
Note	<p>Use a handheld masher or preferably a food processor or blender to make the food prepared into a puree for a puppy.</p>				

Puppy Beefy Feast

Ingredients

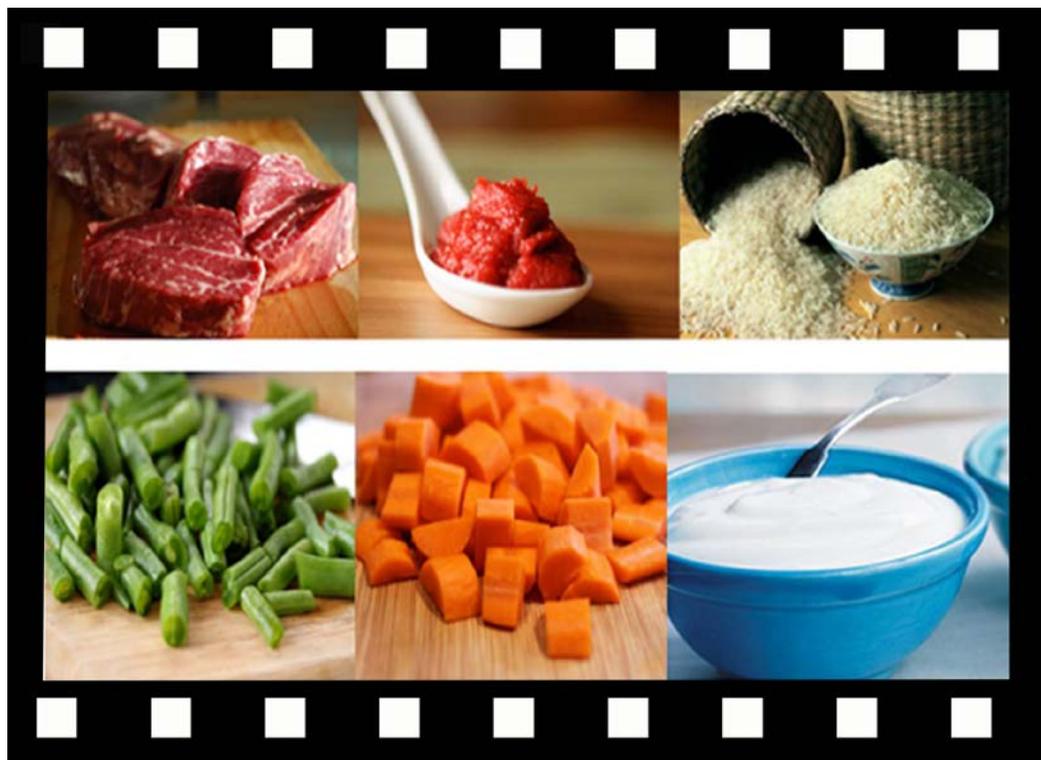


Figure 180 - Ingredients for Puppy Beefy Feast

- 2 Cups Beef (1 lb)
- 1 Cup Green beans
- 1 Cup Carrot
- 1 Tbsp Tomato paste
- 1/2 Cup Brown or white rice
- 2 Tablespoons Yogurt

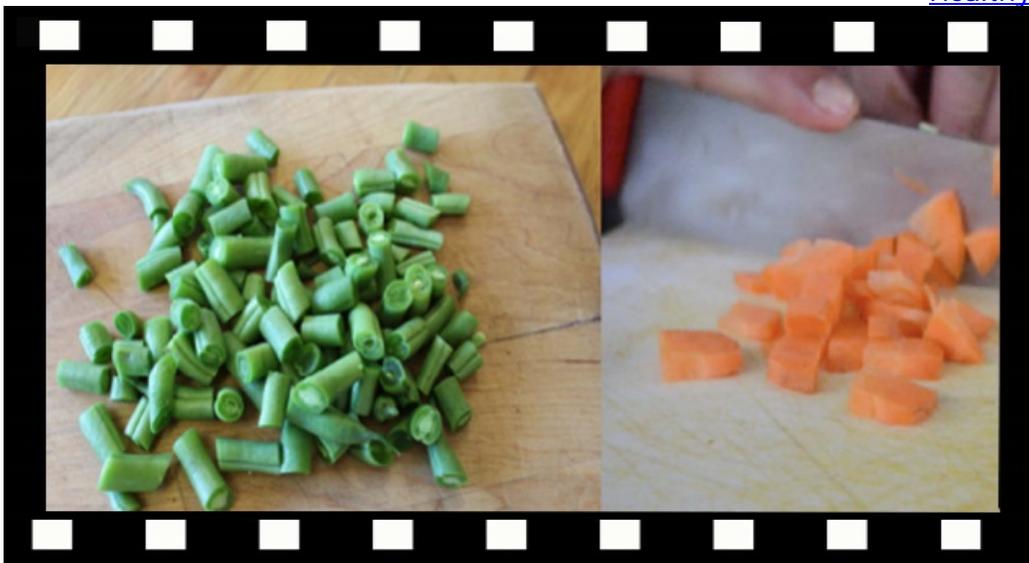
Directions:



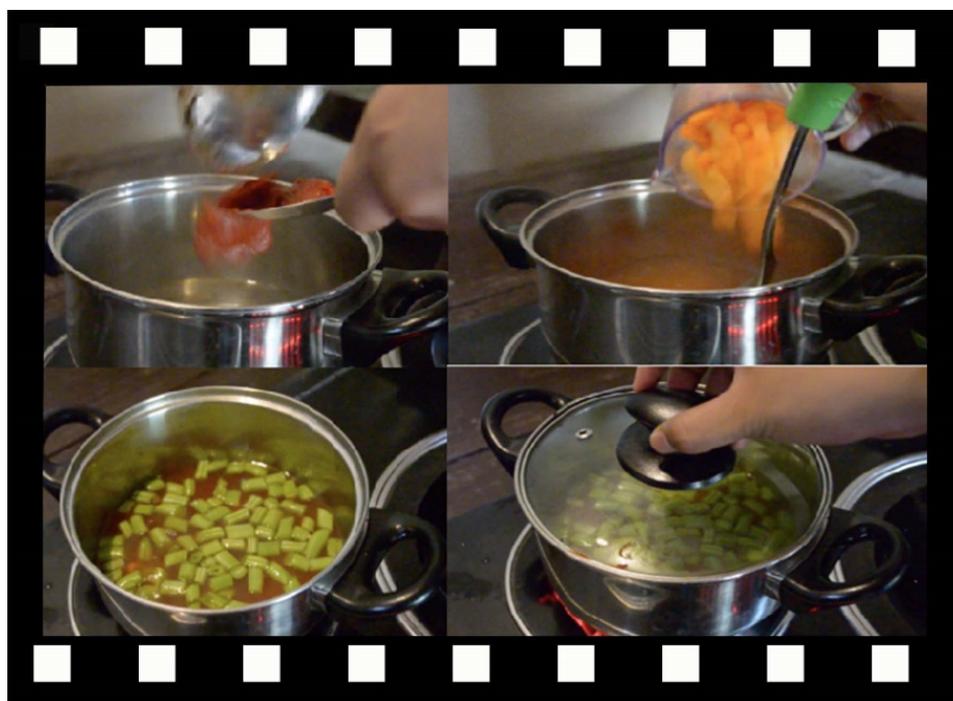
1. Place the beef in a pan and cover it with water and cook for about 30 - 40 minutes or until meat is tender.



2. Once cooked, set aside the broth and slice the beef meat into smaller pieces.



3. Slice the vegetables into smaller pieces.



4. Place all the vegetables in a pot with water, add the tomato paste, cover and boil for about 20 minutes. Once the vegetables are soft, drain and set aside the broth.



5. Using both the beef and vegetable broth cook the rice on low heat with the lid on for about 30 minutes or until the rice is tender and has absorbed the stock. If there is not enough broth then add water.



6. Grab a bowl and combine the beef, vegetables and rice.



7. Stir in the yogurt and mix well.



8. Serve at room temperature.

Check out the printable recipe on the next page.

Printable Recipe: Puppy Beefy Feast

RECIPE Wag Rating: 10/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2	Cups	Beef (1lb)		1248	308
1	Cup	Green beans		34	7
1	Cup	Carrot		52	45
1	Teaspoon	Tomato paste		13	43
½	Cup	Brown (or white) raw rice		350	1
2	Tablespoons	Plain yogurt		35	7
				75	57
Total				1807	411
Method	<ol style="list-style-type: none"> Place the beef in a pan and cover it with water and cook for about 30 - 40 minutes or until meat is tender. Once cooked, set aside the broth and slice the beef meat into smaller pieces. Slice the vegetables into smaller pieces. Place all the vegetables in a pot with water, add the tomato paste, cover and boil for about 20 minutes. Once the vegetables are soft, drain and set aside the broth. Using both the beef and vegetable broth cook the rice on low heat with the lid on for about 30 minutes or until the rice is tender and has absorbed the stock. If there is not enough broth then add water. Grab a bowl and combine the beef, vegetables and rice. Stir in the yogurt and mix well. Serve at room temperature. 				
Cooking Duration	40 minutes		Temperature		--
Preparation Time	10 minutes		Yields		5.5 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	723%	240%	133%	99%	84%
Note	<p>Use a handheld masher or preferably a food processor or blender to make the food prepared into a puree for a puppy.</p>				

Puppy's Beef Bonanza

Ingredients:

- 2 Cups Beef (1 lb)
- 1 Tbsp Vegetable Oil
- ½ Cup Pasta noodles
- 1 Cup Sweet Potatoes
- 1 Cup Green Peas (fresh or frozen)
- ¼ Cup Tomato
- 1 Tablespoon Mozzarella Cheese

Directions

1. Cube & sauté the beef in vegetable oil over low heat for approximately 10 to 15 minutes, until the beef is brown
2. Boil the pasta until tender, following packet instructions. (approximately 10 minutes)
3. Boil the sweet potatoes for about 20 minutes until soft.
4. Boil the peas and tomato for about 20 minutes until soft.
5. Grate the mozzarella cheese.
6. Combine the beef, pasta and vegetables in a bowl and sprinkle the mozzarella on top.
7. Serve at room temperature.

Printable Recipe: Puppy's Beef Bonanza

RECIPE 10/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2	Cups	Beef (1lb)		1248	308
1	Tablespoon	Vegetable oil		120	0
½	Cup	Pasta/noodles		250	412
1	Cup	Sweet potatoes		140	17
1	Cup	Green peas (fresh or frozen)		41	4
¼	Cup	Tomato		8	4
1	Tablespoon	Mozzarella cheese		80	150
Total				1887	895
Method	<ol style="list-style-type: none"> 1. Cube & cook the beef in the Vegetable oil over a low heat for approximately 20 minutes, until the beef is cooked 2. Boil the pasta until tender, following packet instructions. (approximately 10 minutes) 3. Boil the sweet potatoes for about 20 minutes until soft. 4. Boil the peas and tomato for about 20 minutes until soft. 5. Grate the mozzarella cheese. 6. Combine the beef, pasta and vegetables in a bowl and sprinkle the mozzarella on top. 7. Serve at room temperature. 				
Cooking Duration	35 minutes		Temperature		--
Preparation Time	10 minutes		Yields		4 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	754%	251%	138%	103%	87%
Note	<p>Use a handheld masher or preferably a food processor or blender to make the food prepared into a puree for a puppy.</p>				

Puppy's Liver Delight

Ingredients

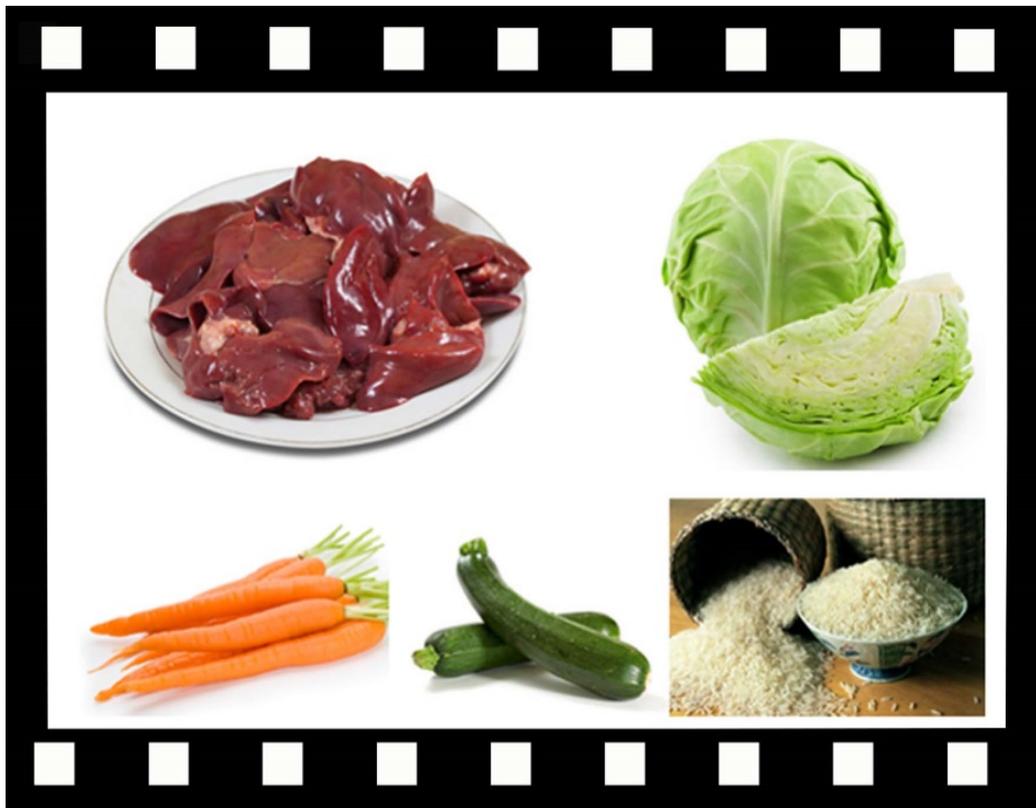


Figure 181 - Ingredients for Puppy's Liver Delight

You'll need the following ingredients:

- 2 Cups Chicken liver (1 lb)
- 1 Cup Cabbage
- 1/2 Cup Zucchini
- 1 Cup Carrot
- 1/2 Cup Brown or white rice

Directions:



1. Cook the liver on skewers for between 2 to 3 minutes, searing them over the flame. Turn every 15 seconds until browned and chop the liver into slices.



2. Grate the carrot.



3. Shred the cabbage and cube the zucchini and then boil them for approximately 20 minutes until they are soft. Set aside the broth.



4. Cook the rice for approximately 30 minutes or until the rice is tender using the broth from the zucchini. If there isn't enough broth, add water.



5. Combine the liver, zucchini, carrot, cabbage and rice in a bowl.



6. Serve at room temperature.

Printable recipe is on the next page!

Printable Recipe: Puppy's Liver Delight

RECIPE Wag Rating: 9/10					
Amount	Measure	Ingredients	Calories	Sodium Mg	
2	Cups	Chicken liver (1lb)	800	1824	
1	Cup	Cabbage	17	16	
½	Cup	Zucchini	9	2	
1	Cup	Carrot	52	45	
½	Cup	Brown (or white) raw rice	350	1	
Total			1228	1888	
Method	<ol style="list-style-type: none"> 1. Cook the liver on skewers for between 2 to 3 minutes, searing them over the flame. Turn every 15 seconds until browned and chop the liver into slices 2. Grate the carrot 3. Shred the cabbage and cube the zucchini and then boil them for approximately 20 minutes until they are soft. Set aside the broth 4. Cook the rice for approximately 30 minutes or until the rice is soft using the broth from the zucchini. If there isn't enough broth, add water. 5. Combine the liver, zucchini, carrot, cabbage and rice in a bowl 6. Serve at room temperature. 				
Cooking Duration	50 minutes		Temperature		--
Preparation Time	10 minutes		Yields		6.5 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	491%	164%	90%	67%	57%
Note	<p>Use a handheld masher or preferably a food processor or blender to make the food prepared into a puree for a puppy.</p>				

Puppy's Turkey and Egg Treat

Ingredients



Figure 182 - Ingredients for Puppy's Turkey and Egg Treat

- 2 Cups Turkey
- 1 Teaspoon Tomato paste
- 2 Large Eggs
- 1 Tablespoon Vegetable oil
- 1/2 Cup Broccoli
- 3/4 Cup Oatmeal
- 1 Tablespoon Basil

Directions:



1. Stew the turkey with the basil and tomato paste for 25 minutes, drain the broth and set it aside. Chop the turkey into cubes.



2. Grab your pan and coat it with vegetable and make scrambled eggs.



3. Boil the broccoli for 25 minutes or until



4. Cook the oatmeal using the broth. If the broth is less than 3 cups add water. Let the broth boil first then add the oatmeal. Stir until the oats have soften. You can also cook the oatmeal in the microwave for 1 minute.



5. Combine all the ingredients and serve at room temperature.

Now that wasn't so hard to do right? Your pup will surely love this delicious and nutrient-packed dish!

Check out the printable recipe on the next page.

Printable Recipe: Puppy's Turkey and Egg Treat

RECIPE Wag Rating: 8/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2	Cups	Turkey		460	252
1	Teaspoon	Tomato paste		13	43
2	Large	Eggs		148	126
1	Tablespoon	Vegetable oil		120	0
½	Cups	Broccoli		15	12
¾	Cup	Oatmeal		218	0
1	Tablespoon	Basil		1	1
Total				975	434
Method	<ol style="list-style-type: none"> 1. Stew the turkey with the basil and tomato paste for 25 minutes, drain the broth and set it aside. Chop the turkey into cubes. 2. Grab your pan and coat it with vegetable and make scrambled eggs. 3. Boil the broccoli for 25 minutes or until very soft. 4. Cook the oatmeal using the broth. If the broth is less than 3 cups add water. Let the broth boil first then add the oatmeal. Stir until the oats have soften. You can also cook the oatmeal in the microwave for 1 minute. 5. Combine all of the ingredients and serve at room temperature. 				
Cooking Duration	30 minutes		Temperature --		
Preparation Time	30 minutes		Yields 4 cups		
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	388%	129%	71%	53%	45%
Note	<p>Use a handheld masher or preferably a food processor or blender to make the food prepared into a puree for a puppy.</p>				

Main Course Dishes

Doggy's Delicious Beef & Bacon Meal

Ingredients

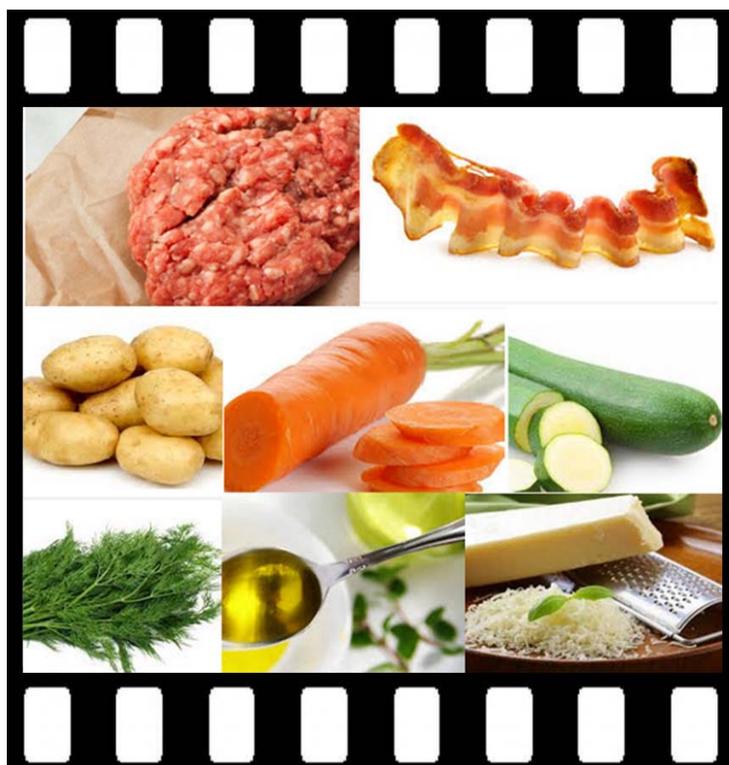


Figure 183 - Ingredients for Doggy's Delicious Beef & Bacon Meal

- 2 Cups Extra fatty Ground Beef (1 lb)
- 2 Tablespoons Vegetable oil
- 1 1/2 Cups Potatoes
- 2 Cups Carrot
- 1/2 Cup Zucchini
- 1 Strip Bacon
- 1/2 Tablespoon Dill (fresh or dried)
- 1 Tablespoon Grated Parmesan Cheese

Directions:



1. Coat your pan with vegetable oil and sauté the beef over low heat.



2. Grate the carrot, chop the zucchini, cube the potatoes.



3. Boil the vegetables until tender, approximately 20 minutes then drain.



4. Grill the strip of bacon and chop into pieces.



5. Mix the beef, bacon, dill and vegetables in a bowl.



6. Sprinkle with parmesan cheese and serve at room temperature.

Printable Recipe: Doggy's Delicious Beef & Bacon Meal

Recipe Wag Rating: 10/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2	Cups	Extra-fatty ground beef (1lb)		1248	308
2	Tablespoon	Vegetable oil		240	0
1	Cups	Potatoes		180	1
2	Cups	Carrot		105	45
½	Cup	Zucchini		9	2
1	Strip	Bacon		50	78
½	Tablespoon	Dill, fresh or dried		8	1
1	Tablespoon	Grated Parmesan cheese		23	93
Total				1863	528
Method	<ol style="list-style-type: none"> 1. Coat your pan with vegetable oil and sauté the beef over low heat until the meat turns brown. 2. Grate the carrot, chop the zucchini and cube the potatoes. 3. Boil the vegetables until tender, approximately 20 minutes then drain. 4. Grill the strip of bacon and chop into pieces. 5. Mix the beef, bacon, dill and vegetables in a bowl. 6. Sprinkle with Parmesan cheese. 7. Serve at room temperature. 				
Cooking Duration	45 minutes		Temperature		--
Preparation Time	10 minutes		Yields		6 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	745%	248%	136%	101%	86%
Note	<p>Use a meat thermometer to check that the cooked meat has reached 180 degrees Fahrenheit inside and outside to ensure elimination of bacteria.</p>				

Doggy's Luscious Lamb & Bacon Meal

Ingredients

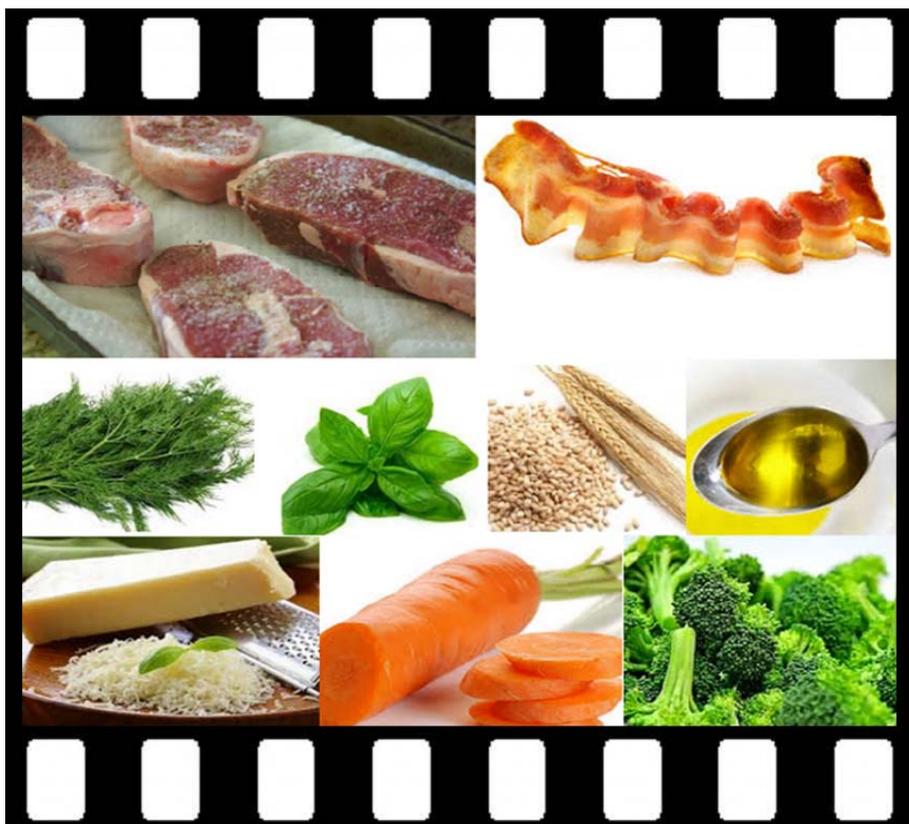


Figure 184 - Ingredients for Doggy's Luscious Lamb & Bacon Meal

- 2 Cups Lamb (1 lb)
- 2 Tablespoons Vegetable oil
- 1/4 Cup Barley
- 1 Strip Bacon
- 1/2 Tablespoon Dill (fresh or dried)
- 1 Tablespoon Basil (fresh or dried)
- 1 Tablespoon Grated Parmesan Cheese
- 1/2 Cup Broccoli
- 1 Cup Carrot

Directions:



1. Cube the lamb then coat a pan with vegetable oil then sauté the lamb with basil and dill over low heat for about 8-10 minutes or until the meat has browned. If the meat is frozen, it will take longer so best to thaw the meat first.



2. Chop the vegetables into smaller pieces.



3. Place all the vegetables in a pot and cover with water. Boil for about 25 minutes or until tender. Drain the broth and set aside.



4. Wash the barley in water to remove any debris then cook it using the vegetable broth for about 35 minutes. To reduce the cooking time to 15 minutes, soak the barley in water the night before.



5. Grill the bacon and cut it into thin slices.



6. Mix the lamb, bacon, vegetables, and barley in a bowl then sprinkle with Parmesan cheese. Serve at room temperature.

Check out the printable recipe on the next page!

Printable Recipe: Doggy's Luscious Lamb & Bacon Meal

RECIPE Wag Rating: 8/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2	Cups	Lamb (1lb)		506	320
2	Tablespoon	Vegetable oil		240	0
¼	Cup	Barley		176	166
1	Strip	Bacon		50	78
½	Tablespoon	Dill, fresh or dried		8	1
1	Tablespoon	Basil, fresh or dried		2	1
1	Tablespoon	Grated Parmesan cheese		23	93
½	Cup	Broccoli		15	12
1	Cup	Carrot		52	24
Total				1072	695
Method	<ol style="list-style-type: none"> 1. Cube the lamb then coat a pan with vegetable oil then sauté the lamb with basil and dill over low heat for about 8-10 minutes. If the meat is frozen, it will take longer so best to thaw the meat first. 2. Chop the vegetables into smaller pieces. 3. Boil the vegetables until tender, approximately 25 minutes then drain. 4. Wash the barley in water to remove any debris then cook it using the vegetable broth for about 35 minutes. To reduce the cooking time to 15 minutes, soak the barley in water the night before. 5. Grill the bacon and cut it into thin slices. 6. Mix the lamb, bacon, vegetables, and barley in a bowl then sprinkle with Parmesan cheese. Serve at room temperature. 				
Cooking Duration	45 minutes		Temperature --		
Preparation Time	10 minutes		Yields 3.5 cups		
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	428%	142%	78%	58%	49%
Note	Some dogs have protein allergies, in which case lamb is often a tolerable meat source				

Doggy's Terrific Turkey & Bacon Meal

Ingredients



Figure 185 - Ingredients for Doggy's Terrific Turkey & Bacon Meal

- 2 Cups Turkey or Chicken
- 2 Tablespoon Vegetable oil
- 1/4 Cup Barley
- 1 Strip Bacon
- 1/2 Tablespoon Dill (fresh or dried)
- 1 Tablespoon Grated Parmesan cheese
- 1/2 Cup Frozen Corn kernels
- 1 Cup Carrot

Directions:



1. Cut the turkey into cubes then sauté in vegetable oil for about 8-10 minutes or until brown.



2. Cut the carrots and cabbage in small pieces.



3. Boil the vegetables until tender, approximately 20 minutes then drain. Set the stock aside.



4. Wash the barley in water to remove any debris then cook it using the vegetable broth for about 35 minutes. To reduce the cooking time to 15 minutes, soak the barley in water the night before.



5. Grill the bacon and cut it into thin slices.



6. Mix the turkey (or chicken), bacon, vegetables, barley and dill in a bowl. Sprinkle with parmesan cheese and serve at room temperature.

Printable recipe is on the next page!

Printable Recipe: Doggy's Terrific Turkey & Bacon Meal

RECIPE Wag Rating: 9/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2	Cups	Turkey or chicken		460	252
2	Tablespoon	Vegetable oil		240	0
¼	Cup	Barley		176	166
1	Strip	Bacon		50	78
½	Tablespoon	Dill, fresh or dried		8	1
1	Tablespoon	Grated Parmesan cheese		23	93
1	Cup	Cabbage		17	16
½	Cup	Frozen corn kernels		72	4
1	Cup	Carrot		52	45
Total				1098	655
Method	<ol style="list-style-type: none"> 1. Cut the turkey into cubes then sauté in vegetable oil for about 8 -10 minutes or until brown. 2. Cut the carrots and cabbage in small pieces. 3. Boil the vegetables until tender, approximately 20 minutes then drain. Set the stock aside. 4. Wash the barley in water to remove any debris then cook it using the vegetable broth for about 35 minutes. To reduce the cooking time to 15 minutes, soak the barley in water the night before. 5. Grill the bacon and cut it into thin slices. 6. Mix the turkey (or chicken), bacon, vegetables, barley and dill in a bowl. Sprinkle with parmesan cheese and serve at room temperature. 				
Cooking Duration	55 minutes		Temperature		--
Preparation Time	10 minutes		Yields		4.7 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	439%	146%	80%	59%	50%
Note	The turkey can be replaced with chicken. Dill is a natural soother, good for a stressed dog.				

Lively Lamb & Noodle Feast

Ingredients

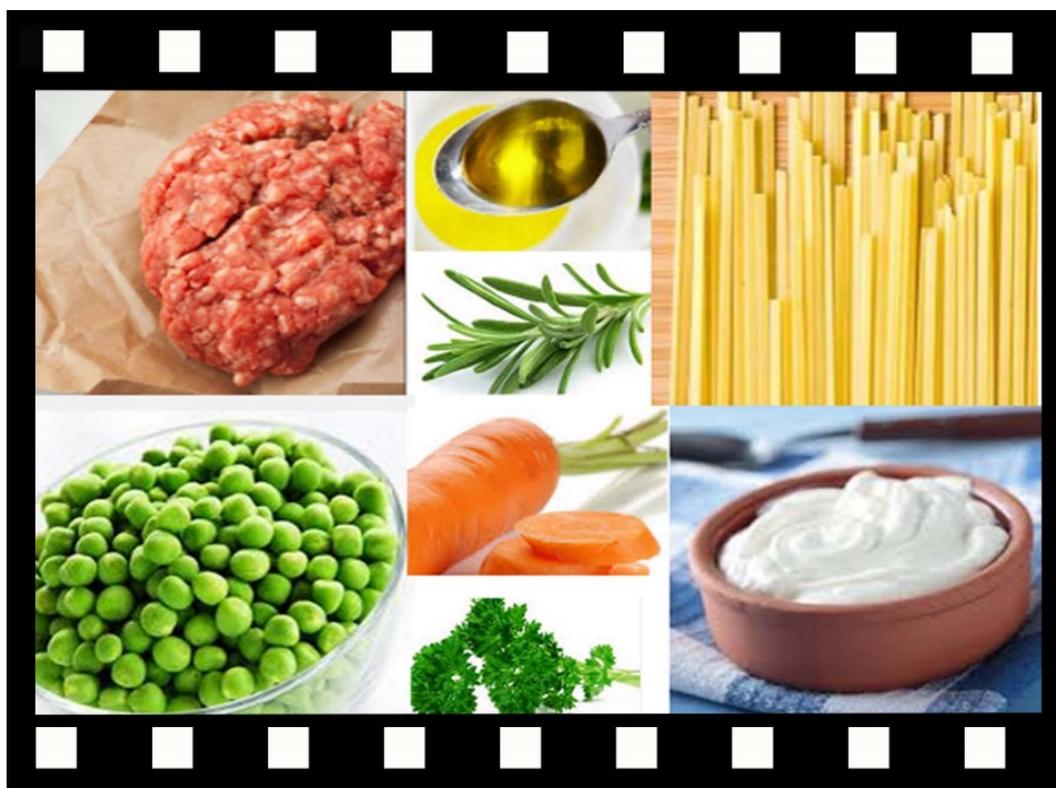


Figure 186 - Ingredients for Lively Lamb & Noodle Feast

- 2 Cups Ground Lamb (1 lbs)
- 2 Tablespoons Vegetable oil
- 1 Cup Noodles
- 1 Cup Green peas (fresh or frozen)
- 1 Cup Carrot
- 2 Tablespoons plain Yogurt
- 1 Tablespoon fresh Parsley
- 1/2 Tablespoon Rosemary (fresh or dried)

Directions:



1. Sauté the ground lamb in vegetable oil with the rosemary for about 10 minutes or until the meat has turned grayish brown. Alternatively stew the lamb with the rosemary, drain the meat and reserve the broth for another use.



2. Chop the carrot.



3. Boil the peas and carrot in water for 10 to 15 minutes. If using frozen peas, follow the directions on the pack.



4. Cook the noodles until soft, about 10 minutes.



5. Grab a large bowl and start mixing the lamb, noodles, and the rest of the ingredients together.



6. Serve at room temperature.

Printable recipe is on the next page!

Printable Recipe: Lively Lamb & Noodle Feast

RECIPE Wag Rating: 9/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2	Cups	Lamb ground (1lb)		506	320
2	Tablespoons	Vegetable oil		240	0
1	Cup	Noodles		212	381
1	Cup	Green peas, fresh or frozen		111	4
1	Cup	Carrot		52	45
2	Tablespoons	Plain Yogurt		35	26
1	Tablespoon	Fresh parsley		1	1
½	Tablespoon	Rosemary, fresh or dried		2	1
Total				1159	778
Method	<ol style="list-style-type: none"> Sauté the ground lamb in vegetable oil with the rosemary for about 10 minutes or until the meat has turned greyish brown. Alternatively stew the lamb with the rosemary, drain the meat and reserve the broth for another use. Chop the carrot. Boil the peas and carrot in water for 10 to 15 minutes. If using frozen peas, follow the directions on the pack. Cook the noodles until soft, about 10 minutes. Grab a large bowl and start mixing the lamb, noodles, and the rest of the ingredients together. Serve at room temperature. 				
Cooking Duration	35 minutes		Temperature		--
Preparation Time	10 minutes		Yields		5 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	463%	154%	85%	63%	53%
Note	Any type of noodle is acceptable but rice noodle is preferable to a wheat noodle if your dog has an intolerance to wheat.				

Low-fat Turkey and Yoghurt Feast

Ingredients

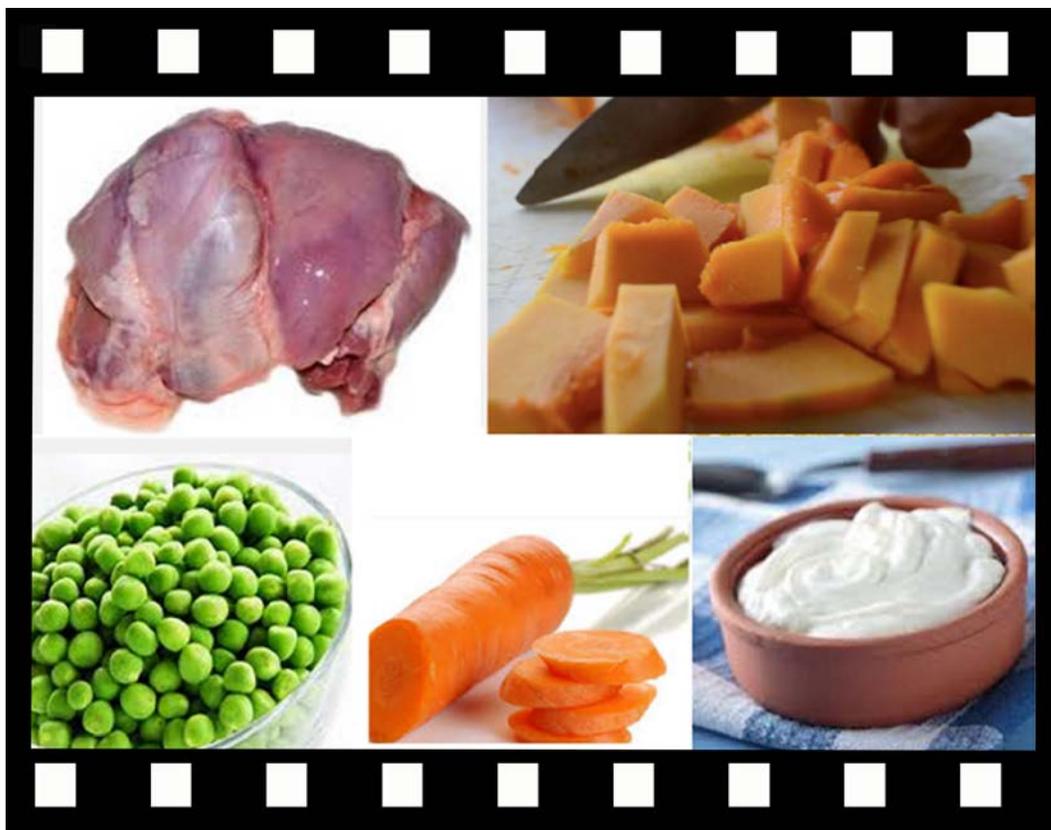


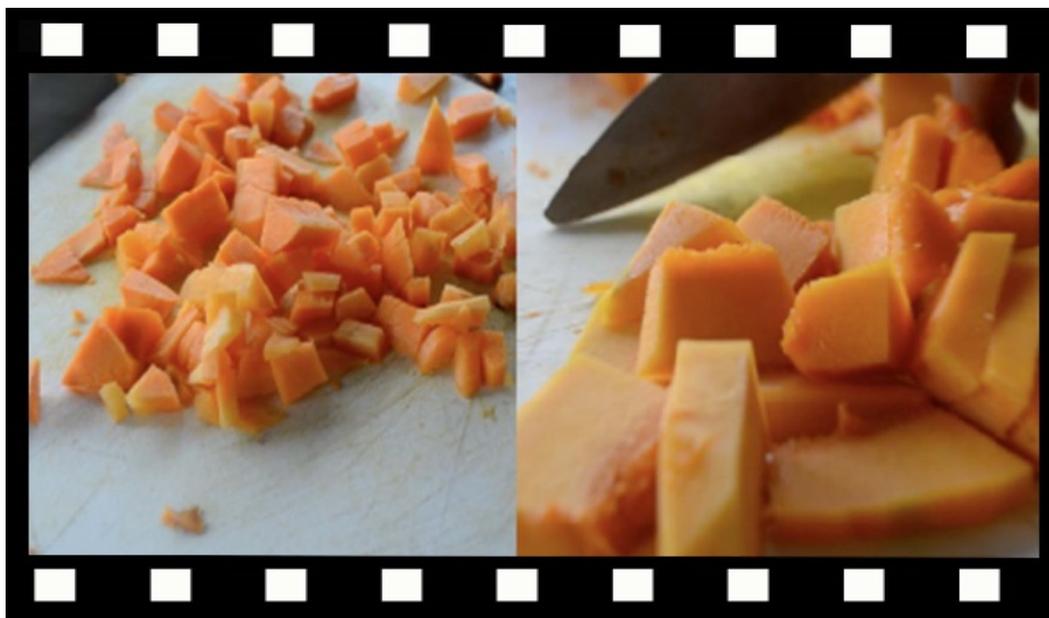
Figure 187 - Ingredients for Low Fat Turkey & Yoghurt Feast

- 4 Cups Boneless Turkey
- 1 Cup Pumpkin
- 1 Cup Green peas (fresh or frozen)
- 1 Cup Carrot
- 2 Tablespoons Plain Yogurt

Directions:



1. Cut the turkey meat into small cubes and pan fry in oil for 10 minutes. Drain the excess oil.



2. Chop the carrot and pumpkin into small cubes.



3. Boil the peas, pumpkin and carrot in water for 10 to 15 minutes. Drain the broth when cooked. If using frozen peas, follow the directions on the pack.



4. Grab a bowl and mix the turkey, vegetables and yogurt. Serve at room temperature.
Check out the printable recipe on the next page!

Printable Recipe: Low-fat Turkey and Yoghurt Feast

RECIPE Wag Rating: 9/10					
Amount	Measure	Ingredients	Calories	Sodium Mg	
4	Cups	Boneless Turkey	920	504	
1	Cup	Pumpkin	39	12	
1	Cup	Green peas, fresh or frozen	111	4	
1	Cup	Carrot	52	45	
2	Tablespoons	Plain Yogurt	35	26	
Total			1135	595	
Method	<ol style="list-style-type: none"> 1. Cut the turkey meat into small cubes and pan fry for 10 minutes. Drain the excess oil. 2. Chop the carrot and the pumpkin into small cubes. 3. Boil the peas, pumpkin and carrot in water for 10 to 15 minutes. If using frozen peas, follow the directions on the pack. 4. Grab a bowl and mix the turkey, vegetables and yogurt. 5. Serve at room temperature. 				
Cooking Duration	25 minutes		Temperature		--
Preparation Time	10 minutes		Yields		5 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	454%	151%	83%	62%	52%
Note	This is a simple recipe that can be made in 10-15 minutes				

Super-duper Chicken & Rice Chow

Ingredients



Figure 188 - Ingredients for Super Duper Chicken & Rice Chow

- 2 Cups Chicken
- 2 Tablespoons Vegetable oil
- 1 Cup Green peas (fresh or frozen)
- 1/2 Cup Celery
- 1/2 Cup Zucchini
- 1/2 Cup Broccoli
- 1/2 Cup Rice
- 1/4 Cup Feta cheese
- 2 Cloves Garlic
- 1/4 Teaspoon Turmeric
- 1/2 Tablespoon dill (dried or fresh)

Directions:



1. Set your stove on low heat, coat the pan with oil and start browning the chicken. Cook for about 4 minutes on each side or until the meat has browned. Once cooked drain, excess oil, and cut the meat into cubes.



2. Place the veggies on a pot and cover with water. Cook until all veggies are tender. Drain and set aside broth.



3. Mince garlic.



4. Cook the rice using the vegetable broth. If there isn't enough broth, add water. Add in the turmeric. Cook the rice over low heat for about 30 minutes or until the rice is soft and has absorbed the broth.



5. Crumble the feta cheese.



6. Combine the chicken, vegetables and rice in a large bowl; stir in the feta cheese, garlic and dill. Serve at room temperature.

Check out the printable recipe on the next page!

Printable Recipe: Super-duper Chicken & Rice Chow

RECIPE Wag Rating: 9/10						
Amount	Measure	Ingredients	Calories	Sodium Mg		
2	Cups	Chicken	390	325		
2	Tablespoons	Vegetable oil	240	0		
1	Cup	Green peas, fresh or frozen	111	4		
½	Cup	Celery	7	52		
½	Cup	Zucchini	9	2		
½	Cup	Broccoli	15	12		
½	Cup	Raw Rice	350	1		
¼	Cup	Feta Cheese	99	418		
2	Cloves	Garlic	9	1		
¼	Teaspoon	Turmeric	2	1		
½	Tablespoon	Dried or fresh dill	8	1		
Total			1240	817		
Method						
<ol style="list-style-type: none"> 1. Set your stove on low heat, coat the pan with oil and start browning the chicken. Cook for about 4 minutes on each side or until the meat has browned. Once cooked drain, excess oil, and cut the meat into cubes. 2. Place the veggies on a pot and cover with water. Cook until all veggies are tender. Drain and set aside broth. 3. Mince garlic. 4. Cook the rice using the vegetable broth. If there isn't enough broth, add water. Add in the turmeric. Cook the rice over low heat for about 30 minutes or until the rice is soft and has absorbed the broth. 5. Crumble the feta cheese. 6. Combine the chicken, vegetables and rice in a large bowl; stir in the feta cheese, garlic and dill. 7. Serve at room temperature. 						
Cooking Duration		40 minutes		Temperature --		
Preparation Time		10 minutes		Yields 5.2 cups		
Percentage of Daily Calorie Requirement Met		Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
		496%	165%	91%	67%	57%
Note Don't be alarmed by the garlic, in small amounts like this it has many health benefits with no ill effects.						

Super-duper Healthy Lamb Lunch

Ingredients



Figure 189 - Ingredients for Super Duper Healthy Lamb Lunch

- 2 Cups Ground or Cubed Lamb (1 lb)
- 1 Cup Pumpkin
- 1/2 Cup Butternut squash
- 1/2 Cup Zucchini
- 1/2 Cup Broccoli
- 1/4 Cup Barley
- 1/4 Cup Feta cheese
- 1 Clove Garlic
- 1/2 Tablespoon Rosemary (dried or fresh)
- 1/2 Tablespoon Dill (dried or fresh)

Directions:



1. In a pot, throw in the ground or cubed lamb, rosemary, and dill, and cover with water. Stew on low heat for about 45 minutes. Once the meat is cooked, drain and set aside broth for future use.



2. Wash the barley in water to remove any debris then cook it using the turkey stew broth for about 35 minutes. To reduce the cooking time to 15 minutes, soak the barley in water the night before.



3. Place all vegetables in a pot, cover with water and boil until all the veggies are soft. Drain once cooked.



4. While waiting for the veggies to cook, start mincing the garlic and crumbling the feta.



5. Combine the lamb, vegetables and barley in a large bowl; stir in the feta cheese, garlic and dill.



6. Serve at room temperature.

Check out the printable recipe on the next page!

Printable Recipe: Super-duper Healthy Lamb Lunch

RECIPE Wag Rating: 10/10					
Amount	Measure	Ingredients	Calories	Sodium Mg	
2	Cups	Lamb (1lb)	506	320	
1	Cup	Pumpkin	39	12	
½	Cup	Butternut squash	32	2	
½	Cup	Zucchini	9	12	
½	Cup	Broccoli	15		
¼	Cup	Barley	176	166	
¼	Cup	Feta Cheese	99	418	
1	Clove	Garlic	5	1	
½	Tablespoon	Rosemary, dried or fresh	2	1	
½	Tablespoon	Dill, dried or fresh	8	1	
Total			891	933	
Method	<ol style="list-style-type: none"> 1. In a pot, throw in the ground or cubed lamb, rosemary, and dill, and cover with water. Stew on low heat for about 45 minutes. Once the meat is cooked, drain and set aside broth for future use. 2. Wash the barley in water to remove any debris then cook it using the turkey stew broth for about 35 minutes. To reduce the cooking time to 15 minutes, soak the barley in water the night before. 3. Place all vegetables in a pot, cover with water and boil until all the veggies are soft. Drain once cooked. 4. While waiting for the veggies to cook, start mincing the garlic and crumbling the feta. 5. Combine the lamb, vegetables and barley in a large bowl; stir in the feta cheese, garlic and dill. 6. Serve at room temperature. 				
Cooking Duration	45 minutes		Temperature		--
Preparation Time	10 minutes		Yields		5 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	356%	118%	65%	48%	41%
Note	Feta cheese (if it's real) is made from goat's cheese which is generally well tolerated by animals (and humans) that are lactose intolerant because the goat milk lactose is different				

Super-duper Healthy Beef Brunch

Ingredients



Figure 190 - Ingredients for Super duper Healthy Beef Lunch

- 2 Cups Beef
- 1 Teaspoon Tomato paste
- 1 Cup Pumpkin
- 1/2 Cup Butternut squash
- 1/2 Cup Zucchini
- 1/2 Cup Broccoli
- 1 Cup Barley
- 1/4 Cup Mozzarella Cheese
- 2 Cloves Garlic
- 1/2 Tablespoons Dill (dried or fresh)

Directions:



1. Grab a large pot and put in the beef, dill and tomato paste. Cover with water and let it stew for about 45 minutes. Once cooked, drain and set aside broth. Slice the beef into small pieces.



2. Wash the barley in water to remove any debris then cook it using the beef stew broth for about 35 minutes. To reduce the cooking time to 15 minutes, soak the barley in water the night before.



3. Cut the vegetables into cubes and boil until all veggies are cooked and soft.



4. While waiting for the veggies to get cooked, start mincing the garlic. Grate the mozzarella cheese as well.



5. Combine the beef, dill, rosemary, vegetables and rice in a large bowl; stir in the cheese, and the garlic.



6. Serve at room temperature.
Check out the printable recipe on the next page!

Printable Recipe: Super-duper Healthy Beef Brunch

RECIPE Wag Rating: 8/10						
Amount	Measure	Ingredients	Calories	Sodium Mg		
2	Cups	Beef (1lb)	1248	308		
1	Teaspoon	Tomato paste	5	43		
1	Cup	Pumpkin	39	12		
½	Cup	Butternut squash	32	2		
½	Cup	Zucchini	9	2		
½	Cup	Broccoli	15	12		
1	Cup	Barley	592	663		
¼	Cup	Mozzarella Cheese	85	174		
2	Cloves	Garlic	10	1		
½	Tablespoons	Dried or fresh dill	8	1		
Total			2043	1218		
Method						
<ol style="list-style-type: none"> 1. Grab a large pot and put in the beef, dill and tomato paste. Cover with water and let it stew for about 45 minutes. Once cooked, drain and set aside broth. Slice the beef into small pieces. 2. Wash the barley in water to remove any debris then cook it using the beef stew broth for about 35 minutes. To reduce the cooking time to 15 minutes, soak the barley in water the night before. 3. Cut the vegetables into cubes and boil until all veggies are cooked and soft. 4. While waiting for the veggies to get cooked, start mincing the garlic. Grate the mozzarella cheese as well. 5. Combine the beef, dill, rosemary, vegetables and rice in a large bowl; stir in the cheese, and the garlic. 6. Serve at room temperature. 						
Cooking Duration		45 minutes		Temperature --		
Preparation Time		10 minutes		Yields 5.7 cups		
Percentage of Daily Calorie Requirement Met		Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
		817%	272%	150%	111%	95%
Note		The mozzarella can be substituted with feta cheese, yogurt or cottage cheese (swiss cheese is a regular cheese which is low in lactose).				

Tasty Turkey & Sweet Potatoes

Ingredients



Figure 191 - Ingredients for Tasty Turkey & Sweet Potatoes

- 2 Cups Turkey
- 2 Tablespoons Vegetable oil
- 1 Cup Sweet Potatoes
- 3/4 Cups Oatmeal
- 2 Tablespoons Cottage Cheese (low fat)
- 1 Clove Garlic
- 1 Teaspoon Oregano

Directions:



1. Rub the oregano on the turkey. Grab a pan and coat it with vegetable oil and over low heat, brown the turkey. It should take about 4 minutes on each side. Once the turkey is brown, let it cool and cut it into cubes.



2. Boil the sweet potatoes until tender for about 15 to 20 minutes. Drain the water. Chop into small cubes.



3. Boil 3 cups of water, then sprinkle the oatmeal on top and stir. Alternatively cook the water and oatmeal for about 1 minute in the microwave



4. Mince the garlic.



5. Grab a bowl and combine the turkey meat, sweet potatoes, oatmeal and cottage cheese. Add in the minced garlic. Mix thoroughly.



6. Serve at room temperature.

Printable recipe is on the next page!

Printable Recipe: Tasty Turkey & Sweet Potatoes

RECIPE Wag Rating: 9/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2	Cups	Turkey		460	252
2	Tablespoons	Vegetable Oil		240	0
1	Cup	Sweet Potatoes		114	17
¾	Cups	Oatmeal		218	0
2	Tablespoons	Cottage Cheese (low fat)		36	228
1	Clove	Garlic		5	1
1	Teaspoon	Oregano		5	1
Total				1078	499
Method	<ol style="list-style-type: none"> 1. Rub the oregano on the turkey. Grab a pan and coat it with vegetable oil and over low heat, brown the turkey. It should take about 4 minutes on each side. Once the turkey is brown, let it cool and cut it into cubes. 2. Boil the sweet potatoes until tender for approximately 15 to 20 minutes. Drain the water. Chop into small cubes. 3. Boil 3 cups of water, then sprinkle the oatmeal on top and stir. Alternatively cook the water and oatmeal for about 1 minute in the microwave. 4. Mince the garlic. 5. Combine the turkey meat, sweet potatoes, oatmeal and cottage cheese with the minced garlic in a bowl. 6. Serve at room temperature. 				
Cooking Duration	25 minutes		Temperature --		
Preparation Time	10 minutes		Yields 3 cups		
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	431%	143%	79%	58%	50%
Note	Chicken can be used instead but remove the skin to keep the calories down				

Tasty Chicken & Potatoes

Ingredients



Figure 192 - Ingredients for Tasty Chicken & Sweet Potatoes

- 2 Cups Chicken
- 2 Tablespoons Vegetable oil
- 3/4 Cup Irish Potatoes
- 3/4 Cup Oatmeal
- 2 Tablespoons Cottage Cheese (low fat)
- 1 Clove Garlic

- 1/4 Teaspoon Ground Ginger

Directions:



1. Rub the ground ginger on the chicken. Grab a pan and coat it with vegetable oil and over low heat, brown the chicken meat. Cook for about 4 minutes on each side or until meat is golden brown. Once brown, let it cool and cut it into cubes.



2. Boil the potatoes until tender for approximately 15 minutes. Drain the water. Chop into small cubes.



3. Boil 3 cups of water, then sprinkle the oatmeal on top and stir.



4. Mince the garlic.



5. Grab a bowl and combine the meat, sweet potatoes, oatmeal and cottage cheese. Add in the minced garlic and mix thoroughly.



6. Serve at room temperature.

Check out the printable recipe on the next page!

Printable Recipe: Tasty Chicken & Potatoes

RECIPE Wag Rating: 8/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2	Cups	Chicken		390	325
2	Tablespoons	Vegetable Oil		240	0
¾	Cup	Irish Potatoes		90	1
¾	Cups	Oatmeal		218	0
2	Tablespoons	Cottage Cheese (low fat)		36	228
1	Clove	Garlic		5	1
¼	Teaspoon	Ground ginger		2	1
Total				981	556
Method	<ol style="list-style-type: none"> 1. Rub the ground ginger on the chicken. Grab a pan and coat it with vegetable oil and over low heat, brown the chicken meat. Cook for about 4 minutes on each side or until meat is golden brown. Once brown, let it cool and cut it into cubes. 2. Boil the potatoes until tender for approximately 15 minutes. Drain the water. Chop into small cubes. 3. Boil 3 cups of water, then sprinkle the oatmeal on top and stir. Alternatively cook the water and oatmeal for about 1 minute in the microwave. 4. Mince the garlic. 5. Grab a bowl and combine the meat, sweet potatoes, oatmeal and cottage cheese. Add in the minced garlic and mix thoroughly. 6. Serve at room temperature. 				
Cooking Duration	20 minutes		Temperature		--
Preparation Time	10 minutes		Yields		3 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	392%	130%	72%	53%	45%
Note	<p>The ground ginger is good for soothing an upset tummy. Giving your dog (and your kids) some powdered ginger for a long trip can prevent travel sickness.</p>				

Scrumptious Salmon & Rice Rumble

Ingredients

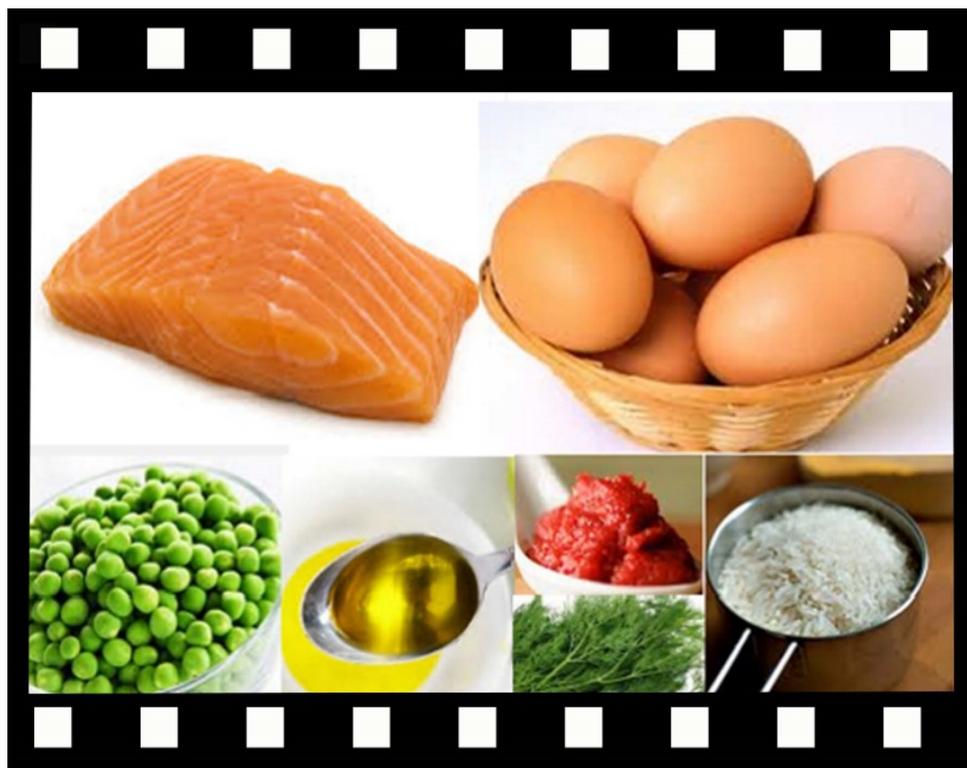


Figure 193 - Ingredients for Scrumptious Salmon & Rice Rumble

- 1/2 Dozen Eggs
- 1/2 Cup Rice (white or brown)
- 1 Cup Salmon
- 1 Cup Green peas or Asparagus
- 1 Teaspoon Tomato paste
- 1/2 Tablespoon Dill (dried or fresh)
- 1 Tablespoon Parmesan cheese

Directions:



1. Put the 1/2 cup of rice in a cooker or pot. Add water and the tomato paste. If you have broth, then use the broth to cook the rice. Cover and cook the rice on low heat for about 30 minutes or until the rice is soft. Stir frequently.



2. Hard boil the eggs and remove shells. Mash the eggs using a fork or spoon.



3. Boil the peas or asparagus in water for approximately 15 minutes. If using frozen peas, follow the directions on the pack.



4. Finely chop the dill.



5. Rub the dill on the salmon making sure to cover every inch of the fish. Brush a tin foil with oil and wrap the salmon with the foil. Bake it in the oven for 8 to 10 minutes at 350 degrees Fahrenheit. Once cooked use a fork and shred the salmon meat to small chunks.



6. Grab a bowl and start mixing the salmon (don't forget to include the salmon juice), eggs, and rice until they form a pate type texture. Add the peas and mix thoroughly. Sprinkle parmesan cheese on top and serve at room temperature.

Check out the printable recipe on the next page!

Printable Recipe: Scrumptious Salmon & Rice Rumble

RECIPE Wag Rating: 9/10					
Amount	Measure	Ingredients	Calories	Sodium Mg	
½	Dozen	Eggs	444	378	
½	Cup	Raw Rice, white or brown	350	1	
1	Cup	Salmon	177	467	
1	Cup	Green peas or asparagus	111	4	
1	Teaspoon	Tomato paste	5	43	
½	Tablespoon	dill, dried or fresh	8	1	
1	Tablespoon	Parmesan cheese	23	93	
Total			1118	987	
Method	<ol style="list-style-type: none"> 1. Put the 1/2 cup of rice in a cooker or pot. Add water and the tomato paste. If you have broth, then use the broth to cook the rice. Cover and cook the rice on low heat for about 30 minutes or until the rice is soft. Stir frequently. 2. Hard boil the eggs and remove shells. And mash the eggs using a fork or spoon. 3. Boil the peas or asparagus in water for approximately 15 minutes. If using frozen peas, follow the directions on the pack. 4. Fine chop the dill. 5. Rub the dill on the salmon making sure to cover every inch of the fish. Brush a tin foil with oil and wrap the salmon with the foil. Bake it in the oven for 8 to 10 minutes at 350 degrees Fahrenheit. Once cooked use a fork and shred the salmon meat to small chunks. 6. Grab a bowl and start mixing the salmon (don't forget to include the salmon juice), eggs, and rice until they form a pate type texture. Add the peas and mix thoroughly. Sprinkle parmesan cheese on top. 7. Serve at room temperature. 				
Cooking Duration	30 minutes		Temperature	350	
Preparation Time	10 minutes		Yields	3 cups	
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	447%	149%	82%	61%	52%
Note	Salmon is high in omega-3 fatty acids. Sardines can be a cheap alternative which also has O3s.				

Terrific Tilapia & Rice Rumble

Ingredients



Figure 194 - Ingredients for Terrific Tilapia & Rice Rumble

- 1/2 Dozen Eggs
- 1/2 Cup Rice (white or brown)
- 1 Cup Tilapia or mackerel fillets
- 1/4 Cup Tomato
- 1 Cup Green peas or Asparagus
- 1/2 Tablespoon Dill (dried or fresh)
- 1 Teaspoon Thyme

Directions:



2. Hard boil the eggs and remove shells. Mash the eggs using a fork or spoon.

1. Cut the asparagus into small pieces. Boil in water for about 10 to 15 minutes or until soft. Drain and set aside broth. If you opted to use frozen peas instead, make sure to follow the instructions on the package.





4. Use the asparagus or green peas broth in cooking the cup of rice. Cook the rice with the lid on over low heat for about 30 minutes until the rice is tender and has absorbed the stock. If there is not enough broth then add water.



3. Rub the thyme on the tilapia (or mackerel) fillets. Steam or broil for about 10 - 15 minutes or until the tilapia flakes easily with a fork.



5. Finely chop the dill and slice the tomatoes into cubes. Be sure to remove the seeds.



6. Grab a bowl and start mixing the tilapia flakes, mashed eggs, and rice until they form a pate' type texture. Add the asparagus and dill and mix thoroughly. Serve at room temperature.

Check out the printable recipe on the next page!

Printable Recipe: Terrific Tilapia & Rice Rumble

RECIPE Wag Rating: 9/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
½	Dozen	Eggs		444	378
½	Cup	Raw Rice, white or brown		350	1
1	Cup	Tilapia or mackerel fillets		129	80
¼	Cup	Tomato		8	4
1	Cup	Green peas or asparagus		111	4
½	Tablespoon	Dill, dried or fresh		8	1
1	Teaspoon	Thyme		4	1
Total				1054	468
Method	<ol style="list-style-type: none"> 1. Hard boil the eggs and remove shells. Mash the eggs using a fork or spoon. 2. Cut the asparagus into small pieces. Boil in water for about 10 to 15 minutes or until soft. Drain and set aside broth. If you opted to use frozen peas instead, make sure to follow the instructions on the package. 3. Use the asparagus or green peas broth in cooking the cup of rice. Cook the rice with the lid on over low heat for about 30 minutes until the rice is tender and has absorbed the stock. If there is not enough broth then add water. 4. Rub the thyme on the tilapia (or mackerel) fillets. Steam or broil for about 10 - 15 minutes or until the tilapia flakes easily with a fork. Using a fork turn the fish fillet into flakes. 5. Fine chop the dill and slice the tomatoes into cubes. Be sure to remove the seeds. 6. Grab a bowl and start mixing the tilapia flakes, mashed eggs, and rice until they form a pate' type texture. Add the asparagus and dill and mix thoroughly. 7. Serve at room temperature. 				
Cooking Duration	30 minutes		Temperature		--
Preparation Time	10 minutes		Yields		3 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	421%	140%	77%	57%	49%
Note	If you plan on using a different fish, be sure there are no bones to avoid choking hazard.				

Halloween's Spooky Pumpkin & Chicken Dinner

Ingredients



Figure 195 - Ingredients for Halloween's Spooky Pumpkin & Chicken Dinner

- 2 Cups Chicken
- 2 Tablespoons Vegetable oil
- 1 Cup Carrot
- 1 Cup Green peas
- 1 Cup Cabbage
- 1 Cup Pumpkin

Directions:



1. Slice the chicken into cubes. Coat a pan with oil and sauté the chicken for about 8 – 10 minutes or until they get brown. Drain excess oil.



2. Dice the pumpkin and carrot. Shred the cabbage.



3. Place the pumpkin, carrots, cabbage and green peas and cover with water. Boil for about 15 minutes or until the vegetables are soft. Once cooked drain and reserve the broth for future use.



4. Mix the chicken and vegetables in a bowl. Serve at room temperature.

Check out the printable recipe on the next page!

Printable Recipe: Halloween's Spooky Pumpkin & Chicken Dinner

RECIPE Wag Rating: 8/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2	Cups	Chicken		390	325
2	Tablespoons	Vegetable oil		240	0
1	Cup	Carrot		52	45
1	Cup	Green peas		111	4
1	Cup	Cabbage		17	16
1	Cup	Pumpkin		39	12
Total				849	402
Method	<ol style="list-style-type: none"> 1. Slice the chicken into cubes. Coat a pan with oil and sauté the chicken for about 8 – 10 minutes or until they get brown. Drain excess oil. 2. Dice the pumpkin and carrot. Shred the cabbage. 3. Place the pumpkin, carrots, cabbage and green peas and cover with water. Boil for about 15 minutes or until the vegetables are soft. Once cooked drain and reserve the broth for future use. 4. Combine the chicken and vegetables in a bowl. 5. Serve at room temperature. 				
Cooking Duration	25 minutes		Temperature		--
Preparation Time	10 minutes		Yields		6 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	339%	113%	62%	46%	39%
Note	This is a good weight loss recipe, even more so if you use turkey instead of chicken.				

Thanksgiving's Truly Turkey Dinner

Ingredients

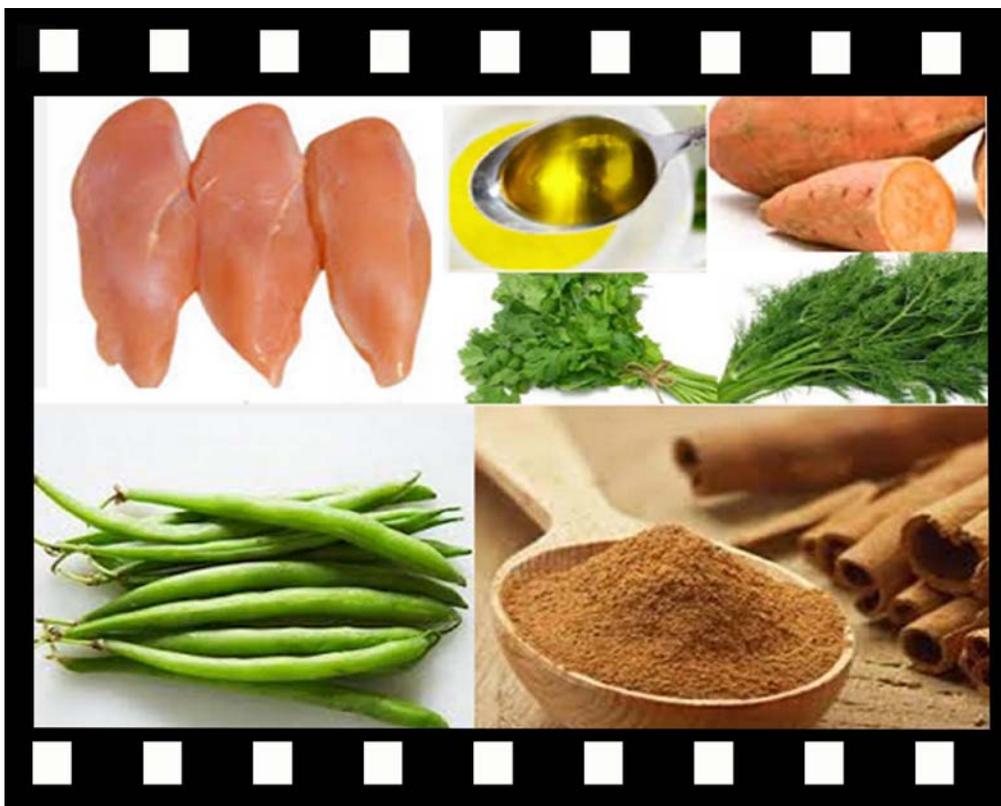


Figure 196 - Ingredients for Thanksgiving's Truly Turkey Dinner

- 2 Cups Turkey
- 2 Tablespoons Vegetable oil
- 1 Cup String beans
- 1 Cup Sweet potatoes
- 1 Teaspoon Coriander
- 1/2 Tablespoon Dill
- 1/4 Teaspoon Ground Cinnamon

Directions:



1. Cut the turkey into cubes. Coat a pan with oil and sauté the turkey with coriander over low heat for about 8 – 10 minutes or until the meat gets brown. Drain excess oil.



2. String the beans, cut them into small pieces and boil them until they are tender, about 20 minutes and drain.



3. Boil the sweet potatoes for about 15 minutes or until soft, drain and mash.



4. Grab a bowl and mix the turkey, string beans and mashed sweet potatoes. If your dog loves cinnamon then stir in the cinnamon powder. Serve at room temperature.

Printable Recipe: Thanksgiving's Truly Turkey Dinner

RECIPE Wag Rating: 8/10					
Amount	Measure	Ingredients	Calories	Sodium Mg	
2	Cups	Turkey	460	252	
2	Tablespoons	Vegetable oil	240	0	
1	Cup	String beans	34	7	
1	Cup	Sweet potatoes	114	17	
1	Teaspoon	Coriander	2	1	
½	Tablespoon	Dill	8	1	
¼	Teaspoon	Ground cinnamon	2	0	
Total			860	278	
Method	<ol style="list-style-type: none"> 1. Cut the turkey into cubes. Coat a pan with oil and sauté the turkey with coriander over low heat for about 8 – 10 minutes or until the meat gets brown. Drain excess oil. 2. String the beans, cut them into small pieces and boil them until they are tender, about 20 minutes and drain. 3. Boil the sweet potato for about 15 minutes until soft, drain and mash. 4. Grab a bowl and mix the turkey, string beans and mashed sweet potatoes. If your dog loves cinnamon then stir in the cinnamon powder. 5. Serve at room temperature. 				
Cooking Duration	40 minutes		Temperature		---
Preparation Time	10 minutes		Yields		4 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	344%	114%	63%	46%	41%
Note Some dogs have a dislike of cinnamon, in which case omit this from the recipe.					

Tasty Turkey Thanksgiving

Ingredients



Figure 197 - Ingredients for Tasty Turkey Thanksgiving

- 2 Cups Turkey
- 2 Tablespoons Vegetable oil
- 1 Cup Brussel sprouts
- 1 Cup Cabbage
- 1 Cup Turnips
- 1 Cup Carrot
- 1/4 Teaspoon Ground cinnamon

Directions:



2. Cut the turkey into cubes. Coat a pan with oil and sauté the turkey over low heat for about 8 – 10 minutes or until the meat gets brown. Drain excess



1. Cut the Brussel sprouts, cabbage, and turnips into small pieces. Grate the carrot.



3. Boil the cabbage, brussel sprouts, and turnips for about 20 minutes or until soft and drain.



4. Mash the turnip in a bowl.



5. Grab another bowl and start mixing the turkey and all the vegetables. Mix well. If your dog loves cinnamon then stir in the cinnamon powder.



6. Serve at room temperature.

Check out the printable recipe on the next page!

Printable Recipe: Tasty Turkey Thanksgiving

RECIPE Wag Rating 8/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2	Cups	Turkey		460	252
2	Tablespoon	Vegetable oil		240	0
1	Cup	Brussel sprouts		38	22
1	Cup	Cabbage		17	16
1	Cup	Turnips		36	87
1	Cup	Carrot		52	45
¼	Teaspoon	Ground cinnamon		2	0
Total				845	422
Metho d	<ol style="list-style-type: none"> 1. Cut the turkey into cubes. Coat a pan with oil and sauté the turkey over low heat for about 8 – 10 minutes or until the meat gets brown. Drain excess oil. 2. Cut the brussel sprouts, cabbage, and turnips into small pieces. Grate the carrot. 3. Boil the cabbage, brussel sprouts, and turnips for about 20 minutes or until soft and drain. 4. Mash the turnips. 5. Grab another bowl and start mixing the turkey and all the vegetables. Mix well. If your dog loves cinnamon then stir in the cinnamon powder. 6. Serve at room temperature. 				
Cooking Duration	30 minutes		Temperature		--
Preparation Time	10 minutes		Yields		6 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	338%	112%	62%	46%	39%
Note	Some dogs have a dislike of cinnamon, in which case omit this from the recipe.				

Easter's Eggsellent Lunch

Ingredients

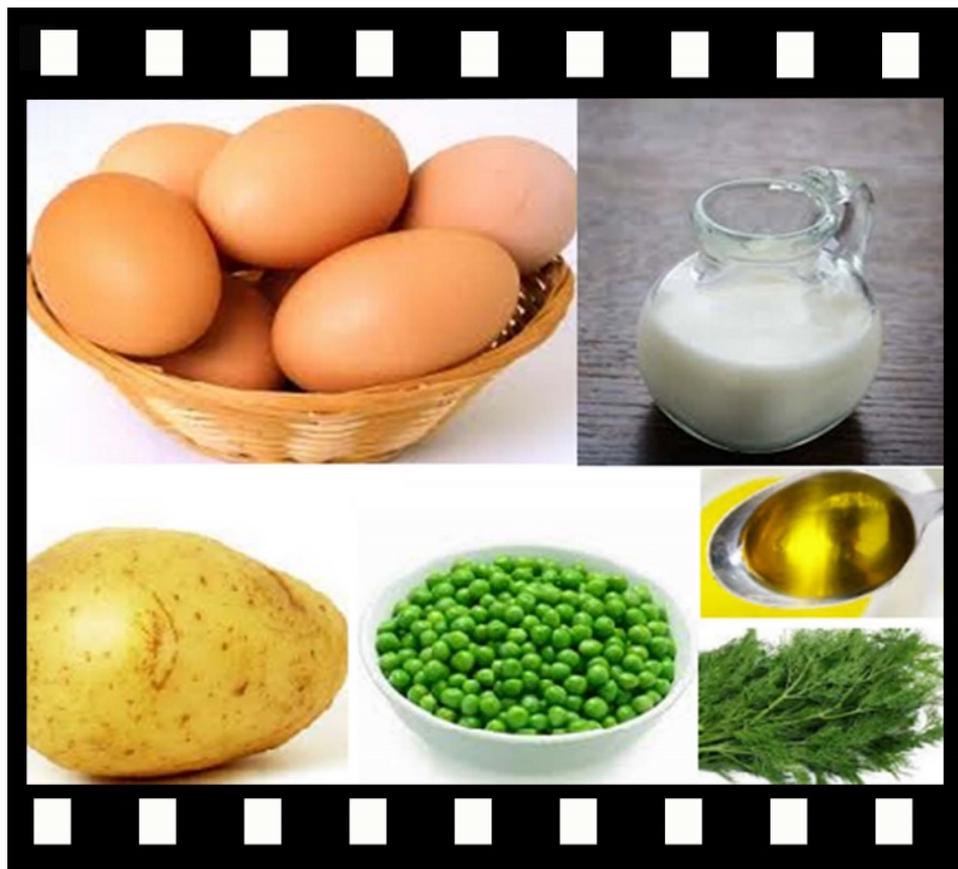


Figure 198 - Ingredients for Easter's Eggsellent Lunch

- 6 Large Eggs
- 1/2 Cup Milk
- 1 Tablespoon Vegetable oil
- 3/4 Cup Potatoes
- 1 Cup Green Peas
- 1/2 Tablespoons Fresh Dill or Parsley

Directions:



1. Crack the eggs in a bowl. Pour in the milk and lightly beat the milk.



2. Coat the pan with oil and over low heat cook scrambled eggs. Make sure that the eggs are cooked thoroughly.



3. Boil the potatoes until tender, about 10 minutes. Drain the water and mash the potatoes.



4. Boil the peas until tender, about 5 minutes. If using frozen peas, follow the directions on the pack.



5. Finely chop the dill or parsley.



6. Mix the eggs, potatoes, peas and dill or parsley in a large bowl. Serve at room temperature.

Check out the printable recipe on the next page!

Printable Recipe: Easter's Eggsellent Lunch

Recipe Wag Rating: 8/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
6	Large	Eggs		441	378
½	Cup	Milk		73	50
1	Tablespoon	Vegetable oil		120	0
¾	Cup	Potatoes		192	1
1	Cup	Green peas		111	4
½	Tablespoons	Fresh dill or parsley		8	1
Total				943	434
Method	<ol style="list-style-type: none"> 1. Crack the eggs in a bowl. Pour in the milk and lightly beat the milk. 2. Coat the pan with oil and over low heat cook scrambled eggs. Make sure that the eggs are cooked thoroughly. 3. Boil the potatoes until tender, about 10 minutes. Drain the water and mash the potatoes. 4. Boil the peas until tender, about 5 minutes. If using frozen peas, follow the directions on the pack. 5. Finely chop the dill or parsley. 6. Mix the eggs, potatoes, peas and dill or parsley in a large bowl. 7. Serve at room temperature. 				
Cooking Duration	30 minutes		Temperature --		
Preparation Time	10 minutes		Yields 3.5 cups		
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	377%	126%	69%	51%	44%
Note	A healthy vegetarian recipe (not vegan) but suitable as the only meal in a strictly vegetarian diet.				

Tuna-riffic Tuna Meal

Ingredients



Figure 199 - Ingredients for Tuna-riffic Tuna Meal

- 3 Cans (6 oz) Tuna in water
- 3/4 Cup Potatoes
- 1/2 Cup Celery
- 2 Tablespoons Plain Yogurt
- 1/2 Tablespoon Dill (dried or fresh)

Directions:



1. Cut the potatoes into cubes and boil in water for approximately 10 minutes until soft. Drain the water and mash.



2. Chop the celery and boil until soft about 15 minutes. Drain the broth and reserve for later use.



3. Finely chop the dill.



4. Open the cans of tuna and pour the contents in a large bowl. Mix in the potatoes, celery, dill and yogurt. Mix well. Serve at room temperature.

Check out the printable recipe on the next page!

Printable Recipe: Tuna-riffic Tuna Meal

RECIPE Wag Rating: 8/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
3	Cans (6oz)	Tuna (in water)		297	861
¾	Cup	Potatoes		192	1
½	Cup	Celery		7	52
2	Tablespoons	Yogurt, plain		35	26
½	Tablespoon	Dill, dried or fresh		8	1
Total				539	941
Method	<ol style="list-style-type: none"> 1. Cut the potatoes into cubes and boil in water for approximately 10 minutes until soft. Drain the water and mash. 2. Chop the celery and boil until soft about 15 minutes. Drain the broth and reserve for later use. 3. Fine chop the dill. 4. Open the cans of tuna and pour the contents in a large bowl. Mix in the potatoes, celery, dill and yogurt. Mix well. 5. Serve at room temperature. 				
Cooking Duration	15 minutes		Temperature		
Preparation Time	10 minutes		Yields		3 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	215%	71%	39%	29%	25%
Note	<p>If you have concerns about mercury levels in tuna, try sardines because smaller fish have shorter lifespans and therefore accumulate less mercury in their bodies.</p>				

Really Ruff'n'Ready Rice Noodles

Ingredients

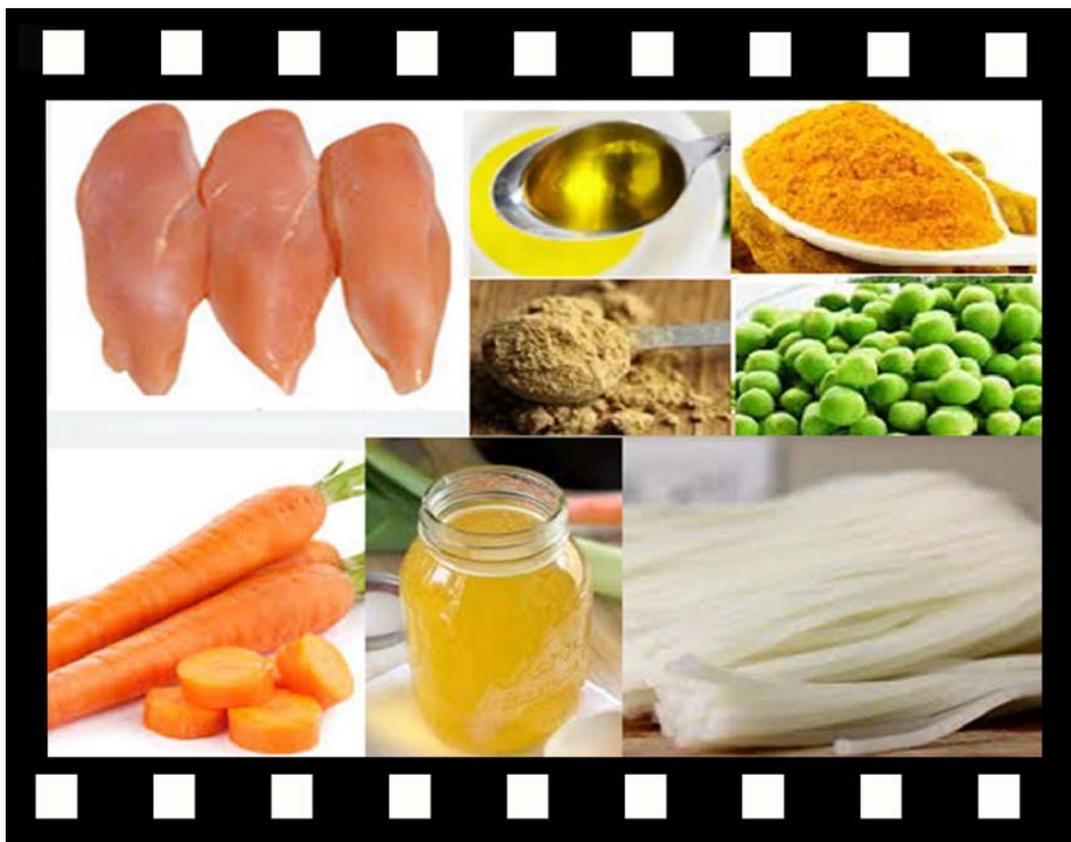
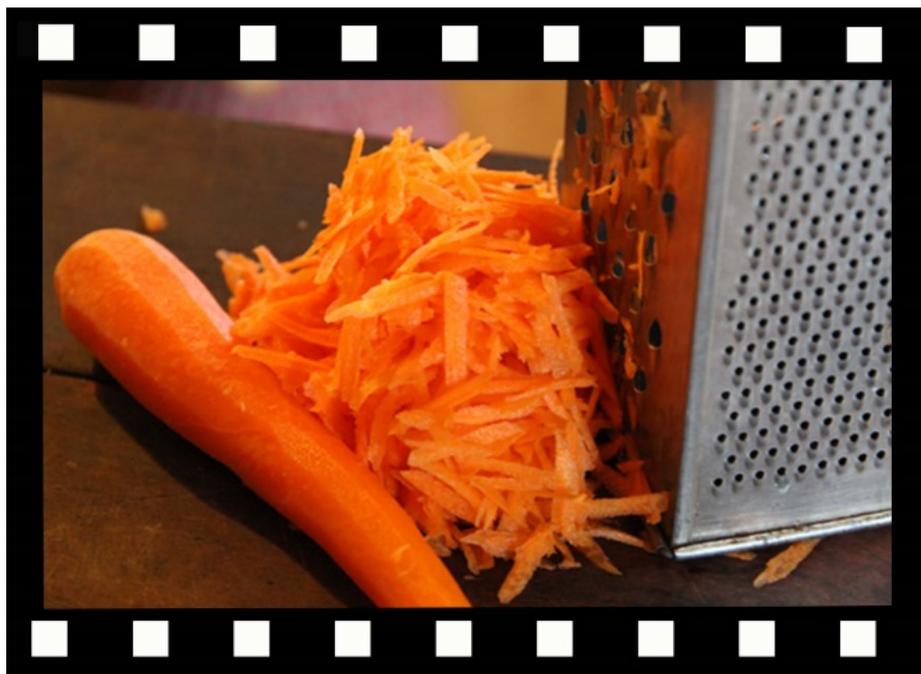


Figure 200 - Ingredients for Really Ruff'n'Ready Rice Noodles

- 2 Cups Chicken
- 2 Tablespoons Vegetable oil
- 1 Cup Rice Noodles
- 1/4 Teaspoon Turmeric
- 1/4 Teaspoon Ground Ginger
- 1 Cup Carrot
- 1 Cup Green Peas
- 1/2 Cup Chicken or Beef Broth

Directions:



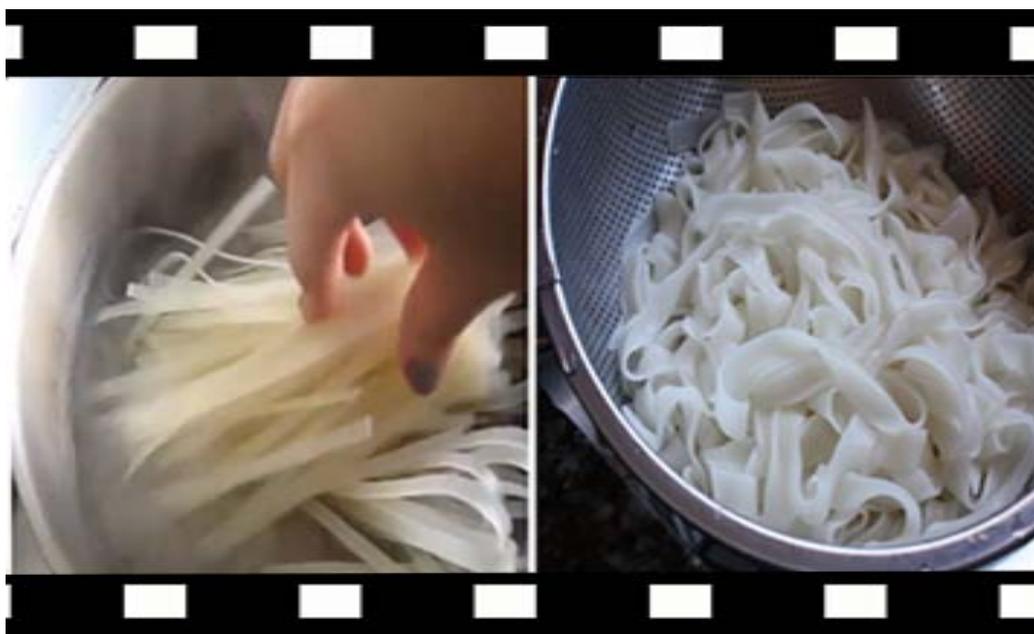
1. Grate the carrots.



2. Slice the chicken into cubes. Coat a pan with oil and sauté the chicken for about 8 - 10 minutes or until they get brown and cooked thoroughly. Drain excess oil.



3. Boil the carrots and peas for about 5 minutes or until soft.



4. Put 3 cups of water in a pot. Add in the turmeric and ginger. Once boiling put in the rice noodles and cook until soft. Drain. Use a pair of kitchen shears to cut the noodles into small bite size pieces or you can use a knife.



5. Mix the chicken, the noodles and vegetables in a large bowl. Pour over the chicken or beef broth.



6. Serve at room temperature.

Check out the printable recipe on the next page!

Printable Recipe: Really Ruff'n'Ready Rice Noodles

RECIPE Wag Rating: 8/10					
Amount	Measure	Ingredients	Calories	Sodium Mg	
2	Cups	Chicken	390	325	
2	Tablespoons	Vegetable oil	240	0	
1	Cup	Rice noodles	192	95	
¼	Teaspoon	Turmeric	2	1	
¼	Teaspoon	Ground ginger	2	1	
1	Cup	Carrot	52	45	
1	Cup	Green peas	111	4	
½	Cup	Chicken or beef broth	8	7	
Total			997	478	
Method		<ol style="list-style-type: none"> 1. Grate the carrots. 2. Slice the chicken into cubes. Coat a pan with oil and sauté the chicken for about 8 - 10 minutes or until they get brown and cooked thoroughly. Drain excess oil. 3. Boil the carrots and peas for about 5 minutes or until soft. 4. Put 3 cups of water in a pot. Add in the turmeric and ginger. Once boiling put in the rice noodles and cook until soft. Drain. Use a pair of kitchen shears to cut the noodles into small bite size pieces or you can use a knife. 5. Mix the chicken, the noodles and vegetables in a large bowl. Pour over the chicken or beef broth. 6. Serve at room temperature. 			
Cooking Duration	30 minutes		Temperature		--
Preparation Time	10 minutes		Yields		5.5 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	398%	132%	73%	54%	46%
Note		Water is fine if you have no broth			

Voracious Vegetarian Meal

Ingredients

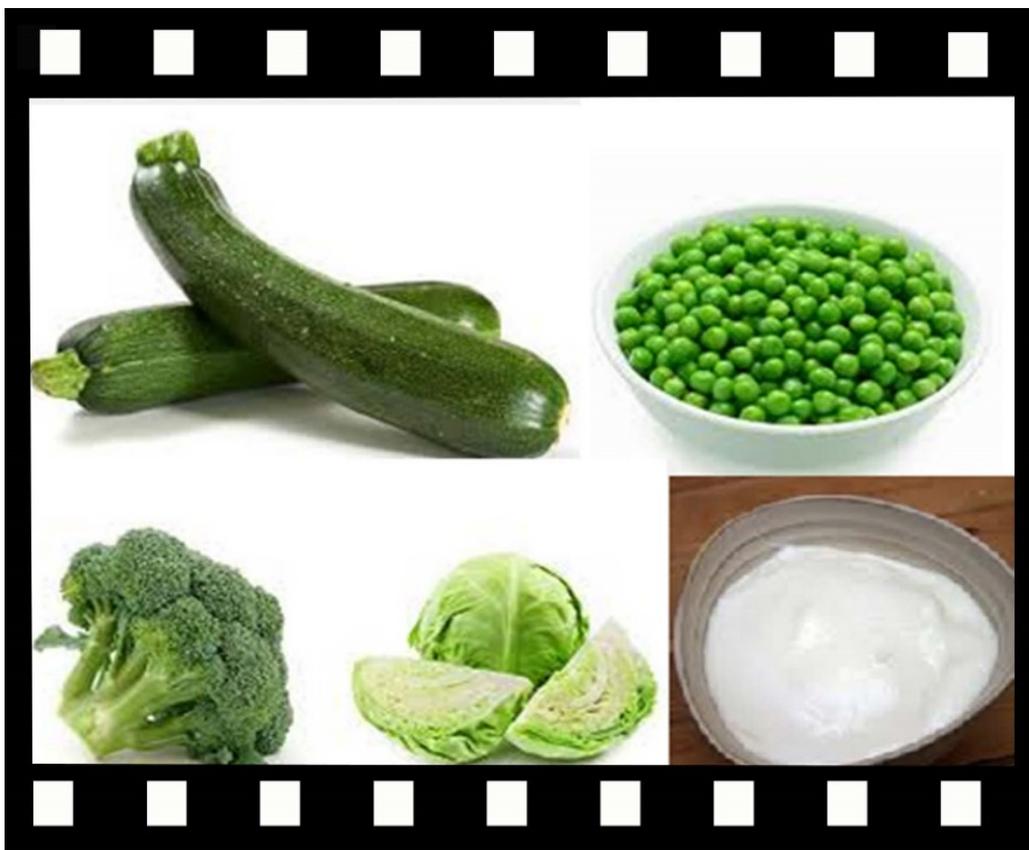
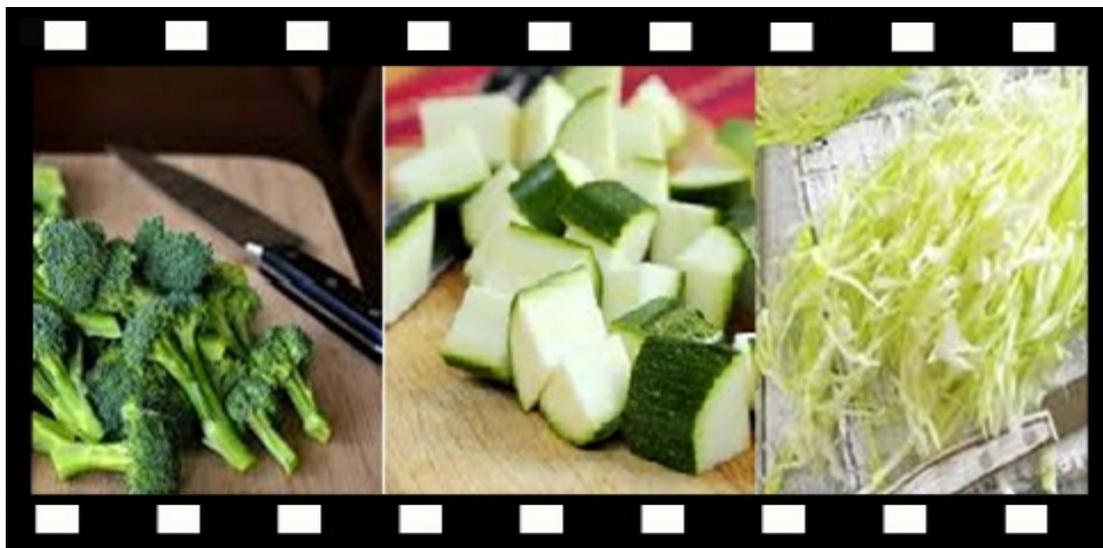


Figure 201 - Ingredients for Voracious Vegetarian Meal

- 1 Cup Zucchini
- 1 Cup Peas
- 1/2 Cup Broccoli
- 1 Cup Cabbage
- 1 Cup Plain Yogurt

Directions:



1. Chop the Broccoli and Zucchini into cubes and shred the cabbage.



2. Grab a pot and put in the broccoli, zucchini and shredded cabbage. Cover with water and let it boil. Cook for about 25 minutes. Drain and reserve the broth for later use.



3. Boil the peas for about 5 minutes until soft.



4. Mix the vegetables and yogurt in a bowl. Serve at room temperature.

Check out the printable recipe on the next page!

Printable Recipe: Voracious Vegetarian Meal

RECIPE Wag Rating: 9/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
1	Cup	Zucchini		18	4
1	Cup	Peas		111	4
½	Cup	Broccoli		15	12
1	Cup	Cabbage		17	16
1	Cup	Plain Yogurt		150	114
Total				311	250
Method	<ol style="list-style-type: none"> 1. Chop the Broccoli and Zucchini into cubes and shred the cabbage. 2. Grab a pot and put in the broccoli, zucchini and shredded cabbage. Cover with water and let it boil for about 25 minutes. Drain and reserve the broth for later use. 3. Boil the peas for about 5 minutes until soft. 4. Mix the vegetables and yogurt in a bowl. 5. Serve at room temperature. 				
Cooking Duration	15 minutes		Temperature --		
Preparation Time	10 minutes		Yields 4.5 cups		
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	124%	41%	22%	16%	14%
Note	<p>Very low in calories! If desired, serve with brown rice to make it more filling while keeping calories low. Not suitable as the only meal in a strictly vegetarian diet.</p>				

Rice & Liver Yoghurt Supreme

Ingredients



Figure 202 - Ingredients for Rice & Liver Yoghurt Supreme

- 2 Cups Chicken Liver (1 lb)
- 2 Tablespoons Vegetable oil
- 1/2 Cup Raw Rice
- 1 Cup Carrots
- 1 Tablespoon Plain Yogurt
- 1 Teaspoon Tomato paste
- 1/2 Tablespoon Basil

Directions:



1. Heat the pan on low heat and pour in the vegetable oil once the pan is heated. Turn the heat up and pan sear the liver for about 30 seconds and then flip to pan sear the other side for 30 seconds. Chop the liver into small pieces. If you're not comfortable searing, you can cook each side for 4 minutes over low heat and sauté for 3 more minutes or until they are brown.



2. Chop the carrots into small cubes and boil for about 25 minutes or until soft. Drain and set aside broth (use it to cook the rice). Mash the carrots.



3. Place rice in a cooker and pour the vegetable broth in. If your broth is not enough, add water. Add in the basil and tomato paste. Cook over low heat for about 30 minutes or until the rice has absorbed the broth.



4. Mix the livers, rice, carrots, basil and yogurt in a bowl. Serve at room temperature.

Check out the printable recipe on the next page!

Printable Recipe: Rice & Liver Yoghurt Supreme

RECIPE Wag Rating: 9/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2	Cups	Chicken livers (1lb)		464	1824
2	Tablespoons	Vegetable oil		240	0
½	Cup	Raw Rice		368	1
1	Cup	Carrots		52	45
2	Tablespoons	Plain yogurt		35	26
1	Teaspoon	Tomato paste		5	43
½	Tablespoon	Basil		1	1
Total				1165	1940
Method	<ol style="list-style-type: none"> 1. Heat the pan on low heat and pour in the vegetable oil once the pan is heated. Turn the heat up and pan sear the liver for about 30 seconds and then flip to pan sear the other side for 30 seconds. Chop the liver into small pieces. If you're not comfortable searing, you can cook each side for 4 minutes over low heat and sauté for 3 more minutes or until they are brown. 2. Chop the carrots into and boil for about 25 minutes or until soft. Drain and set aside broth (use it to cook the rice). Mash the carrots. 3. Place raw rice in a cooker and pour the vegetable broth in. If your broth is not enough, add water. Add in the basil and tomato paste. Cook over low heat for about 30 minutes or until the rice has absorbed the broth. 4. Mix the livers, rice, carrots, basil and yogurt in a bowl. 5. Serve at room temperature. 				
Cooking Duration	60 minutes		Temperature		--
Preparation Time	10 minutes		Yields		4.5 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	466%	155%	85%	63%	54%
Note	<p>Organ meat is very high in phosphorous, iron, vitamin A and other nutrients. Eating it everyday may result in toxic levels of some nutrients. Eaten occasionally it is VERY beneficial.</p>				

Beefy Soul Food

Ingredients



Figure 203 - Ingredients for Beefy Soul Food

- 2 Cups Beef (1 lb)
- 2 Tablespoons Vegetable oil
- 1/4 Cup Barley
- 1 Cup Turnips
- 1 Cup Sweet potato
- 1/4 Teaspoon Ground Cinnamon

Directions:



1. Chop the beef into cubes. Coat the pan with vegetable oil and sauté the beef over low heat for about 10 minutes or until the meat has browned.



2. In a pot, pour in the barley, cover with water and boil until it's soft.



3. Cut the potato into cubes.



4. Chop the turnips into cubes and boil in water along with the potato. Once cooked, drain and set aside broth for future use.



5. Grab a large bowl and start mixing the beef, turnips, and barley. If your dog loves cinnamon, add it in.



6. Serve at room temperature.

Check out the printable recipe on the next page!

Printable Recipe: Beefy Soul Food

RECIPE Wag Rating: 10/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2	Cups	Beef (1lb)		1248	308
2	Tablespoon	Vegetable oil		240	0
¼	s	Barley		176	166
1	Cup	Turnips		36	87
1	Cup	Sweet potato		114	17
¼	Cup	Ground cinnamon		2	0
Total				1816	578
Method		<ol style="list-style-type: none"> 1. Chop the beef into cubes. Coat the pan with vegetable oil and sauté the beef over low heat for about 10 minutes or until the meat has browned. 2. In a pot, pour in the barley, cover with water and boil until it's soft. 3. Chop the turnips into cubes and boil in water along with the sweet potato. Once cooked, drain and set aside broth for future use. 4. Cube the sweet potato. 5. Grab a large bowl and start mixing the beef, turnips, and barley. If your dog loves cinnamon, add it in. 6. Serve at room temperature. 			
Cooking Duration	40 minutes		Temperature		
Preparation Time	15 minutes		Yields		4.2 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	726%	242%	133%	99%	84%
Note		Ground cinnamon is optional, some dogs are averse to it.			

Chicken Hearts Deluxe

Ingredients



Figure 204 - Ingredients for Chicken Hearts Deluxe

- 2 Cups chicken hearts (1 lb)
- 2 Tablespoons vegetable oil
- 1/2 Tablespoon Rosemary
- 1/2 Cup Raw Rice
- 1 Cup Broccoli
- 2 Tablespoons Plain Yogurt

Directions:



1. Coat a pan with oil and sauté the chicken hearts with rosemary over low heat for about 8-10 minutes or until the hearts have browned. Once cooked, drain excess oil and chop into small pieces.



2. Chop the broccoli into small pieces, place in a pot, and cover with water. Let the water boil and cook for 8-10 more minutes or until tender. Drain the broth and set aside.



3. Cook the rice using the broccoli broth over low heat for about 30 minutes or until the rice is soft and has absorbed all the broth. If you don't have enough broth, you can use water.



4. Grab a bowl and mix the hearts, rice, and broccoli. Add in the yogurt and mix well. Serve at room temperature.

Printable recipe is on the next page!

Printable Recipe: Chicken Hearts Deluxe

RECIPE Wag Rating: 9/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2	Cups	Chicken hearts (1lb)		536	800
2	Tablespoons	Vegetable oil		240	0
½	Tablespoon	Rosemary		2	1
½	Cup	Raw Rice		368	1
1	Cup	Broccoli		30	24
2	Tablespoons	Plain yogurt		35	26
Total				1211	852
Method	<ol style="list-style-type: none"> 1. Coat a pan with oil and sauté the chicken hearts with rosemary over low heat for about 8-10 minutes or until the hearts have browned. Once cooked, drain excess oil and chop into small pieces. 2. Chop the broccoli into small pieces, place in a pot, and cover with water. Let the water boil and cook for 8-10 more minutes or until tender. Drain the broth and set aside. 3. Cook the rice using the broccoli broth over low heat for about 30 minutes or until the rice is soft and has absorbed all the broth. If you don't have enough broth, you can use water. 4. Grab a bowl and mix the hearts, rice, and broccoli. Add in the yogurt and mix well. 5. Serve at room temperature. 				
Cooking Duration	40 minutes		Temperature		--
Preparation Time	15 minutes		Yields		4.5 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	484%	161%	89%	66%	56%
Note	Ground cinnamon is optional as some dogs are averse to it.				

Brisk Beef Casserole

Ingredients



Figure 205 - Ingredients for Brisk Beef Casserole

- 2 Cups Beef (1 lb)
- 1 Cup Extra Meat Scraps (1/2 lb)
- 1 Cup Carrots (finely chopped)
- 1 Large stalk Celery (chopped)
- 1/2 Cup Sliced green beans (stringless)
- 1/4 Cup Instant gravy powder or liquid

Directions:



1. Place all ingredients into a large casserole dish. Add water until all ingredients are covered and mix them together. Cover the casserole with a lid. If you are using gravy powder make sure to follow the instructions on the packet.



2. Microwave with High heat for 10 minutes. Microwave with Medium heat for another 10 minutes.



3. Microwave with Medium heat for another 10 minutes.



4. Cook this dish at least an hour before feeding, allowing it to cool properly before serving.

Check out the printable recipe on the next page.

Printable Recipe: Brisk Beef Casserole

RECIPE Wag Rating: 9/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2	Cups	Beef (1 lb)		1248	308
1	Cup	Extra Meat Scraps (½ lb)		624	154
1	Cup	Carrots, finely chopped		55	88
1	Large stalk	Celery, chopped		9	51
1/2	Cup	Sliced green beans (stringless)		17	6
1/4	Cup	Instant gravy powder or liquid		96	235
Total				2046	842
Method	<ol style="list-style-type: none"> 1. Place all ingredients into a large casserole dish. 2. Add water until all ingredients are covered and mix them together. Cover the casserole with a lid. 3. Microwave with High heat for 10 minutes. Microwave with Medium heat for another 10 minutes. 4. Cook this dish at least an hour before feeding, allowing it to cool properly before serving. 				
Cooking Duration	20 minutes		Temperature		--
Preparation Time	5 minutes		Yields		4.7 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	818%	272%	150%	111%	95%
Note	A little rice or corn flour in the meat juice is fine if you don't like to use gravy powder.				

Rambunctious Risotto

Ingredients



Figure 206 - Ingredients for Rambunctious Risotto

- 2-3 Tablespoons Olive oil
- 1 Tablespoon Sesame oil
- 1 Piece Potato (peeled and finely chopped)
- 3-4 Pieces Button mushrooms (sliced)
- 50 Grams Rice (cooked)
- 50 Grams Canned Green peas
- 75 Grams Cooked chicken (strips or chunks)
- 2 Tablespoons Yogurt

Directions:



1. Coat your pan with olive oil and sauté the potato slices until they are transparent.



2. Stir in the mushrooms, and then add the peas and the rice. Keep mixing. Add in the chicken. Switch to low heat. Keep mixing for 2 - 3 more minutes.



3. Stir in the yogurt and reduce your heat to very low. Keep mixing for about a minute more. Cover the pan and leave it for about 5 minutes. Lift the lid and stir the mix every minute or so.



4. Allow to cool completely. You may opt to sprinkle a little sesame oil on top.

Printable recipe is on the next page!

Printable Recipe: Rambunctious Risotto

RECIPE Wag Rating: 10/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2-3	Tablespoons	Olive oil		238	10
1	Tablespoon	Sesame oil		40	13
1	Piece	Potato, peeled and finely chopped		149	2
3-4	Pieces	Button mushrooms, sliced		8	0
50	grams	Rice, cooked		242	6
50	grams	canned green peas		216	10
75	grams	cooked chicken, in strips/chunks		234	5
2	Tablespoons	Plain yoghurt		35	26
Total				1162	153
Method	<ol style="list-style-type: none"> 1. Coat your pan with olive oil and sauté the potato slices until they are transparent. 2. Stir in the mushrooms, and then add the peas and the rice. Keep mixing. Add in the chicken. Switch to low heat. Keep mixing for 2 - 3 more minutes. 3. Stir in the yogurt and reduce your heat to very low. Keep mixing for about 1 more minute. 4. Cover the mixture and leave it for about 5 minutes. Lift the lid and stir the mix every minute or so. 5. Allow to cool completely. You may opt to sprinkle a little sesame oil on top. 				
Cooking Duration	15-20 minutes		Temperature		--
Preparation Time	15 minutes		Yields		--
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	464%	154%	85%	63%	54%
Note	Not essential to use 2 type of oil, the sesame oil adds flavour but can be done without.				

Vegetable & Rice Medley

Ingredients



Figure 207 - Ingredients for Vegetable & Rice Medley

- 2 Cups extra fatty ground beef
- 1 Kg Frozen mixed vegetables
- 2 Cups Raw Rice
- 1/4 Cup Beef Stock
- 1 Teaspoon Soy sauce or any seasoning to taste

Directions:



1. Break up the ground beef and place in a large saucepan. Cover with water and bring to a boil.



2. Add the rice, vegetables and more water if needed. Add the beef stock and seasoning to taste.



3. Mix and let it simmer until the rice is tender and fluffy. Add more water if needed.



4. Let the mixture cool and serve.

Printable Recipe: Vegetable & Rice Medley

RECIPE Wag Rating: 9/10					
Amount	Measure	Ingredients		Calories	Sodium Mg
2	Cups	Extra-fatty ground beef or meat		1248	308
1	Kg	Frozen Mixed Vegetables (no onion)		726	533
2	Cups	Raw Rice		735	88
1/4	Cup	Beef Stock		9	51
1	Teaspoon	Soy Sauce or any seasoning to taste		17	6
				96	235
Total				2831	1221
Method	<ol style="list-style-type: none"> 1. Break up the ground beef and place in a large saucepan. Cover with water and bring to a boil. 2. Add the rice, vegetables and more water if needed. Add the beef stock and seasoning to taste. 3. Mix and let it simmer until the rice is tender and fluffy. Add more water if needed. 4. Let the mixture cool and serve. 				
Cooking Duration	15 minutes		Temperature		--
Preparation Time	5 minutes		Yields		8.5 cups
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	1132%	377%	208%	154%	131%
Note	Do not include onions in the mixed vegetables as it is toxic to dogs.				

CRUMBLY COOKIES

Peanut Butter Canine Cookies

Ingredients



Figure 208 – Ingredients for Peanut Butter Canine Cookies

- 6 Cups Flour
- 8 Cups Oatmeal
- ¼ Cup Bran flakes
- 4 Tablespoons Coconut flakes
- 7 Cups Sweet potatoes
- 5 Tablespoons Blackstrap molasses
- 5 Tablespoons Peanut butter
- 4 Tablespoons Vegetable oil
- 2 Cups Water
- 1 tablespoon Baking Powder

Directions:



1. Preheat the oven to 350 degrees.



2. Boil the sweet potatoes until tender, approximately 20 minutes. Drain the water and mash.



3. Combine the flour, oatmeal, bran and baking powder in a mixing bowl.

4. Add the sweet potatoes, molasses, peanut butter, coconut flakes and Vegetable oil, stir-ring with a wooden spoon.



5. Add the lukewarm water 1 cup at a time.



6. Continue to mix well until the batter is smooth and there are no lumps left.



7. Lightly dust a flat surface with flour so the dough won't stick.



8. Roll the cookie dough flat, spreading it evenly to a quarter inch thickness.

9. Cut the dough with any type and size of cookie cutter. Put the dough shapes on non-stick or greased cookie sheets and bake for 35 minutes until golden brown on the edges.



10. Remove from the oven. Let cool and serve and/or store.

Printable Recipe: Peanut Butter Canine Cookies

RECIPE Wag Rating: 8/10				
Amount	Measure	Ingredients	Calories	Sodium Mg
6	Cups	Flour	2730	18
8	Cups	Oatmeal	2400	0
¼	Cup	Bran flakes	38	108
4	Tablespoons	Coconut flakes	160	7
1	Tablespoon	Baking powder	3	488
7	Cups	Sweet potatoes	980	112
5	Tablespoons	Blackstrap molasses	266	37
5	Tablespoons	Peanut butter	470	365
4	Tablespoons	Vegetable oil	480	0
2	Cups	Water	0	0
Total			7527	1135
Method		<ol style="list-style-type: none"> 1. Preheat the oven to 350 degrees. 2. Boil the sweet potatoes until tender, approximately 20 minutes. Drain the water and mash. 3. Combine the flour, oatmeal, bran and baking powder in a mixing bowl. 4. Add the sweet potatoes, molasses, peanut butter, coconut flakes and Vegetable oil, stirring with a wooden spoon. 5. Add the lukewarm water 1 cup at a time. 6. Continue to mix well until the batter is smooth and there are no lumps left. 7. Lightly dust a flat surface with flour so the dough won't stick. 8. Roll the cookie dough flat, spreading it evenly to a quarter inch thickness. 9. Cut the dough with any type and size of cookie cutter. Put the dough shapes on non-stick or greased cookie sheets and bake for 35 minutes until golden brown on the edges. 10. Remove from the oven. Let cool and serve and/or store. 		
Cooking Duration	45 minutes		Temperature	350 degrees
Preparation Time	10 minutes		Yields	5.5 lbs 1 months supply
	Toy Dog	Small Dog	Medium Dog	Large Dog
				Extra-Large Dog

Percentage of Daily Calorie Requirement Met	3010%	1003%	553%	411%	350%
Note	Given that ovens vary, after the first 20 minutes begin checking every 10 minutes to ensure they are not over baked. If you don't want to use wheat products change to a non-wheat bran such as rice bran and use of a gluten-free flour (blended flours will work best, if you can't find anything try 3 cups rice flour, 2 cup potato flour, 1 cup tapioca flour (wheat flour gives best cookie dough))				

Apple n' Oat Canine Cookies

Ingredients:



Figure 209 – Ingredients for Apple n'Oat Canine Cookies

- 6 Cups Flour
- 8 Cups Oatmeal
- ¼ Cup Bran flakes
- ¼ Teaspoon Cinnamon
- ¼ Teaspoon Nutmeg
- 1 Tablespoon Baking powder
- 4 Cups Apples
- 4 Tablespoons Blackstrap molasses
- 1 Tablespoon Honey
- 10 Tablespoons Peanut butter
- 4 Tablespoons Vegetable oil
- 2 Cups Water

Directions:



1. Preheat the oven to 350 degrees F.



2. Combine the flour, oatmeal, bran, baking powder and powdered cinnamon and nutmeg in a mixing bowl.



3. Finely grate the apples.



4. Add the grated apples, molasses, honey, peanut butter, and vegetable oil, stirring with a wooden spoon. Add lukewarm water 1 cup at a time.



5. Continue mixing until the batter is smooth and there are no lumps.



6. Lightly dust a flat surface with flour so the dough won't stick.



7. Roll the cookie dough flat, spreading it evenly to a quarter inch thickness.



8. Cut the dough with any type and size of cookie cutter. Put the dough shapes on non-stick or greased cookie sheets and bake for 30 to 40 minutes until they are golden brown on the edges.



Remove from oven. Allow the cookies to cool and serve and or store.

Printable Recipe: Apple n' Oat Canine Cookies

RECIPE Wag Rating: 8/10				
Amount	Measure	Ingredients	Calories	Sodium Mg
6	Cups	Flour	2730	18
8	Cups	Oatmeal	2400	0
¼	Cup	Bran flakes	38	108
¼	Teaspoon	Cinnamon	2	0
¼	Teaspoon	Nutmeg	3	1
1	Tablespoon	Baking powder	3	488
4	Cups	Apples	240	12
4	Tablespoons	Blackstrap molasses	213	30
1	Tablespoon	Honey	64	1
10	Tablespoons	Peanut butter	940	730
4	Tablespoons	Vegetable oil	480	0
2	Cups	Water	0	0
Total			7113	1388
Method	<ol style="list-style-type: none"> 1. Preheat the oven to 350 degrees F. 2. Combine the flour, oatmeal, bran, baking powder and powdered cinnamon and nutmeg in a mixing bowl. 3. Finely grate the apples. 4. Add the grated apples, molasses, honey, peanut butter, and vegetable oil, stirring with a wooden spoon. Add lukewarm water 1 cup at a time. 5. Continue mixing until the batter is smooth and there are no lumps. 6. Lightly dust a flat surface with flour so the dough won't stick. 7. Roll the cookie dough flat, spreading it evenly to a quarter inch thickness. 8. Cut the dough with any type and size of cookie cutter. Put the dough shapes on non-stick or greased cookie sheets and bake for 30 to 40 minutes until they are golden brown on the edges. 9. Remove from oven. Allow the cookies to cool and serve and or store. 			
Cooking Duration	40 minutes		Temperature	350 degrees

Preparation Time	10 minutes		Yields		5.5 lbs (1 mo. supply)
Percentage of Daily Calorie Requirement Met	Toy Dog	Small Dog	Medium Dog	Large Dog	Extra-Large Dog
	2845%	948%	523%	388%	330%
<p>Note Given that ovens vary, after the first 20 minutes begin checking every 10 minutes to ensure they are not over baked.</p> <p>If you don't want to use wheat products change to a non-wheat bran such as rice bran and use of a gluten-free flour (blended flours will work best, if you can't find anything try 3 cups rice flour, 2 cup potato flour, 1 cup tapioca flour (wheat flour gives best cookie dough))</p>					

Carrot Crunch Canine Cookies

Ingredients



Figure 210 – Ingredients for Carrot Crunch Canine Cookies

- 6 Cups Flour
- 8 Cups Oatmeal
- ¼ Cup Bran flakes
- 1 Tablespoon Baking powder
- ¼ Teaspoon Cinnamon
- ¼ Teaspoon Nutmeg
- 1 Cup Carrot
- 5 Tablespoons Blackstrap molasses
- 10 Tablespoons Peanut butter
- 4 Tablespoons Vegetable oil
- 2 Cups Water

Directions:



1. Preheat the oven to 350 degrees.



2. Combine the flour, oatmeal, bran, cinnamon, nutmeg and baking powder in a mixing bowl.



3. Finely grate the carrots.



4. Add the grated carrots, molasses, peanut butter, and vegetable oil, stirring with a wooden spoon.



5. Add lukewarm water 1 cup at a time. Continue mixing until the batter is smooth and there are no lumps.



6. Lightly dust a flat surface with flour so the dough won't stick.



7. Roll the cookie dough flat, spreading it evenly to a quarter inch thickness.



8. Cut the dough with any type and size of cookie cutter. Put the dough shapes on non-stick or greased cookie sheets and bake for 30 to 40 minutes until they are golden brown on the edges.



Remove from oven. Allow the cookies to cool and serve, or store.

Printable Recipe: Carrot Crunch Canine Cookies

RECIPE Wag Rating: 8/10					
Amount	Measure	Ingredients	Calories	Sodium Mg	
6	Cups	Flour	2730	18	
8	Cups	Oatmeal	2400	0	
¼	Cup	Bran flakes	38	108	
1	Tablespoon	Baking powder	3	488	
¼	Teaspoon	Cinnamon	2	0	
¼	Teaspoon	Nutmeg	3	1	
1	Cup	Carrot	55	45	
5	Tablespoons	Blackstrap molasses	266	37	
10	Tablespoons	Peanut butter (any type)	940	730	
4	Tablespoons	Vegetable oil	480	0	
2	Cups	Water	0	0	
Total			6917	1427	
Method		<ol style="list-style-type: none"> Preheat the oven to 350 degrees. Combine the flour, oatmeal, bran, cinnamon, nutmeg and baking powder in a mixing bowl. Finely grate the carrots. Add the grated carrots, molasses, peanut butter, and vegetable oil, stirring with a wooden spoon. Add lukewarm water 1 cup at a time. Continue mixing until the batter is smooth and there are no lumps. Lightly dust a flat surface with flour so the dough won't stick. Roll the cookie dough flat, spreading it evenly to a quarter inch thickness. Cut the dough with any type and size of cookie cutter. Put the dough shapes on non-stick or greased cookie sheets and bake for 30 to 40 minutes until they are golden brown on the edges. Remove from oven. Allow the cookies to cool and serve, or store. 			
Cooking Duration		40 minutes	Temperature		350 degrees
Preparation Time		10 minutes	Yields		5.5 lbs (1 mo. supply)
Percentage of Daily Calorie		Toy Dog	Small Dog	Medium Dog	Large Dog Extra-Large Dog

Requirement Met	2766%	922%	508%	377%	321%
Note	<p>Given that ovens vary, after the 20 minutes begin checking every 10 minutes to ensure they are not over baked.</p> <p>If you don't want to use wheat products change to a non-wheat bran such as rice bran and use of a gluten-free flour (blended flours will work best, if you can't find anything try 3 cups rice flour, 2 cup potato flour, 1 cup tapioca flour (wheat flour gives best cookie dough))</p>				

Banana-Nut Canine Cookies

Ingredients



Figure 211 – Ingredients for Banana-Nut Canine Cookies

- 6 Cups Whole wheat flour
- 6 Cups Rice flour
- 8 Cups Oatmeal
- ¼ Cup Bran flakes
- 1 Tablespoon Baking powder
- 8 Cups Bananas
- 4 Tablespoons Coconut flakes
- 2 Tablespoons Vanilla extract
- 1 Tablespoon Honey
- 4 Tablespoons Peanut butter
- 4 Tablespoons Vegetable oil
- 4 Cups Water

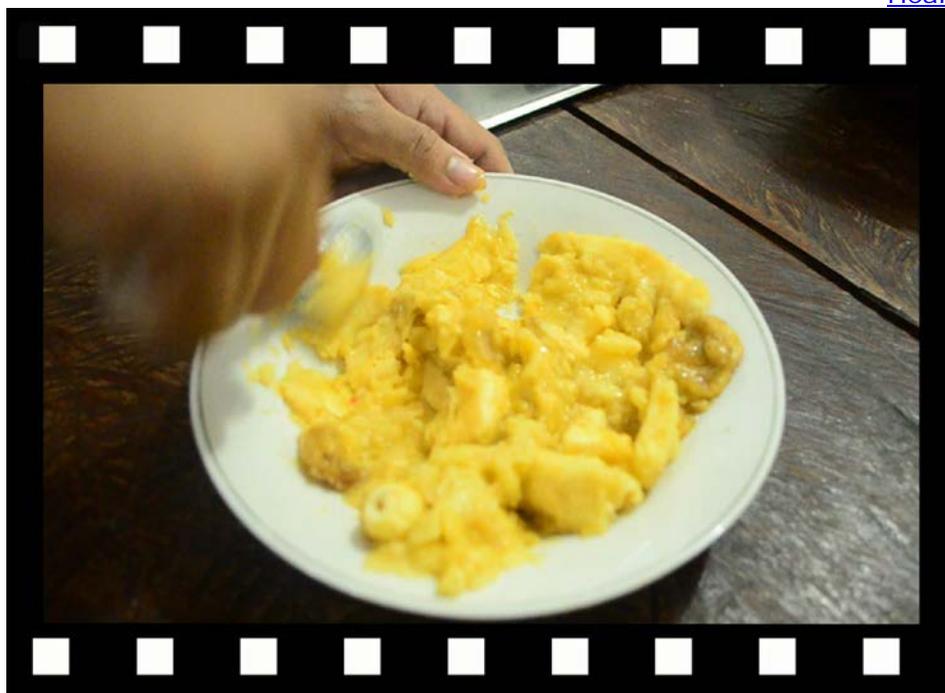
Directions:



1. Preheat the oven to 350 degrees.



2. Combine the flours, oatmeal, bran and baking powder in a mixing bowl.



3. Mash the bananas and add with the honey, peanut butter, coconut flakes, vanilla extract and vegetable oil, stirring thoroughly.



4. Add the lukewarm water 1 cup at a time. Continue to mix until the batter is smooth and there are no lumps left.



5. Lightly dust a flat surface with flour so the dough won't stick. Roll the cookie dough flat, spreading it evenly to a quarter inch thickness.



6. Cut the dough with any type and size of cookie cutter.



7. Put the dough shapes on non-stick or greased cookie sheets and bake for 30 minutes until golden brown on the edges.



Remove from oven. Cool and serve and, or store.

Printable Recipe: Banana-Nut Canine Cookies

RECIPE Wag Rating: 8/10				
Amount	Measure	Ingredients	Calories	Sodium Mg
6	Cups	Whole wheat flour	2730	18
6	Cups	Rice flour	3468	0
8	Cups	Oatmeal	2400	0
¼	Cup	Bran flakes	38	108
1	Tablespoons	Baking powder	3	488
8	Cups	Bananas	1104	12
4	Tablespoons	Coconut flakes	160	7
2	Tablespoon	Vanilla extract	15	1
1	Tablespoons	Honey	64	1
4	Tablespoons	Peanut butter	376	292
4	Tablespoons	Vegetable oil	480	0
2	Cups	Water	0	0
Total			10838	927
Method		<ol style="list-style-type: none"> 1. Preheat the oven to 350 degrees. 2. Combine the flours, oatmeal, bran and baking powder in a mixing bowl. 3. Mash the bananas and add with the honey, peanut butter, coconut flakes, vanilla extract and vegetable oil, stirring thoroughly. 4. Add the lukewarm water 1 cup at a time. Continue to mix until the batter is smooth and there are no lumps left. 5. Lightly dust a flat surface with flour so the dough won't stick. Roll the cookie dough flat, spreading it evenly to a quarter inch thickness. 6. Cut the dough with any type and size of cookie cutter. 7. Put the dough shapes on non-stick or greased cookie sheets and bake for 30 minutes until golden brown on the edges. 8. Remove from oven. Cool and serve and, or store. 		
Cooking Duration	340 minutes	Temperature	350 degrees	
Preparation Time	10 minutes	Yields	5.5 lb (1 month supply)	
Percentage of	Toy Dog	Small	Medium	Large Extra-

Daily Calorie Requirement Met		Dog	Dog	Dog	Large Dog
	4335%	1445%	796%	592%	504%
<p>Note</p> <p>Given that ovens vary, after the 20 minutes begin checking every 10 minutes to ensure they are not over baked.</p> <p>If you don't want to use wheat products change to a non-wheat bran such as rice bran and use of a gluten-free flour (blended flours will work best, if you can't find anything try 3 cups rice flour, 2 cup potato flour, 1 cup tapioca flour (wheat flour gives best cookie dough))</p>					

Cutesy Canine Cookies

Ingredients



Figure 212 – Ingredients for Cutesy Canine Cookies

- 6 Cups Flour
- ½ Cup Bran
- 1 Cup Wheat germ
- 3 Large Eggs
- 10 Tablespoons Peanut Butter
- 4 Tablespoons Vegetable oil
- 2 Cups Water

Directions:



1. Mix the flour and wheat germ in a bowl.



2. Combine the mix with the peanut butter, egg, vegetable oil and water (as required).



3. Roll out the dough on to a lightly-floured surface, approximately 1/4 inch thick. Use a cookie cutter to cut out the cookies.



4. Place the cookies onto a floured baking tray. Bake 15 minutes for the small-sized cookies.



Once cooked, cool and store in the refrigerator or freezer for when required.

Printable Recipe: Cutesy Canine Cookies

Recipe Wag Rating: 8/10					
Amount	Measure	Ingredients	Calories	Sodium Mg	
6	Cups	Flour	2730	18	
1/2	Cup	Bran	76	216	
1	Cups	Wheat germ	414	14	
3	Large	Egg	222	189	
10	Tablespoons	Peanut butter	940	730	
4	Tablespoons	Vegetable oil	480	0	
2	Cups	Water	0	0	
Total			4862	1167	
Method		<ol style="list-style-type: none"> Mix the flour and wheat germ in a bowl. Combine the mix with the peanut butter, egg, vegetable oil and water (as required). Roll out the dough on to a lightly-floured surface, approximately 1/4 inch thick. Use a cookie cutter to cut out the cookies. Place the cookies onto a floured baking tray. Bake 15 minutes for the small-sized cookies. Once cooked, cool and store in the refrigerator or freezer for when required. 			
Cooking Duration		15 minutes	Temperature		350 degrees
Preparation Time		10 minutes	Yields		5lb
Percentage of Daily Calorie Requirement Met		Toy Dog	Small Dog	Medium Dog	Large Dog
		1944%	648%	357%	265%
Note		<p>Given that ovens vary, after the 20 minutes begin checking every 10 minutes to ensure they are not over baked.</p> <p>If you don't want to use wheat products change to a non-wheat bran such as rice bran, increase the oats to 2 cups and use 5 cups of a gluten-free flour (blended flours will work best, if you can't find anything try 3 cups rice flour, 1 & 1/3 cup potato flour, 2/3 cup tapioca flour (wheat flour gives best cookie dough))</p>			

Your furry loved ones will surely be howling with delight every time you cook any one of the dishes we listed here!

From us here at Dog Food Secrets, we say to your loyal companions,

Bon Appétit! & Good Health!

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