

The Basic Balanced Natural Diet for a Healthy Puppy (2 – 9 months)

This is about 425g food, and approximately 800 kcal depending on the ingredients you choose - enough for a 10kg pup for one day. See over for meals/day for different aged pups.

Using foods from each category (box) this diet will satisfy NRC Dog Nutrition Guidelines.

<p>1. Raw meaty bones appropriate for chewing ability of pup e.g. one raw chicken wing, back or frame; 2 or 3 raw chicken necks (DON'T feed chicken necks to greedy gulping pups as can be a choking hazard); one or part of a raw turkey neck; a portion of raw turkey wing, raw lamb neck parts, raw lamb flaps, raw kangaroo tail part, raw goat meaty bones; these cuts contain about 40% bone, 60% meat, skin, fat, tendon, marrow which will provide at least 15% of bone in the total diet (ie higher than the 10% that adult dogs need)</p>	150g
<p>2. Raw or lightly cooked meat e.g. raw kangaroo meat (no preservative), raw chicken/turkey/lamb/mutton/beef/goat/pork/rabbit/horse/game/fish – minced/diced/whole pieces OR if cooking meat, it must have fat removed prior to cooking eg chicken or turkey breast/thigh, trimmed beef/goat</p>	100g
<p>3. offal e.g. chicken or turkey gizzard/giblets; lamb, mutton, pork or beef kidney or liver/heart/brain/trotters/trachea/pancreas/green tripe; dried liver treats, or make your own dried treats in a dehydrator or low heat oven using any offal</p>	40g
<p>4. Raw vege/fruit/herb pulp (use pulp from juicer, or share your smoothie) or Cooked Veges e.g. blended carrot, celery, apple, pear, kale, cucumber, spinach, parsley, mint, ginger, mango, melon, tomato, capsicum, berries, fresh coriander + seeds and greens from '6' and '7' below. OR/AND cooked pumpkin, sweet pot, carrot, broccoli, cauli, mushroom, green beans, spinach etc</p>	60g
<p>5. omega 3 fatty acids - Fish oil Either a teaspoonful or two fish oil capsules (and one 200 I.U. vitamin D3 capsule if no liver or sardines are fed) and/or phytoplankton (dose according to product) or canned sardines/pilchard/mackerel (e.g. half an 80g can of sardines)</p>	2g 40g
<p>6. A teaspoon flax seed meal/oat bran/coconut crunch chia seed meal/tahini The soluble fiber in these ingredients acts as a prebiotic, providing food for good probiotic gut bacteria if hair, skin and gristle are not fed. Oat bran can be cooked with veges (a heaped tspn)</p>	5g
<p>7. Half teaspoon kelp/spirulina/chlorella/alfalfa/sprouted grain or grass</p>	3g
<p>8. A teaspoon of apple cider vinegar/kimchi/sauerkraut/other fermented food</p>	5g
<p>9. Once or twice a week – a raw organic egg (can include shell), or a dessertspoonful of organic plain yoghurt or cottage cheese. (A wild dog would sometimes eat milk found in a young prey gut or find eggs on the jungle/forest floor).</p>	20g
<p>10. digestive enzyme tablet or pinch of powder – Optional. Many pups don't need it but it replaces the lack of tripe or pancreas if not fed and is protective against pancreatitis and irritable bowel disease.</p>	

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Feeding Puppies a Raw or Cooked Fresh Food Diet

Bones and Calcium

The main difference between feeding a pup and an adult (fully grown) dog is that pups at their active growing times (up to about 9 months old) need at least 15% of their diet to be raw bone, or an equivalent natural calcium containing food. Calcium within a natural food is much better absorbed and cannot cause calcium overdose, as the body knows how to balance it in natural foods.

Artificial calcium supplements such as calcium carbonate or calcium phosphate powder, which are used in processed dog food, do not self - balance and need to be very accurately calculated.

This intricate calculation is not necessary with fresh food, and appropriate raw bones can be 15% to 50% of the pup's diet (NRC Dog Nutrition Guidelines), provided the larger amount does not physically interfere with digestion due to hard or constipated stools. Always start pups with appropriately prey - sized soft bones such as raw chicken wing or parts, raw turkey neck parts, raw rabbit pieces. Chicken necks can be swallowed whole and can potentially be a choking hazard for pups who gulp bones whole, or for short nosed breeds who are less competent at chewing. Many pups chew chicken necks well and sensibly.

Research shows that large breed pups have significantly fewer joint problems if fed a raw meat and bone diet, compared to a higher carbohydrate kibble diet. (Kasstrom, H.)

Cooked or Raw?

A wild mother dog would start her 3 week old pups on solid food by vomiting her food for them. This provides warmth, extra digestive enzymes and well chewed food, which all make the food easier to digest for the pup..

We can do this by lightly cooking well cut up lean meat, offal and veg or using good quality canned, air - dried or freeze - dried food, to feed a newly weaned pup, or to convert your new pup over from dried kibbled dog food to a healthier unprocessed diet. Never feed cooked bone, as it is not digestible. Never feed cooked fat as it can cause severe gut upset or even pancreatitis.

Problems from raw meat are very unlikely if you wash your hands and utensils appropriately.

Parasites in meat are killed by freezing the meat.

How Many Meals a Day?

Four meals a day from 3 weeks old to 3 months old.

Three meals a day from 3 months old to 4 months old.

Two meals a day from 4 months old to about 6 to 9 months old.

One meal daily from about 6 to 9 months onwards if this suits you and the dog.

How Much do I Feed?

About 3% to 5% of the pup's body weight daily, depending on growth rate.

You should be able to count 6 ribs on your pup's side. If you can count more, then feed more food.

If you can only count fewer than 6 ribs, then feed less food.

References

USA NRC easy to read Dog and Cat Nutrition guidelines are free and in separate downloads from - www.nap.edu/catalog/10668 for those who want more scientific background to pet diets.

'Real Food for Dogs and Cats' by Clare Middle is available from www.claremiddle.com in ebook or paperback. It provides more detail and is easy to read and scientifically referenced.