



Fresh whole foods such as fruits and vegetables, dairy and meat, offer our pets digestible, nutrient rich food which can be added to any diet your pet is already eating.

Feeding your pet fresh whole foods as part of a balanced diet can have a profoundly positive affect on a pet's overall health and can be a great aid in avoiding, treating, and remedying many health issues.

Protein

Meat is a rich source of protein, amino acids, and contain many nutrients necessary for the health of dogs and cats.

Protein should be the primary source of food for a dog and cat. Dogs can survive without carbohydrates, but they cannot survive without protein and fat in their diet and cats have no need at all for carbohydrates. Organically raised, pasture fed, chemical free (no antibiotics, no growth hormones, no GMO grain feed, etc.) raised is always a better choice. Raw or cooked is fine.

Beef, bison, lamb, venison, chicken, duck, emu, turkey, pheasant, and alligator.

Fish (wild or wild-caught) fatty fish such as: Anchovies, salmon, **sardines***, shad, smelt, mackerel,

Eggs* – whole free-range, organic (raw; shell included) or cooked

Dairy – cottage cheese goat's milk, **kefir***, yogurt full fat plain

Tree Nuts – small amounts only and ground almonds, cashews

Fruits and Vegetables

Fruit and veggies contain a lot of good soluble and insoluble fiber, but they are also rich in vitamins, minerals, anti-oxidants and are naturally low in fat while being filling. They provide micronutrients not available in meat sources.

Eating fresh fruit and vegetables also plays an important role in:

- Helping to boost the immune system;
- Helping the body eliminate toxins;
- Keeping organs, eyes, teeth etc. healthy;
- Preventing cancer;
- Reducing the risk of developing heart and vascular problems, stroke, and cancer;
- Reducing the risk of inflamed anal glands;
- Aiding in good oral health;
- Balance a homecooked or raw diet.

Fruit is a safe and beneficial for dogs to consume – fresh or frozen

The following is a partial list... no pits or seeds

Apples, apricots, bananas, blackberries, **blueberries***, cantaloupe, cherries, clementines, cranberries, coconut, (fresh or dry non-sweetened, shredded) grapefruit, goji berries (if your dog is on medications check for drug interactions), honeydew melon, kiwi, mangos, nectarine, oranges, papaya, peaches, pears, pineapple, plums, pomegranate, raspberries, strawberries tomatoes, watermelon

Vegetables that are safe and beneficial for dogs to consume fresh, frozen and/ or cooked veggies, low sodium canned would be a last choice.

Alfalfa sprouts, asparagus, **broccoli***, broccoli sprouts, brussels sprouts, cauliflower, celery, cucumber, kelp, spirulina, leafy greens – beet greens, green or red leaf lettuce, frizzy lettuce, kale, radicchio, romaine, spinach, cilantro, dandelion, parsley; squash – various, types, summer and winter squash; sweet peppers – green, yellow, orange, red, and purple; mushrooms – chaga, maitake, shiitake, reishi; (also bella and white cooking mushrooms), pumpkin, okra, zucchini, root vegetables – beets, carrots, parsnips, rutabaga, turnip, sweet potatoes, and radish.

How to Feed Your Dog Fruits and Veggies:

Prepare to ensure maximum absorption of nutrients from fresh fruit and vegetables. By choosing one of these four methods to break down the food's cell wall you perform the first stage of digestion, so your dog's GI tract can absorb nutrients properly.

1. Finely chop fruit and vegetables – either by hand or with a food processor
2. Lightly steam vegetables
3. Freeze the vegetables or fruit first, thaw, chop then give them to your dog
4. Make a smoothie of fruits and veggies with kefir, bone broth, or green tea and store in the refrigerator for up to three days and add to your dog's food once a day, can be frozen and defrosted weekly.
 - X-small dogs and cats – 1 tbs per day
 - Small dogs and cats – 1/8 cup per day
 - Medium sized dogs – 1/4 cup per day
 - Large dogs – 1/3 to ½ cup per day

Removing Commercially Manufactured Kibble from Your Dog's Diet

If you are thinking of completely removing commercially manufactured kibble from your dog's diet, please see our friends at Woof Life to get started on a commercial raw diet, canned food, a prepared homecooked diet by Always Real Food, or a combination of these. If you would like to make your own homecooked or raw diet, we have recipes available for purchase. If you feed an unbalanced homecooked or raw diet, you will be doing more harm than the kibble diets your pet has been eating. We also recommend all pets are on a probiotic with digestive enzymes such as Southlake Holistics kefir and a source of omega fatty acids such as ultra EFA Sardine oil.

*If you would like to add some fresh whole foods to your dog's current diet, you can add the highlighted foods.

Sardines – 1 whole can in water per 50 pounds three times a week

Eggs – whole raw or cooked 1 egg per 25 pounds three times a week

Kefir – 1 tbs per 25 pounds daily

Blueberries – ¼ cup three times a week

Broccoli – ¼ cup three times a week

The last two can be frozen and defrosted.