

## **Diet Advice and Suggestions for Dogs**

*Let food be your medicine and medicine be your food* - Hippocrates the father of all medicine

### Natural Home Feeding

Meat - Raw or cooked meat (no pork or derivatives)

Chicken - Raw or cooked

Fish - oily or white cooked

Offal - heart,liver.kidneys, raw

Vegetables - raw grated or steamed. Most veg although potato can be too watery for dogs

Fruit - all fruits

Miscellaneous - Eggs raw, seaweed, brewers yeast, garlic, watercress/parsley/dandelion (finely minced), oils - cod liver oil, sunflower oil, olive oil, honey, natural yoghurt, cottage cheese

Cereals - Oats raw, soaked in water, rice boiled, pasta (durum wheat),

Water - Filtered water, spring water. Ceramic dishes are preferable

Ref: The Complete Herbal Handbook - J de Bairacli Levy

### Choosing a good dried dog food

#### Good and Bad Nutrition for Dogs

We are often told that in the space of one or two generations the pet dog has become a member of the human family. This has brought with it some interesting consequences. Generally better welfare for dogs and a greater awareness of their needs. Unfortunately we have also applied some human views of pet nutrition, which are not necessarily backed-up by the facts.

All animals have certain nutrients that are important for life and health and some that are less necessary.

e.g. a digestible and balanced protein such as a meat is essential, but glucose, a sugar is not essential yet can be a useful energy source that tastes attractive by dogs. Other nutrients that are essential include some oils, vitamins and minerals.

Many people appear to have misinterpreted pet nutrition by our obsession with good and bad foods rather than the old fashioned concept of balanced nutrition. There is no food that is always good or always bad, because any essential nutrient in deficiency or taken in severe excess can be unhealthy.

The latest marketing ideas of dogs needing no cereals or only fresh meat are examples that are misleading. Good quality meat such as spray dried chicken that is digestible and part of a balanced diet is sound nutrition, likewise cereals such as maize and rice are digested by dogs so can be part of the balanced diet.

The key words in this summary are the:

“Balance of the Essential Nutrients”.

Some pet foods are well balanced and contain good digestible nutrients in adequate amounts while others may be hiding the true ingredients behind category names such as derivatives of animal origin. Clearly this could mean meats, but also other less appropriate items such as feather or hair. So when looking at labels consider the provenance of the names of the ingredients such as extra virgin olive oil.

Also when training consider not giving an expensive sugary or oily treat, but use a balanced complete food, so that you do not inadvertently unbalance the diet.

In summary a good balanced food with quality ingredients free from artificial additives is the way to go. Beware of foods that claim to be healthy but are really full of cheap ingredients, sugar and salt. Watch your dogs water bowl, if they are drinking excessively the food could be too salty, salt being a cheap way to make the food attractive.

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