

D.I.Y. VEGGIES FOR RAW DIETS

Benefits

- Know exactly what your pet is eating.
- Avoid foods that trigger health problems like upset stomach or itchy skin.
- Makes it easy to add variety with the seasons or due to health changes.
- Get closer to their ancestral diet. Make veggies from 10% to 20% of your pet's total raw diet and you will bring it close to their ancestral diet in which only 6% of calories come from carbohydrates.

Product Suggestions

If you missed making a batch

- Green Juju (two varieties)
- Fresh Delish Veggies-Only

Shelf-stable plant supplements

- Sustenance Herbs Canine Wellness Formula
- Nupro
- Solid Gold Seameal
- Animal Essentials Green Alternative
- Herbal Energetics Pet Boost
- Green Mush

Why Should Dogs Even Eat Veggies?

Plant foods provide fiber, antioxidants, vitamins, minerals... the beautiful synergy of nutrition that is a plant. Our modern world of depleted agricultural soils and increased environmental toxins makes plant nutrition important for our pets. Dogs are facultative carnivores, meaning that their body is designed to eat mainly animals; their teeth, jaw, and intestinal tract aren't designed to break down fibrous foods like plants and grains. In other words, plant foods play a specific, small, yet very important role. Wild canids will eat plants, and it can't be stressed enough that our domestic pets benefit greatly from them.

Grinding is a must to make it useful

You need to grind up veggies to truly make them digestible and usable by breaking down the plant fibers. A food processor is by far the easiest way to do this, and is much easier to work with than a blender. Chopping by hand really doesn't work – you'll often see it go through their digestive tract in one piece, and that's if they haven't just avoided it in their bowl.

Batch it! Freeze Veggies for Later Use

There's no need to do this daily or even weekly. Make a large batch once or twice a month and freeze it in smaller portions to thaw as needed.

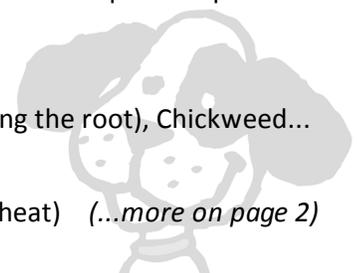
Grind moderate amounts in your processor, adding it to a large bowl as you go, then mix it thoroughly in the bowl when you're done.

Freeze the "glop" in ice cube trays or scooped onto a cookie sheet, you can then put those pieces into a ziplock bag (good idea to write the date and ingredients). You can also freeze in glass jars or plastic containers, just consider the amount you'd use in a few days and adjust your portions accordingly.

Variety Is Essential

To use them to their best advantage ensure you use a variety of plants. Emphasize aboveground leafy plants and ensure a variety of families and colors. Raw is best for many of these, but you'll see that some foods are better when lightly cooked.

- **Cruciferous:** Broccoli, Kale, Collard, Mustard, Cauliflower: All are very important nutritionally, but if you use them in *large* amounts it's best to steam them for 3-4 minutes to change the chemistry and eliminate possible pressure on thyroid function (the term is *goiterogenic*).
- **Lettuces:** Look for colorful varieties
- **Wild greens:** Purslane, Nettle, Dandelions (including the root), Chickweed...
- **Green beans & peas:** **Red** sweet pepper & chicory
- **Sprouts:** (red clover, alfalfa, broccoli, sunflower, wheat) (*...more on page 2*)



Learn More

Organic or Conventional?

Most Contaminated

Buy organic to avoid toxins

- Apple
- Blueberry*
- Celery
- Cherry Tomato
- Collard*
- Cucumber
- Kale*
- Lettuce
- Peach
- Potato
- Snap Pea
- Spinach
- Strawberry
- Sweet Bell Pepper

*May be contaminated with particularly toxic pesticides so *always* buy organic (or grow it yourself).

Least Contaminated

Save money by buying conventional

- Asparagus
- Avocado
- Broccoli
- Cabbage
- Cantaloupe
- Cauliflower
- Sweet Pea (frozen)
- Sweet Potato

Learn more from the Environmental Working Group at ewg.org

- **Squash:** summer squash (like zucchini) can be fed raw, winter squash (like butternut) are best cooked.
- Cilantro, parsley, and other mild herbs.
- Lamb's Quarters, Spinach, Chard: feed less of these because they are high in oxalates.
- Roots: Use small amounts of sweet potatoes, beets, burdock root, etc and always cook them for digestibility.
- Fruit: Use minimally and focus on temperate fruits like berries, apples, and rosehips (they have less sugar), they might be best fed separately as treats.
- Nuts/seeds: should be used sparingly (less than a tablespoon a week for most dogs). Grinding them in a coffee grinder works well. Best choices are chia, pumpkin, hemp, walnut, and brazil.
- **What NOT to feed:** legumes (too hard to digest), onions (risky), macadamia nuts (very risky).

Powdered add-ins for nutritional density are still important to include for optimal health over time. We have several green supplement formulas available that include many nutritive and medicinal plant ingredients to support the immune system, improve digestion, and prevent chronic disease, safe to use on a daily basis.

