



### Benefits

- You know exactly what your pet is eating
- Wholesome ingredients
- Customizable
- Enticing
- Improved vitality
- Reduce costs

### Product Suggestions

- Sojos Original Premix
- Sojos Grain-Free Premix
- Honest Kitchen Base Mixes
- Grandma Lucy's Pureformance Premixes
- Grandma Lucy's Macanna Premix
- Dr. Harvey's Canine Wellness
- Dr. Harvey's Veg-To-Bowl
- Dr. Harvey's Paradigm
- Dr. Harvey's Raw Vibrance
- Vetriscience Canine Plus Multivitamin
- Vetriscience Nu Cat Multivitamin
- Wysong Call of the Wild
- Animal Essentials Herbal Multivitamin
- Pet Wellness Blends Canine Wellness
- Animal Essentials Calcium
- Pet's Friend Eggshell Calcium
- Herbsmith Taurine Boost

# HOME-COOKED DIETS

### Balance Is A Must

Cooking for your pet *does* require that you think about how the diet is balanced over time. Every meal does not need to be identical, but you must be sure that your pet is getting all of the nutrients they need. It's a good idea to refer to quality recipes or consult with a professional if this is going to be your pet's main diet.

**Multi-Vitamin/Mineral Supplementation:** Adding a full spectrum supplement should be done if your pet is getting more than 25% of its food as homemade. It's an easy way to ensure that baseline nutritional needs are met and is especially important if you are feeding a limited variety of ingredients.

**Calcium:** Dogs and Cats need more calcium for their size than you might think. For a diet high in meat (which is most appropriate for most dogs, and all cats) you must ensure that your pet is getting enough calcium every day.

### Moist Cooking Is Best

Using a crock pot or gently poaching the food ensures that you retain water soluble nutrients. If you bake or boil meat and don't retain the liquid you must supplement with taurine in addition to a standard full-spectrum supplement (which for dogs usually doesn't contain taurine).

### A Simple Homecooking Formula For A Healthy Adult Pet

#### DOGS

- Protein 50-75%, Complex Carbohydrates 15-25%, Vegetables 10-15%, + calcium and multivitamin.
- Real world proportions (measured before cooking): 2 lbs. of meat and 1 cup of your chosen carb/veg combination.

#### CATS

- Protein, 80-90%, Complex Carbohydrates 10-15%, Vegetables 3-5%, + calcium and multivitamin.
- Real world proportions (measured before cooking): 1 lb. of protein and 3 Tablespoons of your chosen carb/veg combination.

### Protein options for both dogs and cats:

- Muscle meat should make up most of the protein: beef, chicken, turkey, white fish (cod, tilapia, flounder, etc), oily fish (sardines, salmon, etc), lamb, venison, bison. Don't use only lean cuts of meat like chicken breast or there won't be a proper amount of fat.
- Organs should make up 10% of your protein: gizzards, liver (should always be half of your organ portion), heart, kidney, spleen. These provide unique nutrients and are essential for cats, so supplement if not using organs.
- Proteins to feed in smaller amounts: eggs, cheese, cultured dairy (yogurt, kefir).



## Learn More

### Check out these books:

- *Dr. Pitcairn's Guide to Natural Health for Dogs and Cats*
- *Optimal Nutrition* by Monica Segal

### Online Recipes & Resources:

- [planetpaws.ca/healthy-pet-recipe-store/](http://planetpaws.ca/healthy-pet-recipe-store/)
- [balanceit.com](http://balanceit.com)
- [monicasegal.com](http://monicasegal.com)
- [petdiets.com](http://petdiets.com)
- [healthydogworkshop.com](http://healthydogworkshop.com)

**Complex Carbohydrate should always be cooked:** sweet potato, yam, white potato, millet, buckwheat, quinoa, oats, brown rice, beets, turnips, carrots.

**Vegetable options for both dogs and cats:** make use of trimmings from your own cooking, like broccoli stems, always grind veggies for cats, it's best to combine a variety from all categories below:

- Leafy greens: leaf lettuces, salad mix, dandelions, watercress, sprouts, nettles, cilantro, parsley
- Hearty greens: cabbage, bok choy, kale, collard greens, broccoli, brussel sprouts, spinach, asparagus, chard
- Sweet Veggies: green beans, peas, summer squashes, cucumber, purslane

**Common Foods You Should Not Feed:** Onions, Large Amounts of Garlic (a clove a day for a medium-sized dog is fine), Macadamia Nuts. Cooked Bones. Raisins, Grapes.

### Helpful Ideas

- Add ingredients to a crock pot with some water and cook as you normally would for yourself. If you're ingredients are thawed you can cook them quickly on the stovetop (again, with some water added).
- Calcium can be added to the crockpot, but the multivitamin should be added to the bowl when feeding.
- Make a big batch at once and freeze it in smaller containers. You can store the cooked food in your freezer for a few weeks, and up to 5 days in your fridge.
- Write down what you used so that you can be sure you're varying it in the next batch, as well as having accurate information if an issue arises.
- Have a "Pre-Mix" from brands such as Grandma Lucy's, Sojos, The Honest Kitchen, & Dr. Harvey's on hand for those busy days. They include some supplements, you just add meat & oil for a meal.
- Rolled grains don't need much cooking, but retain a lot of the whole-grain nutrition. Avoid white grains (like white rice).
- It's hard to find a variety of organ meats, so use raw diet products at Dexter's that already contain them that you can cook, like Harmony Farms and Halshan. Add organ meats at least some of the time for their important nutrients (they are a must-have for cats).
- Grinding your veggies and cooked starches in a food processor in a large batch once a month makes it easier when you're busy. You can freeze it in ice cube trays (for cats and small dogs), in small tupperware or use a half-cup or quarter-cup measure to freeze on a cookie sheet, then store them in ziplock bags. Then take out the number of chunks you need for the meat you're cooking. See our handout *DIY Veggies* for more on this.

