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Raw Food Diet

As long as the basic proportions are there, the details aren't particularly important. This makes enough for 25 to 30 meals. This can be reduced to fit your equipment and freezer space. Don't hold the mix in the fridge for more than 2 days. As long as the proportions are there, they can be spread over several meals (i.e., one meal may have no meat, another no grain, or another no veggies.) If you cook all of the veggies, you don't need to fuss with grinding it up. The grain **MUST** be cooked and is better if it is slightly over cooked and allowed to sit with the yogurt for a while.

Start with rough chopping about 2 pounds carrots, one large sweet potato (or squash-regular potatoes, etc.), 2 1/2 pounds (4 - 6) apples. If you want to add eggs, mix them with the vegetables to cook. You can add the egg shell and all. Then make 4 cups brown rice or rolled grain (dry) and cook it in 8 cups water (left over from the veggies). Use, for example, 5 grain rolled cereal as the grain or brown rice farina. Then add one large package (32 oz) each of frozen beans, peas, 2 spinach (16 oz), 16 oz blueberries and one large can of pumpkin. If you are using fresh veggies, these should be steamed as well. If they are frozen, that has been done already. If you have ripe soft fruit like bananas, pineapple, pears, mangos, avocados, etc., you can throw them in uncooked in addition to or in place of some of the other veggies. It is ok to use whatever is in season and inexpensive, which is usually bananas.

To aid in bladder health add the one pound package of blueberries to the mix. Makes the food and their poop a little strange colored, but it will help their bladder work better. Another addition to consider is about a cup of dried anchovies (from the local Korean food store). The protein content is relatively small but they are chock full of minerals. Because the anchovies are really small, there is not the problem of heavy metals that larger cold water fish have.

Dump the whole works into the Hobart (giant food processor) with - 1 to 2 cups raw yogurt, 1/2 cup flax oil, 1/2 cup olive oil, 1/2 cup cider vinegar (unfiltered with the mother), 1/4 cup liquid acidophilus and 1/2 cup brewer's yeast and 1/4 cup kelp or dulse granules.

Then turn the chopper on and let it whomp the whole works to a coarse paste. You can pack this into single meal servings and freeze. Thaw in the fridge rather than microwave.

Serve a 40 to 55 pound, moderately active dog about 1/2 pound per meal. This is 1/2 veggie mix and 1/2 lean meaty bones. A 45 pounds, very active dog gets a full pound per meal and you may even pour extra cream over it for the active dog.

Obviously free range meat is best, but you can usually get good prices on chicken backs, necks or hindquarters if you shop around and can buy in bulk. Turkey necks, oxtails etc., are all good, although they may be too large for some dogs to chew up. Avoid turkey legs - the bones are small enough to break but they will form shards. Beef ribs are good as an occasional treat, but take the bone away before they grind it into sharp bits that they might swallow. Cut excess fat off all meats. Lamb may create an odor. Fish is okay, but salmon must be cooked. Raw salmon carries a virus that can kill dogs.

Organ meats are good but only in small amounts as they are very rich and will give them the runs if they eat too much. The amount in the chicken backs plus the giblets from the occasional chicken are about right. Cooked meats of all kinds - especially bones - are to be avoided. The exception is de-fatted chicken, beef or turkey broth. Anywhere from once a week to once a month you may want to fast them by giving them two or three meals of broth with a little rice, oatmeal or pureed veggies.

Cautions - onions and grapes can be toxic to dogs. Garlic is okay in moderation. Corn and tomatoes may make them itch. The cabbage family is okay in small amounts. Too much will give them gas and you may find it hard to breathe in their presence. They won't be bothered at all by it though.

Lastly and most important - they need to have lots of fresh, clean, cool water to drink.