

RAW FEEDING CHEAT SHEET



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How to Start A Species Appropriate Raw Diet for Pets

Cold turkey! Dump the kibble or processed food and fast pup for 12 hours. Then begin!

Food Sensitivities

Dogs and cats are very sensitive to the high sugar content and insulin-spiking ingredients found in dry kibble food. Our pet's guts were not made to eat fillers, synthetic vitamins, minerals, and flavorings.

Once you pull your pets off processed foods and allow their guts to heal, they no longer are sensitive to foods.

Start with a protein you think your pup is not sensitive to. However, in a few months, you should be able to come back to that protein and feed without issues.

Healthy guts should be able to eat a species-appropriate diet. Get the gut right and food will no longer be an issue.

How Much to Feed Adult Dogs 68 Weeks and Older?

[Go to our easy adult feeding calculator.](#)

We begin by calculating 2.5% of the pet's best body weight. (2.5% is the amount of food for the whole day). Feed this amount for approximately 2 weeks.

If your pup is too thin you can bump up to 3% of body weight or if too heavy bump down to 2% per day. Strive for an hourglass figure with no hips or rib bones showing. Adjust up or down according to your dog's body composition.

What to Order?

Any of the blends that have bone and organ included. (Which is the majority of our blends) this includes the Prey Model Raw - PMR PLUS, Prey Model 80/10/10 blends, and the BARF Veggie Healthy Variety - HVM blends.

What is the PMR Blend?

Prey Model Raw with 15% organ. Great blend for all dogs. This is also our puppy blend. But puppies need extra bone in their diet especially in the 4-6 months. So add a few duck feet, or duck heads a couple times a week. Also remember the fish like mackerel and sardines or oily fish for Omega 3's! The key is rotation, variety and a few key **supplements** (phytoplankton or probiotics like Love Bugs or Fido's Flora).

What About Veggies?

We have the HVM Healthy Variety model. Along with the protein, bone and organ there are 10% fruits and veggies in the mix.

80/10/10 Prey Model Raw Blends

Excellent blends with 10% organ and 10% bone. Many of these also contain tripe (stomach of the cow) rich with digestive enzymes and omega 3 & 6 balance and calcium – phosphorus balance.

Which Should You Feed?

We recommend feeding all models – PMR, HVM and the 80/10/10 blends in a rotation of various proteins. All models have various proteins like: Duck, Beef, Turkey, Lamb, Pork and Chicken. Lots to choose from!

When to Rotate Proteins?

Wait until your pup or cat is eating well and poops are nice and firm until switching proteins. Rule of thumb is typically switch up at least every 2 weeks. However you can switch every meal if you do desire once they are established on raw. The key is not to keep on the same protein for months and months and months!

Can I Mix Raw and Kibble? – “Friends Don’t Let Friends Feed Kibble”

For good stools and a healthy gut – dump the processed foods. Kibble is processed and high in inflammatory ingredients and sugar. Yes, all kibble is processed especially grain-free, so-called high-end and prescription diets.

Kibble has synthetic vitamins and minerals that the body doesn’t utilize. Recently on our podcast **“The Raw Dog Food Truth”** Dr. Judy Morgan talked about how synthetic vitamin and minerals causes health issues in pets' kidneys. Kibble has flavorings like salt, garlic, sugar, and smoke. Why do you need flavorings? To get a dog to eat what they normally wouldn’t. Flavorings contain dangerous ingredients like MSG!

If you do mix raw and kibble and your pup have digestive upset – immediately pull out the processed food/processed treats and you will see dramatic improvements.

When to Feed Boneless

Unless you are feeding lots of raw meaty bones don’t feed a boneless diet. Dogs and cats need real bone in their diet for trace minerals and how they work synergistically with other food particles for pets’ top nutritional needs. In raw grinds, the bones are raw and easily digestible.

NEVER FEED COOKED BONES!

Bone also helps bind phosphorus and move it out of the body. If you want to lower the phosphorus level DON’T feed a boneless blend.

Feeding No Organ blends

Some breeds like Dalmatians have issues with purines but that is rare make sure you test your Dalmatian for this before pulling organs out of the diet. Most raw feeders feed organless blends because they like to rotate various organs into the blends. Organs are the multivitamins in the raw diet for pets. We have many organ blends to choose from.

What is **Green Tripe**?

Our stand-alone ground tripe and the tripe that is in many of our blends is beef tripe which is the stomach of the cow. The benefits of green tripe are as follows: Omega 3 and Omega 6 balanced. Phosphorus and Calcium are balanced, and it has many added digestive enzymes, minerals, and good bacteria. (Yes, it's stinky ...but so good for your pup and cat!)

How Much Tripe Can You Add into Other Blends?

Mix in anywhere from 10 - 30% tripe. You can even feed 2-3 straight green tripe meals a week!

Trouble Shooting

RDFCO sells only pure raw pet food that does NOT contain any additives, premixes, HPP, 3D or 4D Meats, or flavorings.

Why pure raw food must have a label that states "For Supplemental Feeding Only" This basically means we don't (and won't) add all the premixes, synthetic vitamin and minerals, flavorings, and premixes that is regulated by AAFCO for kibble dog food does.

Read the full explanation regarding **Supplemental Feeding Only** in our learning center.

Our species appropriate food contains only the animal protein, bone and fat. Some blends also have 10% fruits and veggies, and some blends have additional green tripe, double proteins or fish added.

Bad batches are extremely rare to NEVER in the raw food industry. Recalls in the RAW pet food industry are not due to sick pets or sick people. Recalls in the RAW pet food industry are because there is a zero tolerance for bacteria. Good or bad! Do you know how important bacteria is to all living beings included me and you?

The bacteria issue is in regard to human health. The question is how do humans survive handling their own raw meat or chicken? The answer to the fear of bacteria in raw pet food is to handle your raw pet food like your raw human food.

Raw Feeding Issues and Solutions

Pet Refuses Food:

Warm on the stove do not microwave

Add Green Tripe up to 30%

Stop Mixing Kibble, or Processed Treats – Sugar and Additives are Addictive

Feed in a Different Bowl, Different Time & Different Place in House

Try a different protein or blend.

Pet Vomits

Let your pet eat the regurgitated food if desired.

If it's a yellow foam it is most likely acid production irritating the stomach lining. If this is happening late at night feed a snack before bedtime or feed later in the evening before going to bed.

If mixing kibble – Remove processed foods.

Make sure your supplements do not have flavorings or fake vitamin and minerals. Make sure you are feeding a whole food or wholistic supplement. Try Take all supplements out of diet – for at least a week.

How long has your pet been eating raw? Digestive enzymes may not be fully engaged if your pet is new to raw. Give it 5 days.

Read Why Dogs Vomit from Bones and Raw Food

Try warming the food – cold food can cause regurgitation. If they do regurgitate let them eat the food.

Is your pet on medications or antibiotics? These cause stomach upset.

Has your pet recently had a vaccine? These cause adverse digestive reactions.

Are there stressful situations like moving, a divorce, marriage or baby coming soon?

Pets get stressed too.

Does your pet eat too fast? – Feed in a slow feeder bowl.

Could be too much fat in the blend. If you are feeding a blend that is over 13% fat you may want to switch to a blend that is 10% fat. Dogs need fat in their diet. Yes, you can feed a higher fat blend but make sure you also feed a lower fat 10-12 percent 50% of the time as well.

Runny Stools

Boneless blends cause loss of stools if you are not giving additional raw meaty bones or duck feet, duck heads, or consumable bones.

Have you added more organs to the blends? Cut back on the organs.

Are you giving dairy or supplements? Cut out both until stools are back to normal.

Are you feeding too much tripe or treats? Cut back until stools are back to normal.

If stools do not improve in 5-7 days on a new blend of raw with the appropriate amount of fat and bone contact either **Nealy Piazza** Certified Pet Health Professional.

Hard Stools

Add a little more organs or green tripe.

Give fewer consumable bones.

Healthy dogs are meant to eat a species-appropriate diet. If your pet can't eat a raw diet, please contact one of our pet health experts today. We have helped thousands of dogs feel better, look better live better! We can help you too!

RAW FEEDING - ADULT DOG



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Just starting your raw feeding journey? It's super easy – really!

Your biggest decision has already been made. You've decided to take your dog off a highly processed, dead, insulin spiking, synthetic vitamin and minerals, gut damaging dry kibble food. "Friends Don't Let Friends Feed Kibble."

Not sure how much to feed? Got to our [easy feeding calculators](#).

A nutritionally sound raw diet will have a min of 70% protein, 10-15% organ with 10-15% bone. All of our blends have some combination of this nutrition balance. Where should you start? It doesn't really matter, just start! Choose from **Prey Model Raw (PMR)** with 15% organ and approximately 12% bone or **Healthy Variety Mixes (HVM)** with 10% Fruits and Veggies, or **Green Tripe Blends** with 10% organs and 10% bone. You can also make any non-tripe blend into a tripe blend with our stand-alone **Green Tripe!**

What about certain allergies?

If you have had an allergy test (most are only 10% accurate) while on kibble your pup may not really be allergic to so-called animal protein. But to put your mind at ease start your pup on a protein that the test said he wasn't sensitive to.

Here's a Clue: If your pup tested for more than 19 different allergens, more than likely they have a leaky gut (**fix leaky gut**). The best thing you can do for leaky gut is get them off processed foods. Add some great **probiotics** and see a healthy pup in a SNAP!

How much food should you purchase?

It really depends on how much your pet eats and how much you can store. We suggest purchasing at least 2 week's worth of food at a time.

How often should you rotate proteins and models like PMR and HVM?

Rotate as often as you and your pup prefer, every day, every week or every meal. But don't stay on one protein longer than 4 weeks. You need at least 3 different proteins in your pup's diet. Remember oily fish like **Sardines**, herring, mackerel etc. are a complete protein and are full of Vitamin D and Omega 3's.

How long will it take my dog to adjust?

All dogs are different. If your pup has loose stools that's fine. Getting all that crap (literally) out of their system is good. If your pup has loose stools for more than 7 days give us a call.

Vomit – if they regurgitate the food – let them eat it. You might slightly warm on the stove – no microwave- temperature sometimes causes regurgitation. Also, note when your dog is just starting out on the raw diet **Dr. Judy Jasek, DVM and Holistic Vet** states there is a major metabolic shift. Give it some time, at least 7 days for the transition. You will see amazing results!

My dog is constipated!

Most of the time dogs are not constipated they just don't have all the fillers to poop out. Their poops will be slightly harder (good to express anal glands) and about a 1/3rd of the amount and size, it used to be. But you can add another 5-10% of organs or green tripe to help soften the poops.

My dog isn't drinking as much water!

That is true. When your pup was eating a dry kibble diet he was in a constant state of dehydration. On the raw diet its 70-75% moisture, which is great for their internal organs, especially the liver and kidneys.

For more raw feeding tips and advice Subscribe to our weekly podcast [**"The Raw Dog Food Truth"**](#)

RAW DIETS PROTECT YOUR PETS HEALTH



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Most of the dietary upsets we see that involve raw meat and bones are actually directly related to the dog or cats general everyday diet, and not so much in relation to the meat or bones. Given that cats and dogs have been eating raw meat and bones for over 40 million years, it just makes sense that this is what they will thrive on.

Compiled by an article written by Dr. Bruce Syme BVSc (Hons)

The digestive system and digesting bones gastric acidity. Digesting bones and gastric acidity. Gastric Acidity, Digesting Bones, Gut Transit Time, and Salmonella.

There has been much debate about the “potential” dangers of feeding bones to cats and especially dogs, and also of the potential risks of food poisoning and salmonella infection that the feeding of raw meat to dogs and cats may carry. So it may be of interest to note that much of this information, or **misinformation**, relates back to the very nature of the gastric environment of the dog and cat, which in turn, is directly related to diet.

The gastric acidity (gastric PH) of the stomach of a dog or cat eating a diet predominantly made up of raw meat is very low (very acidic), with a PH of 2 or lower (relative to the level of meat protein). This highly acidic environment **favors** the breakdown of raw meats, and raw bones, into soft digestible material. The low PH also is **highly effective** at killing bacteria, particularly potentially pathogenic bacteria like salmonella spp, clostridia, campylobacter and E Coli.

So, the natural ‘wild” diet of dogs and cats has evolved a gastric environment that favors the breakdown of raw meats, raw bones, and a PH that kills potentially harmful bacteria – consistent with the requirements of carnivores, and in particular, the scavenging nature of dogs.

Also matched to this highly carnivorous diet (raw meat diet) is a very effective digestive process, which occurs in a relatively short gastrointestinal tract. Dogs and cats have a significantly shorter GI tract compared to other non-meat eating (herbivorous) animals, whereas man has an intermediate length. The relative length of the gut reflects that nature of the diet, and how efficiently or slowly the food is broken down and absorbed. Fresh raw meat is easily digested and absorbed compared to vegetable matter, and as such, carnivores have a short gut, and rapid gut transit time – fresh meat can be digested and processed in the carnivore’s body in as little as 8- 12 hrs., whereas plant and vegetable material in a herbivore’s gut can take 3-5 days to be processed.

What we see with the advent of processed pet foods, is a significant change in the general nature of ingredients in the diet. It is a simple commercial fact that meat protein is the most expensive component in any pet food, and as a result, there is always commercial pressure to keep meat protein levels to a minimum, thereby keeping costs down of the end product (and / or maximizing profits). Modern processed pet foods have adapted to these financial constraints firstly by significantly increasing the carbohydrate component of dog and cat foods – corn, wheat, rice, potato and other forms of carbohydrate are often the first and most major ingredient in many pet foods.

Secondly, processed pet foods have also begun to substitute meat (animal) proteins with plant-based proteins that are much cheaper – ingredients like Soya bean and lupines are cheap sources of protein that will increase the overall protein % on the label, but without the associated increase in cost. The problem with this type of substitution is that it does directly impact on the digestive environment of the dog or cat.

Try Healthy Gut to Increase Digestive Enzymes for Easy Transitioning

In dogs and cats that eat these diets with high carbohydrate, high plant protein, and lower meat protein, we find that the acidity level of the stomach begins to decrease (gastric acidity relates to meat protein), and the stomach becomes progressively more alkaline (PH 4 and above). In this less acidic environment, several key issues arise.

1. With the altered PH, gastric digestion and emptying slow down
2. With the altered PH, food bacteria and contaminants are not destroyed as effectively
3. With the altered PH, raw bones and bone material is not softened and broken down effectively (digestive enzymes lose function) and this can result in obstruction.

These problems become clinically apparent when a cat or dog that is fed a highly processed diet is offered a raw bone or a meal of raw meat. Because the stomach acidity is directly dictated by the meat protein content of the diet, these cats and dogs already have a less acidic stomach, which is not able to soften and break down raw bone material, nor is the stomach PH able to cope with a load of bacteria.

The result can be a sudden “rejection” of the bone or meat, in the form of vomiting, or it can take the form of a bout of acute gastroenteritis, from an overgrowth of bacteria, or it may result in a bone obstruction in the stomach. With the delayed gastric emptying effect, any bacteria that do survive are also able to grow up into much larger numbers, and this effect is continued in the large bowel, with further fermentation of the plant fiber, and a delay in overall gut transit time (up to 24 hrs. cf 12 hrs.) – this can also result in constipation from excessive water reabsorption, or in loose stools from the overproduction of short-chain fatty acids in the colon.

The problem is that it takes from 7-10 days on a meat-based diet for the gastric acidity levels to drop down to the natural (preferred) PH 2 level, so it is not possible for the body to quickly accommodate to such diet changes. What we learn from this are a few fundamental feeding tips:

1. If you intend to feed fresh meat or a raw food diet, you can make this change gradually over 7-10 days – a common complaint we hear is from people who feed bones or fresh meat on odd occasions to their dog that eats primarily dry food is that “he/she can’t handle fresh meat or bones because she vomits” – as we see from above, these dogs can handle it if it is introduced gradually, and the gastric acidity is allowed to normalize.
2. If you intend to feed raw bones (which I strongly advise as an important part of everyday pet health) then you must include some fresh meat every day as part of your overall diet plan to make sure the gastric PH remains low (acidic)
3. Feeding a raw food diet will protect your dog or cat from bacterial contamination and food poisoning, and greatly reduce the chance of obstruction from eating raw bones. It is a fact that cats and dogs that eat processed foods are even more likely to shed salmonella bacteria in their feces than are cats and dogs that eat raw food

ALLERGIES AND THE RAW DIET



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Many pet parents believe their pets have food allergies (we don't see these often). Allergy test typically pick up everything a pet eats,.

Allergy test tend to sentence pets to a life of very limited diet which isn't recommended. If you have taken an allergy test during the time your pup is eating processed food, we encourage you to switch to a variety of raw proteins first before you pull out too many things out of the diet.

Turkey, rabbit and duck and lamb are some of the least reactive RAW foods for pets.

Dogs may not react the same once eating a PURE RAW diet – why?

1. Kibble dry diets have denatured proteins. The proteins have been cooked at high temperatures and all live enzymes have been destroyed. The cooked protein is not the same as a fresh real animal protein. However, an allergy test may indicate your pet is allergic to a certain protein. Allergy test typically pick up whatever the dog has been eating at the time of the test.
2. Is It Really a Protein Allergy: We never recommend allergy test while on kibble. Almost all dogs are reacting negatively to the high level of carbs (sugar), synthetic vitamin and minerals, flavorings, and toxic additives not the stated protein. Once a pet switches to a real raw diet, allergies are greatly reduced or gone for good.

Why chicken tends to cause problems? Chicken proteins are typically in vaccines. Therefore when chicken proteins are combined with aluminum, mercury, thimerosal, and other contaminants (contaminant is anything that shouldn't be there) that are impure or unclean, is toxic or poisonous, or has the ability to create disease, this is what's behind many of the adverse reactions we see in dogs. But the good news is once you remove the offending foods and heal the gut pets should be able to eat a wider variety of proteins!

However, if you feel your pup has allergies to certain proteins just follow these guidelines when switching to a raw diet:

- Pick a couple of proteins that your dog has not tested negatively to (or try the ones listed above)
- Feed these proteins for approximately 6 weeks
- Re-Introduce the protein your pet previously tested negatively to. Many dogs can add this protein back into their diet with no allergic reactions.
- Here is a tip regarding allergies – Food Allergies are immediate and severe (biting and ripping skin)

If your pet appears to be allergic to several proteins – it's very likely your pet has a leaky gut.

GROWING HEALTHY PUPPIES



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Growing Healthy Puppies

I'm getting a new puppy soon, YAY! So, naturally, I have been thinking about all the things that I need to do to prepare for our new arrival. Where am I going to put her crate, what kind of toys is she going to like, do I have enough beds for her AND all the corgis, etc. etc. etc. But the most important thing is, what are we going to feed her?! Well of course we are going to **feed her raw**, that goes without saying, but what specifically are we going to feed her? I'm a little bit ahead of some of you probably since I sought out a natural rearing breeder who feeds all her adults raw and will be weaning the puppies onto raw as well, so I won't have to worry about transitioning from kibble. But never fear, transitioning a puppy is not difficult.

All the corgis had to be transitioned from kibble, so I have lots of experience with that!

For the most part, the principles for raw feeding a puppy are the same as for an adult dog. The biggest differences involve the number of meals and amount of food at each feeding and the slightly higher calcium content. Most puppies do well if they are fed 3 times a day until they are 6 or so months old, then you can decrease it to twice a day, and by the time they are a year old they should be fine with once a day. I must confess, the corgis never got fed 3 times a day and were only fed twice a day until they were 9 or 10 mos old, and then we went right to once a day. I just couldn't keep track of who had eaten, who hadn't, and who had what! I decided twice a day was better than forgetting altogether! But that just goes to show you how resilient they are and there really are no hard and fast rules (other than don't ever feed kibble!).

As for **how much to feed**, check the feeding chart for puppies as the amount changes based on their age range and their weight. Remember you don't want a fat, roly poly puppy, you want a nice lean puppy that grows relatively slowly.

So, you may need to tweek the amount your puppy gets as you monitor his growth rate. This is one of the dangers of feeding puppies kibble, they grow waaaaay tooooo fast and it increases the probability that they will have bone and joint problems. Your puppy should have good energy and should grow steadily but slowly. Raw-fed puppies also tend to skip the high in the front, high in the back, uneven growth spurts that you often see with conventionally reared puppies.

If you are transitioning your puppy from kibble, the best thing to do is to switch him cold turkey. Also, add in our **Healthy Gut** supplement to get those digestive enzymes going so they can digest bone properly. You do not want to mix kibble and raw for a variety of reasons. It's hard on adult dogs and even harder on young puppies to mix the two types of food. The starch in kibble slows down digestion and raises the pH in the gut, both of which greatly increase the potential for pathogenic bacterial proliferation which can lead to digestive upset, diarrhea, and other not-so-pleasant things for you, your puppy or your carpet!

MAKE IT EASY!

But If you worry about holes in the diet add the **Whole Food Phytoplankton** You don't have to put it together yourself! There's a very simple way to feed your puppy with our **80/10/10 Blends**, **PMR model blends**, and the **Veggie Blends** you can still add in a little extra raw meaty bone. It's all about variety!

What bones or extras? Duck heads, skinless chicken necks, or turkey necks would be an excellent addition, and some extra green tripe would also be a good addition. How much green tripe? You can do 2 plain green tripe meals a week and you can mix in up to 40% of green tripe with any blend. This is an excellent blend if poops get too hard. Since both of these are balanced in their calcium/phosphorous ratios, you would not be diluting or altering the balance that is already in the blend.

Nutrition is not an exact science. It can't possibly be, because all the studies have been done using a reductionistic model with isolated proteins and nutrients etc. We all know the body does not work that way. It is a very intricate dance of checks and balances with co-factors and influences that we haven't even thought to look for yet.

That's why you really can't go wrong with a natural, whole food, species appropriate diet – meat, organ bone-based diet for your dog. And remember you can't possibly go right with a processed, unnatural, grain-based diet. Regardless of the domestication argument, a dog's digestive system is still that of a wild canid carnivore. It will thrive on a raw species appropriate diet and at best, will just manage to survive on a processed, grain based, dead diet.

Why **green tripe** in your puppy's meals? It's a balanced product with great probiotic benefits and is very easily digested. Whole raw eggs are also very good for young puppies, but get the good kind, pasture raised not the Walmart \$0.88/dozen special. How many eggs a week? One a day is great. Green tripe and all-natural bone have an appropriate calcium/phosphorous ratio.

Whole fish is also a good addition to your puppy's diet and will help balance the fats in the diet which in turn will fight and even prevent inflammation. How to feed whole fish? Put in a bowl of warm water and let thaw for 15 min. Take outside and feed cause they will chomp in half and heads will go one way and tails another!

Puppies should have some **raw meaty bones**, or extra's like **duck heads**, turkey necks, chicken necks or wings, and other types of soft or ground bones. Basically, your puppy's diet should be about 15% to 20% bone. Remember a duck head is NOT 100% bone. Duck feet are not 100% bone. Each bone has a percentage of bone associated with it.

Here is a **list of bone percentages** if you are doing a DIY menu. Simply give a duck or chicken foot a couple of times a week or a soft bone like a duck head once a week!

There are some extra benefits to **duck feet** which are high in natural glucosamine and will help puppies develop nice healthy joints. Bone broth is also easily digested and full of micro minerals and collagen for growing bones, teeth, cartilage, and joints. Just as a side note, if you have a breed with erect ears, there will be a lot of cartilage formation around 4 months when their ears start thinking about standing up.

Their teeth are starting to grow and come in around then too, so a little extra bone broth and tripe might come in handy! The size of your puppy will obviously determine what type of bone he will be able to eat. The corgis all did great on turkey necks for their raw meaty bones. But larger breeds (my new puppy is a Labrador, so this applies to me too!) might appreciate duck heads, ox tails, and maybe some beef neck bones.

Enjoy your new puppy!!!!

Happy feeding and remember: Friends don't let friends feed kibble! - Nealy Piazza, Certified Pet Nutritionist, Certified Raw Feeding Specialist

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