

## Guidelines for Home Cooked Cat and Dog Food Diet

- Basic Recipe feeds a 50 lb (22kg) dog for about one day; increase or decrease amount prepared according to your dog's size
  - 10 ounces of cooked meat, organ meats are best for cats.
  - 6 to 7 ounces of steamed grated vegetables
  - 500 to 1000 mg of bone meal (NOT the gardening kind) or calcium carbonate or calcium citrate (available from drug or health food stores). Calcium citrate is best for absorption and freedom from heavy metals (even organic bone meal will probably contain some lead)
  - Kelp powder is largely made out of calcium but is rich in other trace nutrients and is thus an excellent choice as a calcium supplement
  - An omega 3 fatty acid supplement. Use an amount appropriate for the dog's weight (see package label), and use salmon oil for cats. DO NOT use an omega 3 supplement, except possibly at the lowest recommended dose, if your animal's coat is greasy, or they are highly prone to severe inflammation.
- Vary the type of meat and vegetables used, to guard against food sensitivities or nutritional deficiencies arising from always using the same ingredients
- **Avoid onions, grapes; minimize use of garlic**
- Dogs enjoy sweet potatoes, which have decent protein levels, are not too rich in starch, and have several anti-cancer compounds. They make an excellent vegetable for home-cooked diets
- Lightly cooked meats have a higher nutrient content
- Try to use organ meats at least a few days a week
- Avoid carbohydrates, unless your pet has trouble gaining weight. Try to avoid:
  - Wheat and grains in general
  - Corn
  - Rice
  - Onions
  - Grapes
- Starch sources that may be marginally okay for some animals if they are not too inflamed include
  - Peas
  - White potatoes
  - Perhaps small amounts of oats or barley
- Vegetables are used to supply the right amount of carbohydrates and have a very high trace nutrient value. Any vegetable is okay: Carrots, broccoli, squash, yams, parsnips, spinach, kale, parsley, garlic, bok choy, lettuce, apples and kelp. Grate, puree and/or steam the vegetables to make them digestible
- Pre-prepared frozen meat and vegetable diets, sold to be fed raw, can be instead lightly stir-fried and fed as a home-cooked diet. Do not cook raw food diets that contain bone fragments
- A raw quartered "knuckle bone" or other rounded bone can be given daily to help maintain dental health. Never feed poultry or pork bones, and never feed cooked bones

**Modify for Cats:**

Less veggies, 5 to 10%

Add 150 – 250 mg Taurine, or ensure organ meats, per cat, per day.

Omega fatty acids/fish oils