

Let's feed the dog

When feeding a dog biologically appropriate raw food (BARF) you're basically trying to imitate nature. So, in the wild, a canine would eat whole animals or prey. Since we cannot realistically feed whole animals, we are going to „build“ a prey animal instead.

What is prey made of?

Meat, fat, bones, cartilage, sinew, organs, blood, intestines, digestive contents, skin & fur. This is what we feed, approximately in the proportions that prey would offer. Since we often cannot feed all components of a prey animal, we do improvise a bit. Also, it is not important to feed a completely balanced food in every meal, balance over a period of say, a month is fine. This means, you can feed tripe only or meat only etc. for 1-2 days, or veggies only every other day, so it's not that much work.

When you start it's a good idea to make a plan.

First we figure out how much total food Scout needs per week. You may need to adjust this amount up or down, depending on whether Scout gains or loses weight. If he keeps his weight, then fine.

Generally, a young, active uncastrated male dog would need about 3 % of it's body weight per day in food. A moderately active, full grown dog might only need 2 % of it's body weight in food per day.

I'm going to explain all this using kilograms and milligrams, so I hope you know the metric system :)

1 kilogram is 1000 milligram.

1 pound (lb) = 453 gram

1 ounce = 28 gram

You can download an excellent conversion tool here: <http://www.pawprint.net/vv/>
It's called versaverter.

I'll use a 20 kg (44 lbs) dog as an example, as I believe Scout weighed about that.

I'll use 3 % of his body weight because if I remember correctly he's still young and quite active. If Scout is not that active he may need less, if he's extremely active he may need more.

So, Scout would require about 600 g food per day. We will work out a weekly plan, so we figure out how much food he needs per week. That would then be **4200 g food per week**.

Next, we divide the total amount in two basic food groups: **meat** and **non-meat**. Meat should be 80 % of the total food, non-meat 20 %.

Meat: 3360 g
Non-meat: 840 g

Now we divide the meat and non-meat groups further into vegetables and fruits for the non-meat group and muscle meat, tripe, offal and meaty bones/cartilage for the meat group. The percentages are in the table below.

grain free per week					
total food per week: 4200 g					
non meat group	20%	840 g	meat group	80%	3360 g
vegetable	75%	630 g	muscle meat with fat	50%	1680 g
fruit	25%	210 g	tripe	20%	672 g
			offal	15%	504 g
			meaty bones / cartilage	15%	504 g

with grain per week					
total food per week: 4200 g					
non meat group	30%	1260 g	meat group	70%	2940 g
vegetable	40%	504 g	muscle meat with fat	50%	1470 g
grain	40%	504 g	tripe	15%	441 g
fruit	20%	252 g	offal	15%	441 g
			meaty bones / cartilage	20%	588 g

Muscle meat should contain a good percentage of fat (10 - 20 %), offal means organ meats like heart, liver, kidneys, spleen and sweetbreads (thymus glands), meaty bones should be bones with a good portion of meat and fat still attached. You can feed grains, but if the dog tends to have allergies, feed grain free. I've included a table for diets with grain and grain free diets. At the end of article is a list of foods you can feed.

Next you take the total amount per food group per week and round it up or down.


Like this:

Grain free diet	grams	rounded
Vegetables	630 g	650 g
Fruit	210 g	200 g
Muscle meat	1680 g	1700 g
Tripe	672 g	650 g
Offal	504 g	500 g
Meaty bones / cartilage	504 g	500 g
Total food per week	4200 g	4200 g

Now the final step: you calculate how many meals you are going to feed per week. I recommend two meals per day, six days per week. One day per week should be a fasting day, preceded by a non meat day. This is in order to give the digestive system and the liver/kidneys a rest from meat and bone digestion.

You then divide the amounts of food for each food group by the number of meals you're going to feed per week. You can decide to only feed veggies in a few meals, let's say five per week, so you don't necessarily have to feed each food group every meal or even every day. Remember, balance over time, not per meal.

So a weekly plan could look like this:

	Monday	Tuesday	Wednesday	Thursday
morning	300g tripe 100g meaty bones	100g liver 100g veggie mix	100g fruit mix 200g muscle meat	100g liver 100g veggie mix
evening	100g heart 300g muscle meat	200g meaty bones 400g muscle meat	100g kidney 300g muscle meat	200g meaty bones 300g muscle meat
	Friday	Saturday	Sunday	
morning	100g veggie mix 200g muscle meat	100 g fruit mix 150g veggie mix	fast	
evening	350g tripe 100 g offal	200g veggie mix	fast	

You can change the days so that it is convenient for you. For example change the fast day to Monday if Monday is a day where you have little time.

Preparation

Meat and bones are always fed raw! Cooked bones are dangerous!!! If Scout is not used to bones, go easy on the bones at first. Grains need to be either soaked overnight in cold water or cooked.

Veggies and fruits should be chopped fine - best to use a food processor to make a kind of veggie mash. To this you can add some yogurt, cottage cheese or ground meat to make it taste good so that Scout eats it. The dairy products are to be assigned to the meat group, so be sure to subtract the amounts of dairy products from the meat group (muscle meat). Supplements like herbs and oils can be fed with the veggies or meats. I recommend salmon oil for dogs - 2 teaspoons a day for Scout. Also and good herbal supplement will enhance health and add phytonutrients and trace elements. Buy some kelp and feed him 1 teasppon per day of that as well.

Food should be room temperature or warmer - not cold!

Supplements

Excellent supplements are the Natural Rearing products from Juliette de Bairacli Levy. We sell these as well. www.naturalrearing.com

If you ever have a problem call Marina Zacharias at that website and tell her your aunt is a close friend of Juliette's and that you feed your dog on natural rearing principles - Marina is very knowledgeable and will surely help you. She can also help you choose supplements for Scout.

Alternatively, the product NUPRO contains everything including kelp. You can buy it here: <http://www.naturespet.com/vitamin.html>

Or, I can send you what you need. Let me know if you need something.

I hope this helps you get started. Any questions you have I'll be happy to answer.



Foods you can feed

Meat: beef, horse, lamb, goat, venison	Veggies	Grains
tripe	cauliflower	amaranth*
udder	broccoli	buckwheat*
heart	chicoree	spelt
trachea	cabbage	barley
cheeks, mouth, nose	carrots	unripe spelt grains
diaphragm	cucumber	oats
liver	potatoes (only cooked)	millet*
gums	sprouts	corn (flaked)
esophagus	pumpkin	samp (polenta)
gullet	mangold	quinoa*
muscle meat	red or yellow peppers	rice*
kidney	pastinak	rye
spleen	portulak	wheat germ
Bones	salad	Fruit
ribs	celery	apricots
hip bones	spinach	bananas
shoulder bones	topinambur	berries
tail	beets	pears
complete head	zucchini	figs
leg bones	Herbs	kiwis
Poultry	alfalfa	coconut
wings	borage	plums
necks	nettles	apples
backs	watercress	pineapple
liver	dill	Daily products
heart	rose hips	yogurt
stomachs	dandelion	cottage cheese
whole chickens/ducks	parsley	buttermilk
thighs	mint	goats milk
POISONOUS!		
avocados	raisins & grapes	raw potatoes
eggplant	onions	chocolate
macadamia nuts	rhubarb leaves	tomato leaves & stems

* glutenfree