

## Homemade Dog Diets

**Ingredients in homemade dog food are important to get right.**

The components of a homemade diet will be familiar to most people who cook for themselves. Some of the ingredients that should and should not be included in a healthy homemade diet are represented in the chart on the preceding page.

A homemade diet can be easy to cook, especially if you are already cooking meat, grains, and vegetables for your family. Consult a veterinarian-approved homemade diet resource before deciding on an actual menu and nutritional plan for your dog, especially regarding the necessary nutritional supplements to include in a homemade diet. A sample menu for a homemade diet for a moderately active 40-pound dog could look something like this (always have your vet approve any dietary change, as some pets don't do well on a homemade diet and your individual dogs nutritional needs may vary):

Breakfast: 1 hard boiled egg, mashed 1 cup cooked oatmeal 1 teaspoon eggshell powder 1 tablespoon nutritional yeast

Dinner: 1 cup cubed chicken 1 1/2 cup rice 1 1/2 cup finely chopped broccoli and carrots 1 tablespoon flax seed oil 1 Pinch of ground vitamin C

Remember to pay attention to how your dog responds when making any dietary switches. If he gains or loses too much weight or begins to suffer other health problems, you may need to make some adjustments. Every dog is different, and not all dogs thrive on a homemade diet. Some may have trouble adjusting, and some may not like the food you prepare or may suffer (usually temporary) digestive upset during the switch. Changing the diet very gradually can help mitigate digestive upset. Be sure to tell your vet that you are feeding your dog a homemade diet. She may have some suggestions to help you tailor the diet for your dog.

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