



# Welcome to your **fresh food** journey

## Welcome to your **Fresh Food** Feeding Journey

Whilst there are different models for fresh food feeding, we have presented you with a version called B.A.R.F which stands for *biologically appropriate raw food*. The difference between the B.A.R.F model and another popular model called PREY is that it includes fruit, veggies, seeds, grasses and other plant matter. The reason for this inclusion is because our dog's ancestors did actually eat some plant matter and their digestive systems are expertly designed to digest a diet of meat, offal, bones and some plant matter. The most important reason why we recommend the B.A.R.F model is that regardless of what our dogs ancestors ate, plant matter is highly beneficial to dogs, acting as fibre to feed the good bacteria in their digestive tract as well as acting as anti-oxidants. There are many reasons to consume healthy plant matter just like we know with our own diets.

## Complete & Balanced

Transitioning to fresh food feeding can be scary for some pet parents because they're worried if they don't perfectly balance their dog's food then something is going to go terribly wrong. So, let's look what where the line 'Complete & Balanced' comes from.

This is a phrase from the kibble world and originates from the group in America called AAFCO which is the 'The Association of American Feed Control Officials'. Whilst this group does not regulate the kibble industry, they do put in place guidelines for the minimum and maximum nutrients dogs need and if a kibble company wants to use the term 'complete & balanced' they have to meet AAFCO's guidelines on this matter.

AAFCO's guidelines are 'survival' vs 'thrive'. There have been no studies that show nutrients that a dog needs to thrive so these guidelines are the bare minimum.

In relation to these nutrient guidelines, there is the fascinating subject of how bio-available are the vitamin and mineral mixes these kibble companies use in their product are. Because kibbles are highly processed which degrades many of the nutrients, kibble companies have to add vitamins and minerals at the end to ensure they meet AAFCO's complete and balanced guidelines, these mixes can contain synthetic vitamin and minerals. To date, there are no studies that show that dogs can actually uptake these vitamins and minerals effectively so whilst a food may be called 'complete and balanced', there is no guarantee that once it enters the dogs body that it is still complete and balanced.

Unfortunately, the truth of the matter is that there are no guarantees that commercial diets are complete and balanced when they go into our dogs so whilst we definitely want to attempt to balance our home-prepared meals as best as we can, we may not hit the AAFCO mark, in-fact

sometimes we'll actually exceed it. If you're nervous about "balance" then we recommend that pet parents who are following a B.A.R.F model (75% meat, offal, bone & 25% plant matter) or PREY model (80/10/10) use a balancing supplement or base mix to cover any perceived nutritional gaps.

When feeding a B.A.R.F model, the idea is to balance over time rather than in every meal which is closer to how a dog's ancestors would have eaten. You can learn more about balancing over time [here](#).

Within this overview you will find 'Complete & Balanced' home-made recipes that have been formulated to AAFCO/NRC guidelines, so if you really are worried about balancing, we recommend you follow one of these formulations. You can also purchase recipes from [Planet Paws](#) for \$2.99 USD each which is a great price for peace of mind for nervous pet parents.

If you're still nervous about doing it yourself, we recommend you have a Canine Dietary Consultant that offers their formulation services to put together a diet for your dog such as [Emma Rutherford](#)

## How much to feed?

Our guidelines are just a guide. Start with this guide and then check the dog each week to increase/decrease based on what your dog feels/looks like – every dog, like every human is an individual in terms of factors that affect their energy requirements.

## What types of meat should you include in your B.A.R.F Formula?

Anything you can get your hands on i.e. Beef, Tripe (technically a White meat), Chicken, Duck, Turkey, Quail, Venison, Lamb, Fish, Rabbit, Pork, Crocodile, Kangaroo, Emu, Horse, Goat etc.

Protein rotate to get the best variety of enzymes, good bacteria, vitamins and minerals. Feeding only one protein all the time will lead to deficiencies, for example, Chicken has an out of whack Omega 3 & 6 ratio and therefore will create inflammation in the body over a period of time.

## What Plant Matter to feed?

The most important thing you need to know to start with is that your plant matter needs to be blended, grated or lightly steamed/cooked and this is because a dog finds it difficult to break down the cellulose (walls) of these ingredients. When they would get plant matter in a natural environment, it would be from the gut of its prey which is already broken down.

There are chemical differences when you cook plant matter and sometimes it's for the better and sometimes it's not, so the general recommendation is to rotate between raw and cooked.

Following the principals of Canine Nutrigenomics, adding plant matter to your dog's diet is an awesome thing to do, however, there are some to avoid. If you're interested in learning more we recommend the book on Canine Nutrigenomics.

Our B.A.R.F formula consists of 25% plant matter, there are other models that contain less however, we do not recommend more than 25% as that would no longer be species appropriate and the excess fibre could really challenge your dog's digestive tract.

#### **Plant Matter to Consider:**

If the plant matter you would like to feed is not mentioned here, that does not mean it isn't a safe ingredient, please research to learn more.

- Artichokes
- Asparagus - Also acts as a Pre-biotic
- Banana - Also acts as a Pre-biotic
- Beans
- Black-eyed Peas
- Blueberry
- Bok Choy
- Broccoli
- Cantaloupe
- Carrot
- Cauliflower
- Dandelion Greens - Also acts as a Pre-biotic
- Egg Plant
- Flaxseeds - Also acts as a Pre-biotic
- Garbanzo Beans
- Jerusalem Artichoke - Also acts as a Pre-biotic
- Kelp
- Kidney Beans
- Kiwi Fruit
- Mangoes
- Papayas
- Parsley
- Peas
- Pineapple
- Pinto Beans
- Pomegranates
- Pumpkin
- Seaweed - Also acts as a Pre-biotic
- Spirulina
- Sweet Potato
- Turnip
- Zucchini
- Lentils
- Lima Beans/peas

### Canine Superfoods to add where possible:

- Blueberries
- Cranberries
- Curcumin (You can make Golden Paste with as a home-made joint formula)
- Kelp
- Medicinal mushrooms
- Milk Thistle
- Pomegranates
- Spirulina

### Plant matter we suggest you avoid unless it is organic as the pesticide levels are very high:

- Apples - Also acts as a Pre-biotic
- Celery
- Peaches
- Nectarines
- Cucumbers
- Cherry Tomatoes
- Potatoes
- Kale/Collard greens

## What Offal/Organs to Feed?

When it comes to natural (raw), feeding meats are separated into ORGAN and MUSCLE meats, some meats you believe are organs are actually muscle meats and it's important to know the difference so you can feed the right ratios.

### Muscle Meats

- Muscle (Meat)
- Heart
- Lungs
- Tongue
- Green Tripe
- Trachea
- Gizzard

### Organs/Offal

- Liver
- Kidney
- Spleen
- Brain
- Pancreas
- Testicles

When you first start to introduce organs to your dog, start off slowly, just a little bit. Some dogs can be funny with the texture or may get an upset tummy. You can give frozen bits of the organ to the dog if they are a bit funny with them and this is typically more accepted to fussy dogs. You can also blend tiny amounts and mix in with their meals.

You will generally not exceed 10% of organs and generally, you would do 5% Liver and then 5% another organ.

Please be aware that Chicken Livers are deficient in Vitamin D and new studies are now showing that some don't have any Vitamin D at all due to Chickens no longer living outside. Low levels of Vitamin D can lead to an increased risk of Cancer and Immune challenges therefore it would be advised to not use Chicken Liver as your Liver source.

When you very first start raw feeding you may like to keep your meat and organs from the same animal until your dog gets used to its new diet.

## Feeding the right type of bones

### Supervision

Dogs should always be supervised when eating bones.

### Cooked Bones

Cooked bones should never be given to dogs as they are more likely to splinter and cause trauma to the dog's digestive tract.

### Weight Bearing Bones

Commonly fed by pet parents, these are bones that animals weight bear on i.e. leg bones. These are very hard on the dog, they can wear down their teeth, cause chipping to teeth, the large amounts of marrow can upset tummies and the knuckle portion of the bone can causes blockages in the digestive tract.

Once the knuckle has been chewed off the end of the bone, the bone should be removed. These types of bones are classed as 'entertainment' rather than part of a natural (raw) diet.

### Bone Percentages

When feeding a BARF diet, a dog typically receives 10% bone, however there are no hard and fast rules. Pet Parents often get confused as to how they're meant to work out how much bone is in different sections of an animal, we offer this link to assist you however, don't obsess on this point especially if it stops you from moving forward. Some dogs will do better on more than 10% bone and you will need to make that judgement yourself, however watching our dog's stools will help guide you as if they are too hard/turn white then that indicates too much bone.

### Dogs who can't eat bones

You can crush bones such as chicken necks into their meals.

### Dogs who gulp bones

It is important to choose the right type of bone for the dogs personality type and always supervise the dog. The bigger the bone the better for gulpers. You can hold onto the bone whilst they chew if necessary. Although dogs digest room temperature food vs frozen better, if you need to you can offer frozen bones, this often slows them down.

To ensure your dogs eat bones appropriately, it is recommended they are able to eat in peace with no competition from other dogs so you may choose to feed your dogs in separate areas where they cannot see or access each other - this often slows dogs down when eating bones.

### Example of suitable edible bones

The below are some edible bone examples you can incorporate into your dogs daily raw diet generally not exceeding 10% of their diet, however, some dogs may need more and how you check this is by looking at their stools. Too much bone will turn poos hard and white so if you see this you'll need to back off a bit.

#### Chicken

Small items such as necks should not be given to large dogs as they can pose a choking risk. Please note some dogs can be intolerant/sensitive to Chicken. Buy Free-range chicken where possible for higher quality meats/parts.

- Wings
- Necks
- Drumsticks
- Frames
- Feet
- Thighs
- Whole Chickens

#### Beef

Beef Brisket is a staple in many Raw fed dogs diets. Please note some dogs can be intolerant/sensitive to Beef. You may also need to trim some fat off.

- Brisket
- Necks (May be too tough for some dogs who don't chew bones well)
- Ox Tails

#### Lamb

As Lamb is a fattier meat, dogs with sensitive tummies may find it challenging to digest.

- Brisket
- Shank

### Turkey

Although not as readily available in Australia as in America, Turkey is well tolerated by many dogs, however in saying this, if your dog throws up Turkey neck after eating it, this isn't unheard of, you may want to offer it frozen and see if that is better.

- Necks
- Drumsticks

### Fish

Avoid Fish not locally caught, you also want to be mindful of heavy metal levels. It is not recommended to feed fish every day. Freeze fresh fish for a minimum of 1 week to kill parasites.

- Whole fish
- Fish heads

### Duck

Great for allergic dogs and dogs with sensitivities but can be harder to find.

- Wings
- Necks
- Thighs
- Feet
- Whole Ducks

### Rabbit

Great for allergic dogs and dogs with sensitivities as a novel protein. Can be hard to find and often expensive.

- Whole Rabbits
- Rabbit limbs

### Pork

Avoid cooked/smoked Pork Bones. Be sure that the Pork is disease free, your supplier will be able to confirm this for you.

- Necks
- Feet

### Kangaroo

Kangaroo is often treated due to parasites so be sure to check with your supplier. Ensure your dog is wormed regularly if feeding raw roo and avoid feeding to a puppy as it's too lean.

- Tails
- Necks

## Freezing

Wild caught animals that are not human grade should be frozen for 3 weeks prior to consumption.

## Balancing Supplements & Base Mixes

For Australian pet parents, we recommend **Wellbeing Essentials** or **Vets All Natural Complete Mix** as a balancing supplement, these products bring the formula up to AAFCO minimums. Complex Mix works in a way that you only have to add muscle meat to it so you don't have to add veggies or offal for example, those vitamins and minerals are already in the mix.

In America, you can check out **Balance IT** or **Honest Kitchens Base Mixes**.

There are other balancing supplements and base mixes, you will need to do some research to find one that meets your needs.

[Please continue to the next page for balanced recipes.](#)

# # 1 Complete & Balanced Raw Diet to AAFCO/NRC Guidelines for **Adult dogs**

For pet parents who want to make sure their fresh food diet is complete and balanced, we offer you the following recipes.

## **Beef**

- 396g Lean Beef
- 2 teaspoons of Hempseed oil or 2 tablespoons of ground Hempseeds
- ½ tablespoon of Carlson's Cod Liver oil or 56g of Sardines
- ½ teaspoon of Ground ginger
- ¼ - ½ teaspoon of Kelp powder
- 1 Egg
- ½ Eggshell
- 28g Beef liver
- 28g Broccoli
- 28g Red Bell Pepper
- 28g Spinach

## **Notes:**

This Adult formula meets/exceeds AAFCO Standards. This formula has been converted from Planet Paw's formula – Rodney Habib & Dr. Karen Becker.

Recipe makes 453g and contains 40 calories per 28 grams

You may still give bones with this diet, however you should meet your calcium and phosphorus requirements with the existing recipe.

Any change to this recipe will unbalance it, so use the recipe as a base and add your other goodies to it i.e. Kefir etc.. You may cook or feed this recipe raw.

Each dog's caloric intake is different and you will increase/decrease your dogs intake based on their individual needs (look and feel your dog weekly) – start with 2% of your dogs weight for maintaining weight and 3% for active dogs and amend weekly where necessary.

## #2 Complete & Balanced Raw Diet to AAFCO/NRC Guidelines for **Adult dogs**

For pet parents who want to make sure their fresh food diet is complete and balanced, we offer you the following recipes.

### Zucchini Chicken Burgers

- 680 grams of Ground Chicken Wings (You'll need to grind them up)
- 170 grams of Beef Liver
- 170 grams of Chicken Hearts
- 907 grams of Chicken Breast
- 95 grams of Blueberries
- 45 grams of Flaxseeds
- 28 grams of Pumpkin Seeds
- 85 grams of Canned Oysters. If you cannot find canned Oysters that are not smoked it is recommended you instead use cooked Oysters at the rate of 1.25x more than the suggested amount or you can use a Zinc supplement instead to meet the minimum Zinc requirements of dogs.
- 2 TSP of Dried Basil
- 113 grams of Zucchini
- 2 Cans (168 grams) of Sardines in water
- ½ TSP of Kelp powder

Weigh out 226 grams of the mix to make each Burger pattie. Feed fresh or freeze to fee later.

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## Would you like to formulate your own balanced recipes?

Pet Diet Designer is a BETA software that is available for \$20.00 USD. Its major updates from the BETA period will be done sometime in 2018 making an amazing easy to use product. In its current form it can be a bit complicated but ideal for those who really want to get into the facts and figures of creating a balanced diet to NRC Guidelines. Pet Diet Designer at this time does not use raw meaty bones as part of their formulations, instead they use other calcium sources.

<https://www.petdietdesigner.com/en/>

## Gut Health for apparently healthy dogs

Improving gut health starts out with fresh food and adding variety, however you can give it a helping hand by providing some or all of the following for pro-biotic health.

- Kefir, a fermented milk product
- Probiotic made for dogs
- Bone Broth which is good for the gut and overall wellbeing + joints
- Fermented veggies, you can start with less than a tea spoon and work your way up to a spoonful.
- Raw Green Tripe (not available legally in all countries)
- Fermented Pumpkin seeds
- Raw Goats Milk – please be aware that if you make Kefir out of it, it's super potent and you only need to give a little bit otherwise you risk an upset tummy and build up to higher amount.

## Now it's time to feed your Pre-biotics

So now you have pro-biotics going into your dog, you'll need pre-biotics to feed them and this is as simple as choosing the right fruit and veggies to nourish them such as some or all of:

**Jerusalem Artichoke** - the gold standard of feeding your pro-biotics, it has 2 grams of fibre per 100g and is an awesome immune strengthener. Check eBay or your suburb's Facebook page if you cannot find them at the Supermarket.

**Dandelion Greens** - yep, the weed! It's an edible weed and acts as an anti-inflammatory, antioxidant, anticancer and you only need 1/4 teaspoon per 5 kilos of weight. With a whopping 4 grams of fibre per 100g this is a pretty awesome one. You can buy them online, use Google to find.

**Asparagus** - it has that nasty reputation for making stinky wee but I promise I haven't noticed anything in my dogs. It has 3 grams of Inulin (act like an insoluble fiber) per 100g. Asparagus are an antioxidant and anti-inflammatory.

**Bananas and Apples** - are also great, however, don't give a lot, they're sugary so avoid in dogs with Cancer.

**Flaxseeds** - Anti-Cancer, but you'll want to ground them down or soak them so you can get any use out of them. Whilst there are some Breeders who avoid Flaxseeds due to concerns about them affecting reproduction, there is yet to be any solid evidence of this.

**Seaweed** - Nori, Dulse, Kelp etc. They're 50-85% fibre. Seaweed is rich in iron, omega-3 fatty acids, magnesium, iodine and magnesium. Don't use large amounts, as a guideline, the maximum daily doses by size are 1/4 teaspoon for small dog breeds, 1/2 teaspoon for medium-sized breeds and a teaspoon for large dogs - you can simply sprinkle over their meal.

You can pop all these items in a blender and then pour into moulds and freeze, pop a mould in their dinner each night.

## Gut health for IBS/Compromised dogs

Fermented foods may not always be appropriate for such dogs, please speak with your Holistic/Integrative Vet.

## Speak with your Vet

Please speak with your Vet if you ever have a concern about your dogs health and nutritional needs.

## Health & Safety

When working with raw foods, you should treat it the same as when you handle raw food for yourself.

- Don't accept low standards from your pet meat suppliers, food should be handled with appropriate hygiene and kept in appropriate temperatures. Ask your supplier how fresh the meat is so you can decide whether it meets your expectations. When purchasing commercial products, avoid packaging that is damaged. Don't give your dogs off meat, if in doubt, throw it out.
- Wash your hands with hot water and soap after handling raw meat.
- Wash all surfaces that have been in contact with raw meat with an appropriate cleaner.
- Wash your dog's bowls after each use and also any utensils you used for the preparation.
- If you have any open bags or containers, be sure to store them appropriately in the fridge to avoid cross contamination.
- Store raw products at the bottom of the fridge so they do not have an opportunity to drop or leak on other food.

- Defrost your dogs frozen ingredients in the fridge in a sealed container/bag and only in room temperature conditions for as long as is necessary.

## Transitioning from Kibble to Fresh Food

When you first start to transition from Kibble to Raw it should be done with a gradual process unless there is no other choice as there are pH differences that need to be accounted for. A cold turkey changeover could result in irritation to the digestive tract.

There are different opinions on how to transition, they are all opinions, and there are no studies on the subject so you use a common sense approach that works best for your dog.

### Step 1

Add a bland meat such as Chicken to your dog's existing diet. Chicken bones would be the preference such as necks, wings, thighs etc. Use a common sense appropriate in terms of what size bone is appropriate for your dog and supervise whilst eating bones. Feed this way for 1 week, if there are no issues then you can continue to step 2. If you still have issues, you may need to remove any skin or excess fat from what you offer and try again. If you still have issues, this may suggest your dog has an intolerance or allergy to chicken and you may need to try a different meat protein. Remember when adding these extras to your dogs kibble that you need to reduce your dogs kibble at the same time, there are no exacts to go by, you will need to guess.

We recommend adding pro-biotics to your dog's diet to help them with this process and as general good practice going forward.

### Step 2

Swap out the Chicken for Red meat and start with a small amount and then build up over a week. Keep the pro-biotics going. If your dog's stools are holding well at this step then you can reduce the kibble more and add more meat and bones for another week and then head to Step 3.

### Step 3

It is now time to add offal. Offal can be quite rich and this is why we add it last. Not all dogs will like the taste and may pick it out. We recommend you add just a tiny bit and blend it to mix it in with their existing diet. You can increase through the week to no more than 10% of their diet. If their stools hold steady then you're ready to go 100% Fresh food feeding.