



## Clayton Veterinary Associates, LLC.

820 North Delsea Drive, Clayton, NJ 08312

<http://www.claytonvetnj.com> (856) 881-7470

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### Basic Canine Home Cooked Diet

Begin by boiling two pounds of meat (Beef Cubes, Chicken Breast, Turkey Breast, Fish, Lamb, Beef or Chicken Liver, Kidneys or whatever fresh, lean meat you choose.)

Combine with:

- ½ Bag of Barley or Brown or Wild Rice.
- 2 Bags of frozen mixed Soup Vegetables or Fresh Veggies (Carrots, Broccoli, Spinach, Green Pepper, Sweet Potatoes, etc.)
- 4 Tablespoons high quality Vegetable Oil (Canola, extra Virgin Olive, Flax Seed, Borage or Fish Oil.)

#### **If Dog has any inflammatory condition (skin irritation, arthritis, etc.)**

Add at time of feeding:

- ¼ Teaspoon Dry Ginger (especially good for arthritis.)
- 1 Raw Garlic Clove Crushed (anti-viral, anti-fungal, anti-bacterial.)
- ¼ Teaspoon Dry Mustard (especially good for arthritis.)

If the dog is hot, panting or seeking coolness, tofu can also be added at a rate of 4 ounces per day.

Feed 1 and ½ cups twice daily for a 40 to 60 pound dog. Your cooked diet can be stored in the refrigerator and warmed for feeding for up to one week. If you wish to keep it longer, the mix may also be frozen and reheated at the time of feeding.

### WHAT YOU NEED TO KNOW:

- Dogs have high calcium requirements. If you plan on switching exclusively to a home cooked diet without any commercial dog food, a mineral supplement will need to be added to ensure proper levels of calcium and other essential minerals.  
We suggest a powder supplement called *RX Minerals*, which we can supply.
- Since your dog is a carnivore, the diet should consist of mostly meat. Fruit and Vegetables should be 30-40% of your home cooked diet while the 60-70% should be comprised of meat
- For those feeding raw, remember that the diet requires your dog to use his or her own energy to cook the food and raise its stomach contents to 100 degrees. While this eliminates much of the bacteria for them, be very careful when handling raw meats yourself.

We have provided here a solid recipe to get you started on a home cooked diet for your dog, but it's important to remember that every animal is different. A specific diet needs to be formulated taking into account your dog's breed, age, allergies and existing conditions. We can't express the importance of speaking with a veterinarian knowledgeable in nutrition before embarking on a major diet change. We are always available at the office or through email to answer your questions!