

Daily Canine Diet Guidelines Based on 10 lbs of Body Weight

The portions below are based on a 10lb dog*.

See Portion Calculator worksheet for determining portions for different body weights.

Meat .75 cup (3/4 cup)

Choose 1 meat protein.

Poultry (chicken or turkey breast; thighs without skin)

Red meat (beef, lamb, bison, etc) Boneless 90-93% lean.

Veggies .25 cup (1/4 cup)

Choose 2 or more Veggies. Note: Cooked or pureed veggies only (never raw). Cut all veggies into bite sized pieces. Dogs, unlike humans, cannot digest raw vegetables.

Broccoli/brussels sprouts and other cruciferous vegetables.
Pumpkin** (canned or cooked – not pie mix filling!) / zucchini and other seasonal squash.
Spinach/kale and other dark leafy greens.
Sweet potatoes, carrots, celery and green beans.

***Canned or cooked pumpkin (not pie mix filling!) is recommended for its unique soluble fiber content. Helpful for both the treatment of diarrhea and constipation. The amount varies with size. A Chihuahua may only need a couple of teaspoons with each meal, whereas a Great Dane may benefit from half a cup. For dogs over 25lbs, start with 1-2 tablespoons and increase to affect.*

Rotational Super Food Nutrients

Rotate to include all three (eggs, organs, fish) each week. See Sample Schedule below.

.5 (1/2) Soft-cooked egg.

4 tbsp fish. Packed in water: canned sardines, mackerel, pink salmon.

2 tbsp poultry/red meat organs: heart, liver, gizzard.

Fruit .125 cup (1/8 cup)

Optional, but recommended. Add to meal or give as a treat. Offer only bite sized pieces or pureed.

Berries: blueberries / strawberry / raspberry.
Melons: watermelons / cantaloupe.
Apples, pears, cucumbers and banana.
NEVER feed grapes or raisins – reported to be toxic to dogs.

Sample Weekly Feeding Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
meat veggies egg	meat veggies fish	meat veggies fish	meat veggies organ meat	meat veggies organ meat	meat veggies organ meat	meat veggies egg

*10 lbs of body weight is calculated to include total daily food intake. May divide into 2 meals or feed once daily.

tbsp = tablespoon

Mandatory:

Daily Calcium Supplementation for all home-cooked meals

(unless feeding raw diets that include meaty bones)

NOW™ Bone Meal (or other human grade supplement) OR eggshells.

If feeding 2 meals daily – divide the amount equally and add to each meal.

Calcium Calculator – Daily Calcium

Enter your dog's weight _____ x 25mg = _____ mgs.

Example based on 40lbs:

Daily calcium needed for a 40 lb dog:

40 X 25mg = 1,000mgs (desired amount 'D')

Dried eggshells:

- Preheat the oven to 300F.
- Spread eggshells evenly on a baking sheet and bake for 5 to 7 minutes.
- Allow the eggshells to cool, then grind in a clean coffee grinder for 1 minute, or until you achieve a very fine powder with no sharp edges.
- Store at room temperature in an airtight container for up to 2 months.

If using a **bonemeal supplement** like Now Foods (800mg of calcium per teaspoon), divide desired amount 'D' by what is available 'A'.

$(D \ 1000mg) \div (A \ 800mg) = 1.25 \text{ teaspoon}$

$\frac{D}{A}$ = Desired
= Available

Eggshells contain roughly 2,000 mg per teaspoon (depending on size and mineral composition).

$(D \ 1000mg) \div (A \ 2000mg) = 1/2 \text{ teaspoon}$

For dogs weighing 10 lb or less*:

$(D \ 250mg) \div (A \ 2000mg) = 0.125 \text{ or } 1/8 \text{ teaspoon}$

**If using eggshells, use 1/8 teaspoon. Eggshell dosage does not need to be adjusted lower for dogs weighing less than 10lbs.*

Strongly recommended:

Thorne™ Canine Basic Nutrients

For dogs up to 25 lbs. – one capsule daily.

Over 25 lbs. – two capsules daily. If feeding two meals – one cap per meal.

NOW™ Neptune Krill Oil capsules (or similar fatty acid profile with EPA:DHA ratios)**

One 500mg capsule 3 times/week for dogs under 50 lbs. (Give on days **not** feeding fish nutrients.)

One 1000mg capsule 3 times/week for dogs over 50 lbs. (Give on days **not** feeding fish nutrients.)

***Use only fish oil products that have been tested for purity – no mercury, PCBs or other contaminants.*

Special Needs Supplement:

Nutramax Dasuquin for joints

Dose by bodyweight on label. May need to increase after 4 weeks for optimal effect.

Other

Now™ Foods supplements are recommended due to their high quality and affordable pricing.

The canine diet guidelines, recommended by Paula Terifaj DVM, is a modified version based on formulations in the book, *Dr. Becker's Real Food for Healthy Dogs & Cats* – Fourth Edition, 2017.