



BETTER DOG BOWL

DIETARY TIPS
FOR A
HEALTHIER PUP

#SafetyPUP



The Story of Us



Dog lovers have trusted SafetyPUP XD as the #1 Reflective Dog Vest since 2013.

Our mission is to keep all dogs visible because we believe that being seen is being loved.

We understand how much you love your dog and we want to help keep all dogs safe so you can enjoy the love a dog brings to you and your family for all the years to come.

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Fresh Quality Food

Fresh quality food changes dogs in amazing ways. In fact, everything you can do to increase your PUPs lifespan and improve their quality of life starts with food. Have you ever heard the phrase, “you are what you eat”? It is true, in a way. Much like us, dogs will experience less than desirable effects if they are eating junk.

Your PUP will likely eat almost anything you put in front of them, whether it is actually good for them or not. What is worse is that our PUPs can't communicate in a way that lets us know how the food is actually affecting them. Our PUPs do not have much of a choice in what they eat, so it is up to us to feed them well.



What You Will Learn



What this guide is NOT: This is NOT a comprehensive guide to dog food or what you should be feeding your dog. This is NOT medical advice meant to treat any ailments nor is following this guide a guarantee that your dog will live forever.

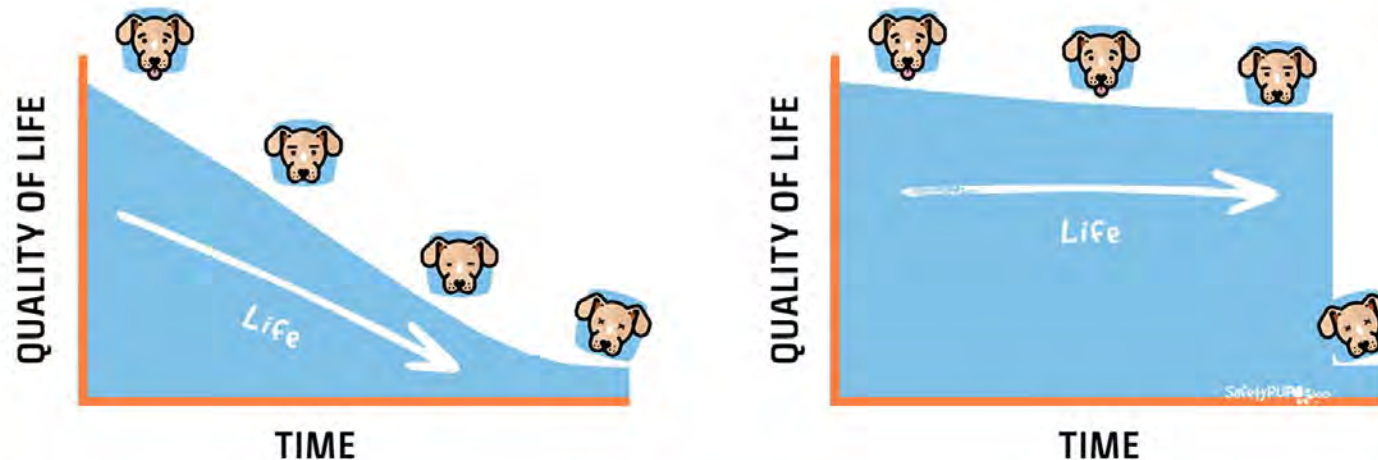
What this guide IS: This guide is an intro to healthy food for dogs. It is designed to help you quickly begin making better food choices for your PUP. We have gathered research backed data from various reputable sources to give you a quick and easy introduction to healthy food for dogs.

For a more comprehensive guide we recommend *The Forever Dog* by Rodney Habib & Dr. Karen Shaw Becker with Kristin Loberg. Also see *The Whole Pet Diet* by Andi Brown.

Fresh Quality Food

- Increased lifespan
- Better quality of life even in later stages
- Shinier coats
- Healthier skin
- Improved dental health
- Increased energy
- Smaller, firmer stools
- Brighter, healthier eyes
- Fewer trips to the vet
- Improved digestive health
- Higher quality sleep
- Improved cognitive function
- Fuels exercise and helps recovery

Sounds great right? Increased lifespan with a higher quality of life up until the day they pass

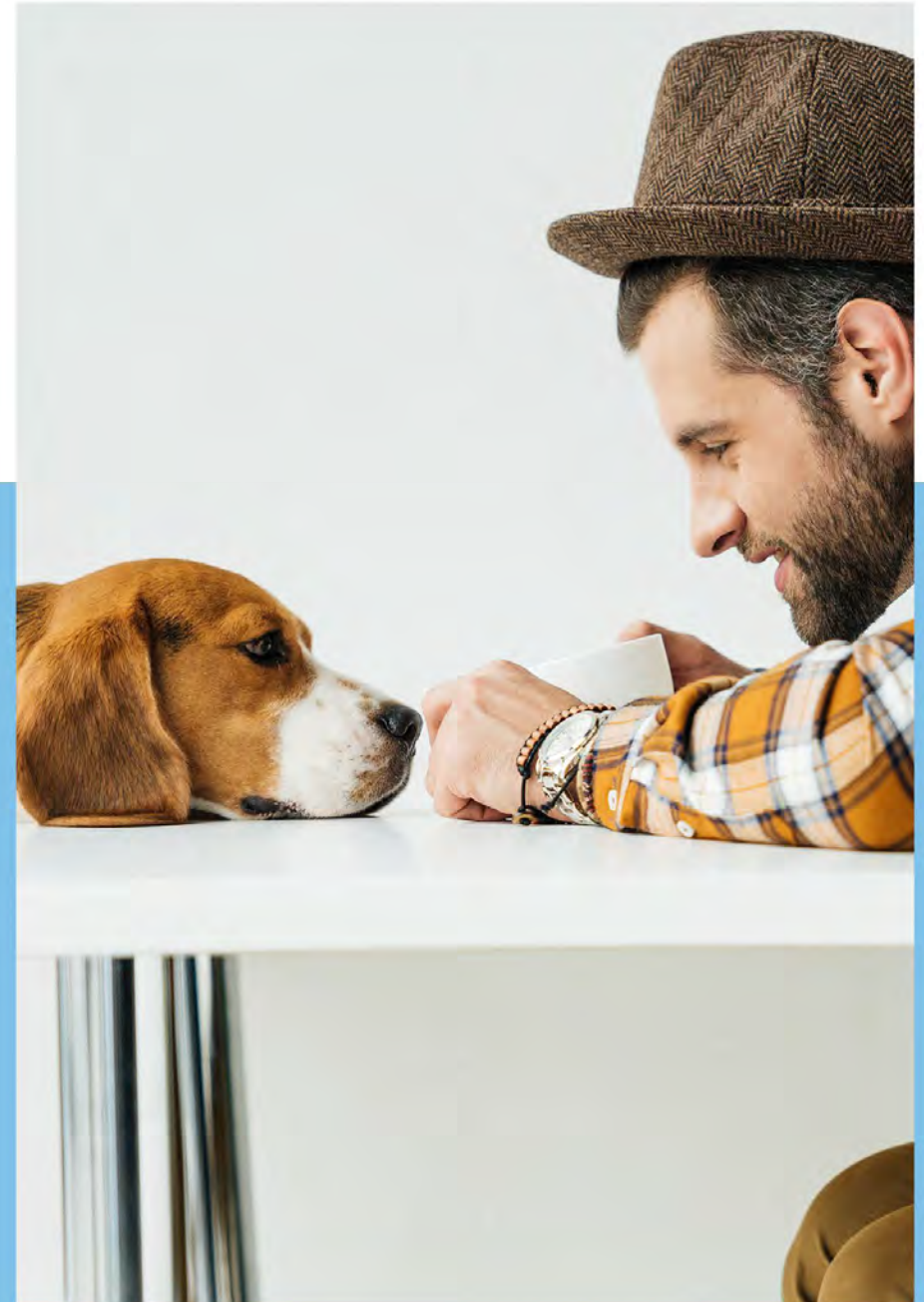


Now you might be thinking this sounds good, but it is either too much work or will cost too much money. Thankfully, there is a better way.

Even “Small amounts of Longevity Foods hyper-fortify your dog’s current meals with powerful anti aging nutrients and cofactors.” - The Forever Dog by Rodney Habib & Dr. Karen Shaw Becker with Kristin Loberg.

Chances are you have some veggies and fruits in your refrigerator right now that can add valuable nutrition to your pets existing meal or as treats throughout the day. These are foods that are considered Superfoods. They are healthy for us as well and we can share them with our PUPs.

DISCLAIMER: DO NOT under any circumstances feed chocolate, macadamia nuts, grapes/raisins or onions to any dog.



Protein

You do not have to completely change your dog's diet overnight. You can start by topping or mixing in healthy foods to your PUPs existing food and increasing the balance of healthy food gradually over time.

01



organ Meats

- Liver
- Heart
- Kidney
- Spleen
- Tongue
- Pancreas
- Tripe

Can be fed raw, dehydrated, freeze-dried or cooked.

02



Sardines

These small fish have a lot of nutrients.

- Omega-3 fatty acids
- Vitamin D
- Vitamin B12

Buy them in water, not oil, and feed one sardine for every twenty pounds of body weight two or three times a week.

03



Eggs

- Chicken
- Duck
- Quail

Pasteurized, free range eggs contain the most nutrients.

Antioxidants



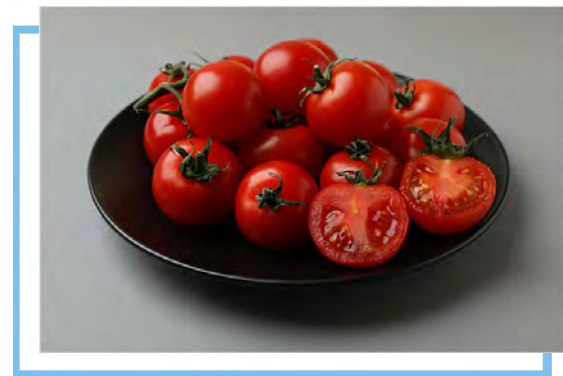
01

Blueberries, raspberries and blackberries are rich in anthocyanin. They have so many different benefits, such as increased immunity and lower risk of heart disease.



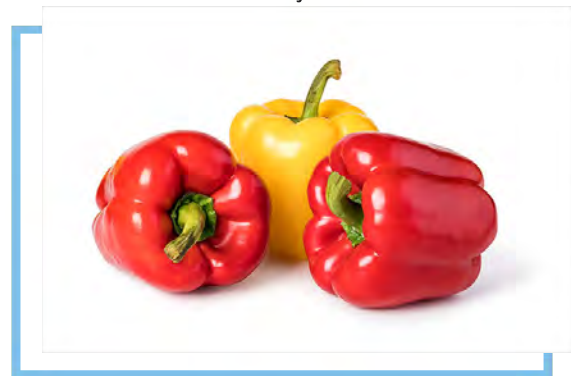
02

Cantaloupe is rich in beta-carotene which is a powerful antioxidant and immune modulator. It's also known as provitamin A in dogs, which can help them fight off infections from viruses or bacteria by boosting their immunity.



03

Cherry tomatoes are filled with naringenin. Some research suggests that naringenin may have the ability to protect the liver



04

Bell peppers are filled with vitamin C. Red bell peppers are also filled with capsanthin. Capsanthin may help protect against cancer.

Antioxidants



05

Broccoli is rich in sulforaphane. Sulforaphane is the most potent activator of the Nrf2 pathway. It can help reduce pain, slow aging and support the heart.



06

Peas are loaded with apigenin which is an antioxidant, anti-inflammatory, anti-amyloidogenic, neuroprotective, and cognition-enhancing substance with interesting potential in the treatment/prevention of Alzheimer's disease.



07

Carrots are loaded with beta-carotene. Beta-Carotene is a carotenoid that is an antioxidant and a precursor to Vitamin A.



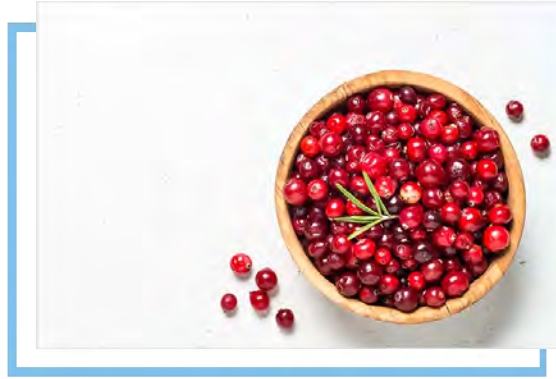
08

Pomegranate seeds contain a bunch of punicalagin. Punicalagin is an antioxidant that is responsible for the pomegranate's anti-inflammatory powers.



01

Cucumbers are rich in cucurbitacin. Cucumbers are a healthy, low-calorie treat that can help your dog lose weight. They're also high in water content so they keep them hydrated while tasting great!



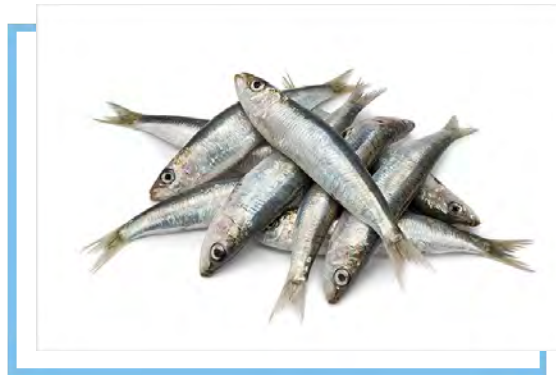
02

Cranberries are rich in quercetin. Quercetin is most often used to help with the itchiness, inflammation, and discomfort caused by allergies.



03

Pineapple is filled with bromelain. Bromelain works by helping to break down kinin and fibrin, the two main contributors to inflammation.



04

These little fish are packed with omega-3. Omega-3 is the single most potent supplement you can add to your dog's diet. Omega 3 fatty acids have wide ranging positive effects on dogs, including strengthening the immune system and improving heart health by reducing inflammation.

ANTI- INFLAMMATORY



01

Cauliflower is loaded with isothiocyanate offering anticancer and cardiovascular benefits.



02

Kale is rich with indole-3carbinol and supports healthy bones and a healthy heart. Kale is also vitamin packed.



03

Strawberries are filled with fisetin which may improve cognitive health and it is good for the skin.



04

Green beans are filled with folate and loaded with essential vitamins.

SUPERFOODS

SUPERFOODS



05

Brazil nuts are rich in selenium which helps protect cells from damage. Chop them up and serve one a day to your dog or a half for small dogs.



06

Raw pumpkin seeds are filled with magnesium which helps to maintain normal nerve and muscle function, supports a healthy immune system, keeps the heart beat steady, and helps bones remain strong.



07

Raw sunflower seeds are rich in vitamin E. Vitamin E is one of your dog's defenses against oxidative damage preventing eye and muscle degradation.



08

Coconut meat is rich in manganese which plays a role in the health and maintenance of bone and cartilage in joints. You could also feed dried coconut meat or unsweetened coconut chips to your dog.

SUPERFOODS



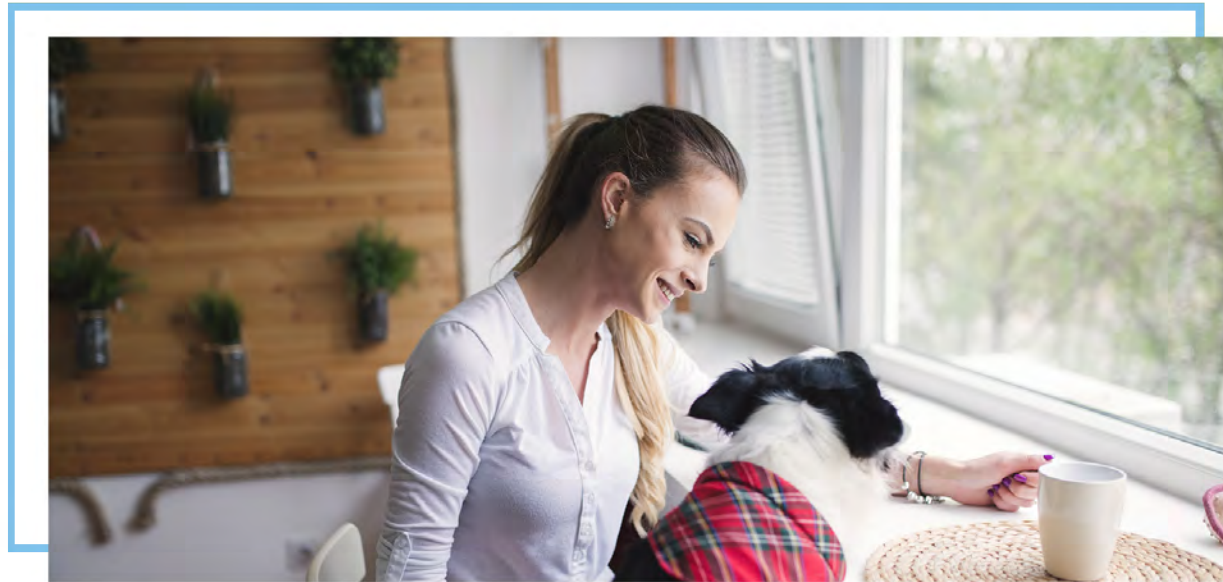
09

Hard-boiled eggs are filled with choline. Choline impacts liver function, healthy brain development, muscle movement, nervous system and metabolism.



10

Button mushrooms are filled with glutathione. Glutathione is involved in tissue building and repair and improves the immune system.



GUT HEALTH



01

Papaya is rich in papain or papaya proteinase I, which is a natural enzyme found in the papaya. Enzymes work to speed up chemical reactions in ways that help your PUP down that path to perfect health.



02

Apples are rich in pectin which helps rid the body of toxins, aids in digestion, and strengthens the muscles of the gastrointestinal tract.



03

Kiwi is rich in actinidin that can break down protein and improve function at both the gastric and intestinal levels.



04

Jicama, pumpkin, sunchoke, asparagus and green bananas are all rich in prebiotics.

Improving how you feed your dog is not an all or nothing choice. You can begin by adding healthier food items to even just a few meals a week. Start small when introducing new foods. There may be foods your dog doesn't like.

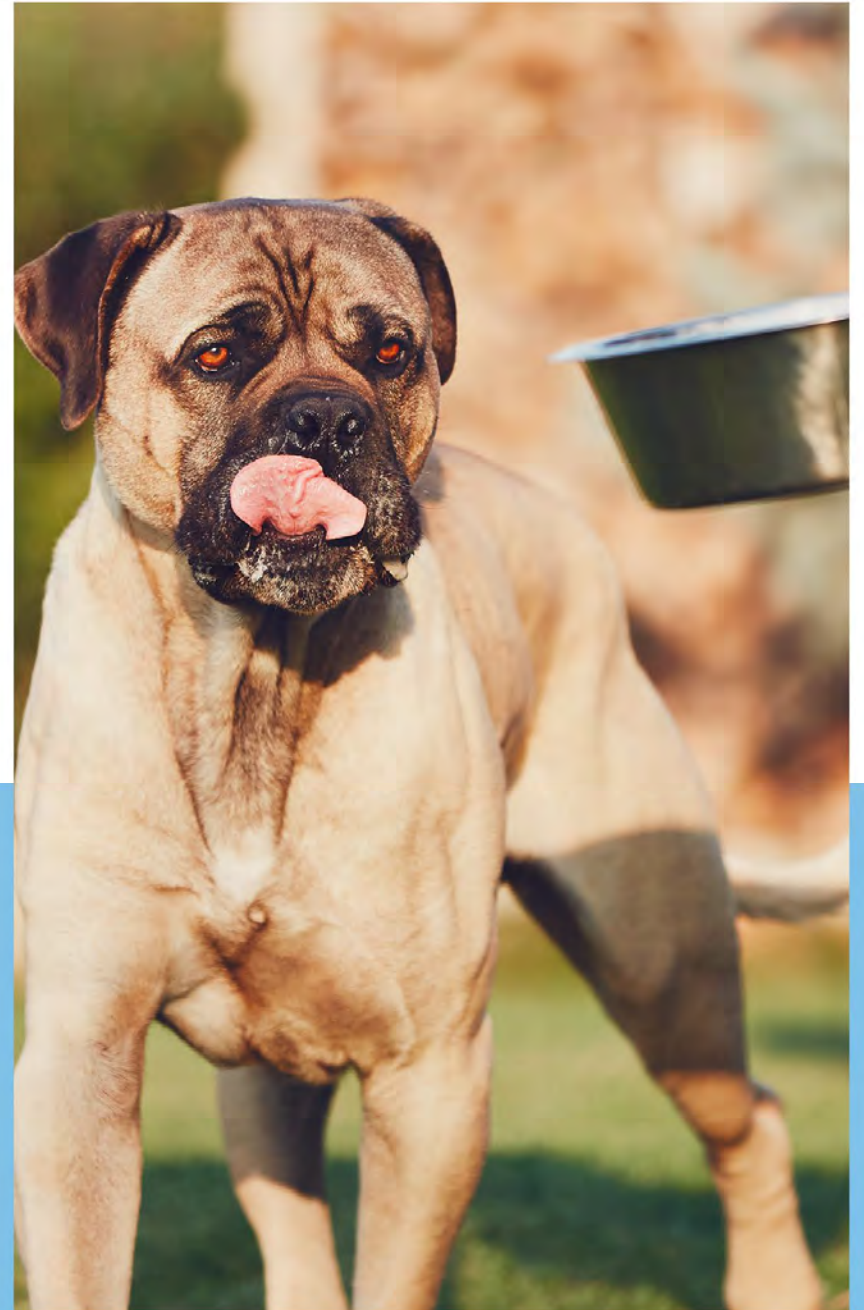
A dollop or so of 100 percent canned pumpkin can ease dietary transitions and firm up stools for many dogs. If that is not enough, you may consider adding some supplemental probiotics and digestive enzymes to your dog's food.



Diversify your dog's food and learn what your dog likes and doesn't like. Monitor your dog's poop and adjust the rate that you implement new foods as needed. If stools are softer then slow it down. If your dog doesn't like the foods you are adding then just try other options. There are tons of healthy options to choose from!



General rule, if it's healthy for you, it is healthy for your dog. Use common sense to remove pits, seeds and bones to avoid choking hazards. No matter what, DO NOT feed chocolate, grapes/raisins, macadamia nuts or onions to your dog!



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The Whole Pet Diet by Andi Brown