



AUTARKY

COMPLETE DOG FOOD

NUTRITION GUIDE FOR PUPPIES



**A nutritional guide to help you through
the early stages of your dog's life**

Nutrition guide for puppies

Welcoming a puppy to your home is an exciting time. You will be thinking about possible names, where he or she will sleep, vaccinations, training and generally integrating them into your family life.

A very important consideration is nutrition. Puppies require a balanced and nutritious diet to provide them with essential nutrients to support the physical and neural demands of the growing period. Their body is constantly developing as they grow; their muscles, bones, skin and fur, teeth and internal organs all require the right nutritional balance to maintain their energy levels and sustain healthy growth.



How to feed your puppy

Ideal time to introduce a complete feed to a new puppy or litter is around 3 weeks of age, this is normally done gradually, and by soaking the kibble to create a gruel, and then gradually transitioning to normal kibble (unsoaked).

Our top tips



Feed little and often – we recommend dividing the daily portion of our Puppy/Junior: Delicious Chicken diet into six meals up to the age of 2 months, then reduce this to four meals from 2-3 months and gradually drop to two meals thereafter.



Feed the recommended portion to maintain steady growth, allowing weight gain to match skeletal development. See our recommended feeding guideline for pups and junior dogs on the following page.



Do not be tempted to feed excessive amounts of titbits or treats, use part of your puppy's daily feed amount as treats should you need for training/rewarding.



Ensure your puppy has access to fresh, clean water to keep them hydrated. Water is essential to help the digestion of food and helps the body absorb nutrients. Water is also key for puppies to help regulate their body temperature.



Managing change. Avoid a change in diet to coincide with weaning or moving to a new home.



Feeding time should be regarded as an opportunity to train your puppy. Teach them to wait whilst preparing their supper.



Feeding guide:

The table below indicates the total amount to be fed each day. This should be divided into 6 meals a day up to 2 months of age, 4 meals from 2-3 months and gradually reduced to 2 meals per day thereafter.

The amounts shown are only a guide and you should only feed sufficient amounts to maintain condition depending upon the level of activity enjoyed by and the conformation of your puppy.

Autarky Puppy/Junior: Delicious Chicken

Puppy/Junior: Delicious Chicken is a complete feed, suitable for active working pups during their growth phase to the onset of adulthood.

The wheat-gluten and soya free formulation contains the correct balance of minerals, energy, protein and trace elements to support growth and development. Enriched with vitamin E, selenium, omega 3 fatty acids and taurine for support of neural development.

The kibble is optimised to be small (11mm x 12mm) with a small round hole in the middle, making it easier to mash and for the puppy to crunch down on.

Age - Months	<1	1-2	2-4	4-6	6-8	8-10	10-12	12-18
Adult Size		Daily Requirement						
Small (5-10kg)	20-25g	75-130g	130-145g	145-160g	150-160g	Feed an Autarky adult food		
Medium (10-25kg)	25-30g	100-175g	175-285g	270-285g	265-270g	265g - Adult		
Large (25-45kg)	30-35g	130-220g	220-320g	320-400g	400-410g	390-400g	380-390g	
Very Large (45+kg)	35-45g	150-335g	335-465g	465-530g	530-610g	585-610g	540-585g	530-550g

Exercise

Exercise is important for puppies and dogs to not only keep active but to help with their physical and mental development, whilst also giving them the opportunity to be exposed to the wider environment and other dogs for socialising.

The Kennel Club recommend a ratio of five minutes exercise per month of age (up to twice a day) until the puppy is fully grown. For example a four-month-old puppy is advised twenty minutes per day. Be mindful not to over-exercise your puppy, as this has a negative impact on the musculoskeletal development. Once they have reached adulthood, then they can normally be active for much longer.

Analytical Constituents:

Protein 28%, Fat 17%, Crude Fibres 3%, Crude Ash 8%

Ingredients:

Poultry meal (min 34% chicken), Maize, Chicken fat, Rice (min 5%), Chicken liver, Linseed, Alfalfa, Maize gluten, Yeast (source of mannan oligosaccharides), Peas, Carrot, Seaweed, Tomato, Milk thistle, Yucca schidigera, Marigold, Nettle, Mint, Rosemary, Blackcurrant, Pomegranate, Rosehip, Spinach, Beetroot, Fenugreek, Thyme, Carob pod meal, Aniseed, Turmeric, Dandelion, Ginger, Oregano (min 0.4% herbs and 4% vegetables)

Transitioning to an adult feed

The age to transition your puppy from a junior diet to an adult diet really depends on the breed and development of each dog. However, our general guidelines are:

- **Small Breed** (Avg. adult weight 5-10kg) – Between 8-10 months
- **Medium Breed** (Avg. adult weight 10-25kg) – Between 10-12 months
- **Large Breed** (Avg. adult weight 25-45kg) – At approximately 12 months
- **Very Large Breed** (Avg. adult weight 45kg+) – At approximately 18 months

When transitioning the diet, it should be done gradually over a 7-to-10 day period with the new adult feed increased day by day. This approach should also be adopted if you want to change the variant of adult feed, as a sudden change may upset the dog's digestive system.

A lifetime of Autarky

Dogs thrive on the combination of animal and plant inclusions within their diet, and all Autarky feeds have been formulated to include an optimal balance of protein, fats and carbohydrates to offer dogs a diet they would naturally seek if left to their own devices. The Autarky range is able to support dogs at every life stage, plus grain-free recipes for dogs who have an intolerance to grains. Once your puppy reaches the time to transition onto an adult feed, then we would recommend transitioning onto one of our adult feeds so that they follow the same level of great nutrition throughout their whole life and reduce the risk of too much disruption as a result of altering their diet.


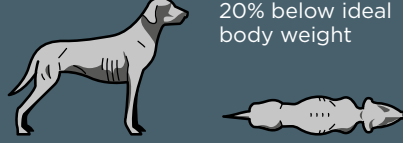





To view the full range, visit www.autarkyfoods.com. If you need any feeding advice when transitioning into an adult diet, then contact our nutritional helpline whom are best placed to help, ☎01832 737300.

Weight management

In 2019, the PFMA (Pet Food Manufacturer's Association) reported that vets think that 51% of dogs are overweight or obese.* With that in mind, we recommend following our feeding guidelines closely to ensure you don't overfeed your dog.

We also recommend using the Dog Size-O-Meter for tips on checking your dog's shape and keep your dog in shape.

	Size-O-Meter Score:	Characteristics:
1.	Very Thin  More than 20% below ideal body weight	<ul style="list-style-type: none"> • Ribs, spine and hip bones are very easily seen (in short haired pets) • Obvious loss of muscle bulk • No fat can be felt under the skin
2.	Thin  Between 10-20% below ideal body weight	<ul style="list-style-type: none"> • Ribs, spine and hip bones easily seen • Obvious waist and abdominal tuck • Very little fat can be felt under the skin
3.	Ideal  Ideal body weight	<ul style="list-style-type: none"> • Ribs, spine and hip bones easily felt • Visible waist with an abdominal tuck • A small amount of fat can be felt
4.	Overweight  10-15% above ideal body weight	<ul style="list-style-type: none"> • Ribs, spine and hip bones are hard to feel • Waist barely visible with a broad back • Layer of fat on belly and at base of tail
5.	Obese  More than 15% above ideal body weight	<ul style="list-style-type: none"> • Ribs, spine and hip bones extremely difficult to feel under a thick layer of fat • No waist can be seen and belly may droop significantly • Heavy fat pads on lower back and at the base of the tail

*www.pfma.org.uk

Contact us for friendly nutritional advice for your dog. Use our LiveChat or call our helpline.

www.autarkyfoods.com | 01832 737300

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