Components of a raw diet

Appropriate food quantities can be estimated by assessing your animals weight, age and activity level. On average, adult dogs on a raw diet will eat 2.5% of their body weight in food per day and adult cats will eat 3%. Puppies and kittens can eat up to 10% of their body weight in food per day over three or four small meals.

MEAT

60-80% of your pets diet should be fresh, high quality meat. The nutritional profile of meat varies from source to source, so more variety usually equals more value. Including some white meat (chicken, turkey, rabbit, duck), red meat (beef, lamb, kangaroo, goat) and seafood (sardines, mackerel, mussels, salmon) in each meal, or at least throughout the week, is a good way to increase the nutritional balance in your pets diet. White meats are generally easier to digest, while red meats are more nutritionally rich. Wild caught seafood is a great source of omega 3 and helps to balance the other essential fatty acids in the meats. Where possible, always choose free range, grass fed and organic. Wild prey is even better if this is available to you.

BONES

Raw meaty bones are an essential part of a raw diet. They provide your cats and dogs with digestible calcium which is needed for normal growth and maintenance of teeth, bones and joints. Aside from providing nutritional value and mental stimulation, bones are like the equivalent of a toothbrush. Macerating a raw meaty bone cleans teeth and massages gums for better dental health.

BONE SUGGESTIONS

SMALL BREEDS

Chicken and duck necks, wings and feet, rabbit legs, quails.

MEDIUM BREEDS

Duck necks, chicken frames, quails, rabbit quarters, roo tails, turkey necks.

LARGE BREEDS

Turkey necks, chicken frames, goat spine, roo arm, rabbit halves.

We do not recommend feeding large weight bearing bones due to the risk of teeth and jaw fractures, especially for more aggressive chewers. It is also usually chunks of these large bones that cause blockages. Do not feed cooked bones as they are brittle and can cause intestinal damage if they splinter. Feeding bones is only recommended for those pets on a raw diet as their stomach acidity is an acidic enough environment to digest them effectively.

ORGANS

Including a variety of organs in a raw diet is crucial to providing essential vitamins and minerals. Offal can make up to 15% of your pets diet but should contain no more than 5% liver as this can be toxic. Some other great organs to include are heart, kidneys, lung, giblets, eyes, brains and testes. Hearts are a great natural source of taurine which is especially important for cats.

FRUITS AND VEGETABLES

Cats, being obligate carnivores, do not need to consume fruit or vegetables. Dogs on the other hand may benefit from the addition of seasonal fresh produce being included in their meals. The best way to do this is in the form of puree, so that it is more easily digested. Some suitable plant foods for dogs include spinach, kale, chard, green beans, pumpkin, sweet potato, beetroot, blueberries, zucchini and brussels sprouts.

OTHER FOODS

EGGS

Are a great source of protein and can be fed raw.

GOATS MILK OR YOGHURT

Easy to digest for most and is naturally abundant in vitamins and minerals that are essential for healthy growth and development. A good meal replacement for puppies and kittens or unwell pets who are off their food.

BONE BROTH

Helps to line the gut and support nutrient absorption, as well as providing collagen and glucosamine for skin, joints and coat.

OILS

Some animals may benefit from the addition of high quality oils in their diet from sources such such as cod liver, coconut, olive, hemp and chia.

GREEN TRIPE

Supports effective digestion with its natural pre+probiotic content.

WHAT NOT TO FEED

People often include rice or other grains in their home-made food for pets. This is an unnecessary addition and is often a contributing factor to inflammatory conditions. The same goes for mixing kibble in with a raw diet; due to the difference in how they digest and the way starches effect stomach acidity we do not recommend that they be combined.

The information and advice on this article is based on our own research and years of personal experience. We are not veterinarians and do not claim to diagnose, treat or cure any condition, only pass on what we have learnt and witnessed.

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All advice is general. Every animal is unique and we cannot assure that our recommendations are suited to all circumstances.