

Raw Feeders Diet Sites & FAQs

- [The Problem With Ethoxyquin](#)
- [RawMeatyBones.com](#)
- [Barfers.com](#)
- [The Top 50 Most Frequently Asked BARF Questions Newcomers Ask!](#)
- [Preparing BARF Meals](#)
- [Diet: If You're Going to Have the Very Best, Feed Them the Very Best](#)
- [Are Raw Meat and Dairy Products Safe?](#) by Christie Keith

Sample Raw Diet

RULES:

- Don't mix proteins
- Don't mix grains and proteins
- All foods to be fed raw

You can feed your dog once or twice per day. I am trying to feed 2X per day - a vege/other meal in the morning and raw chicken in the evening.

Chicken:

Wings or backs or turkey necks. I feed my 40 pound dogs 1 or two per meal. You need to watch your dog - if he gains weight, cut back and if he loses weight, add to it. Every dog is different in terms of breed requirements, age, metabolism. Cody and Shadow actually gets ½ of what Beau does and Beau weighs less than they do.

Other types of meals:

Vegetables: this is what I use: carrots, cauliflower, sweet potato, zucchini, yellow squash, mushrooms and a leafy green vegetable. You can use any vege except tomatoes and onions. Don't use too many brussel sprouts or other gas producing vegetables.... You can use peppers, green beans, brocolli (although that should be steamed), whatever strikes your fancy. I try to hit all of the color groups! Also add in one clove (NOT the whole bunch!) of garlic when juicing the veges. (make sure you juice the veges, and then mix the pulp and juice back together)

- 1 Chicken or turkey hearts
- 2 Cottage cheese (do not mix with any other protein)
- 3 Plain yogurt
- 4 Canned pumpkin

- 5 Oatmeal soaked in water for a few hours, coconut and some raw honey. I do this sparingly - once or twice per month. Billinghamurst has changed his mind somewhat on feeding grains. You can also use spelt or amaranthe - I have no idea how to cook those - ask health food store.
 - 6 Canned mackeral or salmon.
 - 7 Beef liver
 - 8 Chicken or turkey hearts
 - 9 Chicken gizzards
- Use these last 3 sparingly.

SAMPLE MENU:

Monday - morning - veges and cottage cheese

Monday - evening - chicken backs

Tuesday morning - yogurt & hearts

Tuesday evening - chicken backs

Wednesday morning - veges and pumpkin

Wednesday night - chicken wings

Thursday morning - liver and yogurt

Thursday night - turkey necks

Friday morning - veges, fish, pumpkin

Friday night - chicken backs

Saturday morning - yogurt & veges

Saturday night - chicken backs

Sunday - day of fasting. No food, only water. I have to be honest, I KNOW I should fast my dogs once per week and I can't bear to do it but it really is healthier.

Question: *I personally have never heard of fasting animals. What is the point?*

Answer: All the proponents of natural diet, from Levy to Pitcairn to Billinghamurst, recommend a weekly fast day, to mimic the fact that dogs and cats did not evolve in environments that allowed them to eat twice a day. No predator, no matter how skilled and no matter how abundant the prey in their territory, hunts successfully every day. Since dogs and cats are carnivores, they evolved consuming diets high in meat. This can put a fair strain on the kidneys and other organs, and by fasting them now and then, you give these organs a rest and let the body tend to its housekeeping. Digestion is work and takes energy, remember! The idea of the weekly fast

is extremely common in holistic rearing circles, and if the animal tolerates it, I highly recommend it.

SUPPLEMENTS

Probiotic powder (must be refrigerated)

Flax seed oil (must be refrigerated)

Kelp (tiny amount)

Vit. C

Vit. E

B complex

I use chondroitin/glucosamine because I compete with my dogs and it helps build "strong bodies."

I also use Nupro - a supplement that has other types of good things in it.