

Basic "Homemade" Dog Food

This will be enough food for one day for an average 25lb dog. A 50lb dog would get twice this amount and a 12lb dog would get half this amount. You can do the math for your dog's weight.

PROTEIN

You will need to feed 4 units of protein per day. One unit of protein is equal to:

- 2 oz meat or fish
- 1 medium egg
- 1/2 cup yogurt (1/2 cup of yogurt counts as 1 unit of carbohydrate as well)
- 1/3 cup cottage cheese (1/2 cup of cottage cheese also counts as 1 unit of carbohydrate)
- 2 oz organ meat - you can feed up to 1 unit of organ meat per day several times a week if desired

CARBOHYDRATES

You will need to feed 4 units of carbohydrates per day. One unit of carbohydrate is equal to:

- 1 cup vegetables such as broccoli, brussel sprouts, green beans, peas, cabbage, spinach, squashes
- 1/2 cup fruits such as melons, berries, bananas, tomatoes, apples. Also carrots at 1/2 cup
- 1/4 cup cooked beans, lentils or chick peas
- 1/3 cup of grains such as oatmeal or barley. These are the best of the grains, but note that grains in general are the least favorable type of carbohydrate for a dog. Try to limit this to one unit of the total amount fed per day if possible. You can also use whole wheat pasta or brown rice if needed.

SUPPLEMENTS

- 1 tablespoon olive oil
- 1/2 tablespoon bone meal
- multivitamin as directed for body weight
- 1 capsule of fish oil unless feeding an oily fish such as salmon
- 500 mg vitamin C
- 400 IU vitamin E

Please note that this diet will not be adequate or appropriate for all dogs. Be sure to check with your veterinarian before beginning this or any other new diet for your dog.