**Raw Feeding Details**

Dogs need meat, bone, and fat in their diets (60-100%) and small amounts of veggies and fruit (0-40%). When feeding a diet of raw meaty bones, add 2-4 ounces of beef, bison, venison, or chicken liver to a meal once every 7-14 days.

It is not necessary or desirable to feed a balanced meal at each meal. Feed a wide variety of foods, with each meal being different.

How long is meat good for in the fridge? About three days. Therefore, change proteins at least every three days. Feed at least three different proteins, and be careful not to overfeed chicken.

Vegetables to add to your dog’s diet:

Sweet potatoes, beets, cauliflower, broccoli, brussels sprouts, lettuce, kale, kohlrabi, collard greens, chard, carrots, mustard greens, avocados, peppers, cucumbers, tomatoes, jicama, radishes, asparagus, zucchini.

Fruit to add to your dog’s diet:

Pineapple, apples, blueberries, raspberries, strawberries, cantaloupe, watermelon, honeydew, mango, peaches, plums, nectarines, bananas.

Fats to add to your dog’s diet:

Tripe, organic eggs, raw milk, full-fat cottage cheese, coconut oil, almond butter, fatty hamburger, beef or venison fat, the skin on animal parts, ham hocks.

Supplements to add to your dog’s diet:

Essential fatty acids, probiotics, enzymes, and a whole food source of vitamins and minerals. Examples of whole food supplements include kelp, bee pollen, spirulina, medicinal mushrooms, herbs, and sprouts.

Common changes after switching to raw:

* Decreased water intake; some dogs and cats stop drinking water completely.
* Small, hard, dry poop is normal. Sometimes it is white, crumbly, and chalky.
* Increased appetite initially, if they are starved for real nutrition. This levels out after a few months.
* Softer coat, greater energy, calmer behavior as they come down off the sugar high.
* DETOXIFICATION SYMPTOMS: ear “infections”, eye discharge, urinary tract “infections”, bad breath, soft stools, skin eruptions and rashes, blowing of the coat.

How much to feed?

Feed your dog 1.5-2% of their ideal weight in pounds per day, depending on their activity level. Puppies need 4-10% of their body weight in food daily. Cats should be fed 2-4 oz. twice a day.