



Bonnie Brae Veterinary Hospital

155 Shuford Road
Columbus, NC 28722
(828) 894-6064

Basic Maintenance Diet for Healthy Adult Dogs

Courtesy of Dr. Liz Hassinger - Wolf Rock Animal Health Center

The following are guidelines to get you started. Monitor your dog carefully as you change to a homemade diet.
If unexpected weight loss or any skin or intestinal problems occur, contact your veterinarian for help!

	< 20 lb	20-40 lb	40-60 lb	60-80 lb	80-100 lb
Meat (Beef, Lamb, Chicken, Fish, Venison, Rabbit, Turkey)	5-7 oz.	6-8 oz.	8-12oz.	12-16 oz.	16-20 oz.
Eggs	2 eggs/week	2-3 eggs/week	3-4 eggs/week	3-5 eggs/week	3-5 eggs/week
Organ Meats (heart, liver, kidney-these should be organic if possible, if not, use beef, not calf or chicken)	2oz. 2 times/week	3 oz. 2 times/week	4 oz. 2 times/week	5 oz. 2 times/week	6 oz. 2 times/week
Healthy Powder (see separate page)	2 tsp.	1 Tbsp.	1 Tbsp.	1½ Tbsp.	2 Tbsp.
Vegetables (finely chopped if raw, or cooked until soft: broccoli, carrot, green beans, squash, greens)	¼ -1/3 cup	½ cup	½-1 cup	1-1½ cup	1½-2 cup
Cod Liver Oil	¼ tsp.	¼ tsp.	½ tsp.	½ tsp.	¾ tsp.
Seaweed Calcium	1/8 tsp.	1/2 tsp.	3/4 tsp.	1 tsp.	1 1/4 tsp.
Oil (Safflower oil or Olive Oil)	1 tsp.	1 tsp.	2 tsp.	1 Tbsp.	1-2 Tbsp.
Chopped Garlic (optional)		¼ tsp.	¼ tsp.	¼ tsp.	¼ tsp.
Vitamin E	100 units	100 units	200 units	200 units	400 units

Raw or Cooked??? While a raw meat diet is optimal for most dogs, it is not right for **every** dog! It may not be something that you are comfortable with either. It is best to begin with fully cooked meats (simmer in a little water on a stovetop until cooked) and then, if you are comfortable with the raw diet choice, begin to gradually reduce the extent of cooking until you are feeding raw. If your dog will not eat the meats raw, or develops a loose stool, then resume cooking the meats. You should consult with the doctor if this occurs. Supplements, like probiotics or enzymes may be helpful to correct the problem, but not all dogs are cut out for a raw diet.

Warning: Pre-ground meats and commercial chicken may harbor dangerous bacteria. Organic meats and whole cuts of meat are less likely to harbor bacteria. Most healthy dogs have no problem with raw meats, but there is a higher risk of problems if your dog is very ill or aged. The very safest option is to use whole cuts of meat and parboil the meat for 4-5 minutes. Then cut into smaller chunks, or grind. If you use fish, it should be fully cooked. Wash all surfaces and bowls after preparation and feeding to avoid human health risks.

Note: The food may be prepared in batches in advance and frozen in individual, daily portions.



BONNIE BRAE
VETERINARY HOSPITAL

Bonnie Brae Veterinary Hospital

155 Shuford Road
Columbus, NC 28722
(828) 894-6064

“Healthy Powder”*

- **2 cups Nutritional Yeast** (good source of B vitamins, iron, and other nutrients)
- **1 cup Lecithin Granules** (for essential fatty acids, choline and inositol)
- **¼ cup Kelp Powder** (for iodine and trace minerals)
- **¼ cup Seaweed Calcium** (Calcium to balance the high phosphorus levels in yeast and lecithin)

Mix all ingredients together in a 1 quart container and refrigerate. Add to recipe as indicated. This is an important supplement to the homemade diet to provide food-source vitamins and minerals to complete the diet.

Canine Weight	< 20 lb.	20 - 40 lb.	40 - 60 lb.	60 - 80 lb.	80 - 100 lb.	Cats
Healthy Powder	2 tsp.	1 Tbsp.	1 Tbsp.	1 1/2 Tbsp	2 Tbsp.	1 - 2 tsp.

*The recipe for “Healthy Powder” comes from:

Dr. Pitcairn’s Complete Guide to Natural Health for Dogs & Cats. Richard H. Pitcairn & Susan Hubble
Pitcairn. Rodale Press, Inc. 1995.