

DOG FOOD SECRETS



"Don't Let Your Dog Die Young!"

By Andrew Lewis



Legal Stuff

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In Loving Memory of 'Noble'

We miss you dearly, but thank you for the many thousands of dogs that will now live a longer, healthier, happier life because of the lessons learned through your passing.

You were a true and loving friend of the purest heart, I shall never forget you..



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Chapter 1 Homemade vs. Processed Foods



It's Puppy Time!

It's an exciting time for any household -- the bringing home of a new puppy. Whether the intent is for this to be your prized show dog, a guard dog, a "working" dog, or simply a companion or family pet, it is most certainly a momentous occasion. So many questions come into play, leading up to this big day. What kind of dog will it be? Will it be a purebred or a mongrel? Would a male or female fit your lifestyle better? Are you looking to pay big bucks for your pet, or will you perhaps instead choose to "save" a dog from your neighborhood kennel?

And then, just when you think all the major decisions have been resolved and you've selected your pet and brought him home, you find a hundred more questions await you. From choosing a name to selecting a vet, and a myriad of options in betwixt, the process can be positively dizzying, especially when Rover's best interests are of the essence.

There is one area, though, that might get overlooked or at the very least, under-considered: dog nutrition and feeding. Your dog's strong bones, muscle tone, shiny coat and overall well-being are evidence of his nutritious, well-balanced diet. While you may have thought this decision a no-brainer, ultimately it is important to realize that it goes beyond choosing between canned or dry, premium or economy blends.

It is likely there are no less than a zillion books out there on dog care and nutrition, most of them written by practicing Doctors of Veterinary Medicine (D.V.M.), and the world wide web presents a veritable feast of information about the same. The advice and data offered is overwhelming, to put it mildly, and vigorously contradictory, to put it kindly.

Some vets will tell you that you can provide all the nutrients necessary to satisfy your dog's requirements by choosing from the wide array of prepared foods available from the reputable pet-food manufacturers. Others, most notably holistic-proponents, will go so far as to say that prepared foods cause cancer and other crippling diseases in dogs, and therefore adhering to a scientifically-based anticancer diet is necessary for whole health.

Just as you seek balance in your dog's diet, we sought the balance in the available research, and present it to you here, in the most concise fashion. As a bonus, we have also amassed a collection of homemade recipes for you to try with your pet. We are not vets, and our areas of expertise include only loving our dogs, and wanting the best for them. Undoubtedly, you desire the same, so you can relate when we opt to err on the side of caution.

Why Consider Homemade Foods For Your Dog?

First, and very simply, so that you know what your dog is eating.

Commercial-brand dog foods are not beholden to the same FDA labeling requirements as people foods. Per <http://www.fda.gov> specifications, the FDA's Center for Veterinary Medicine (CVM) establishes the federal standards, including proper identification of the product, net quantity statement, manufacturer's address, and proper listing of ingredients. Additionally, some states also enforce their own labeling regulations, many adopting model pet food regulations established by the Association of American Feed Control Officials (AAFCO), which are more specific in nature. These cover aspects of labeling such as *product name*, the *guaranteed analysis*, the *nutritional adequacy statement*, *feeding directions*, and *calorie statements*.

The *product name* is often a key factor in the consumer's decision to buy a product. As such, manufacturers will use names to emphasize a particular aspect. The percentages of named ingredients in the total product are dictated by four AAFCO rules.

The "95% rule" applies to products consisting primarily of meat, poultry or fish. As you might guess, at least 95% of the product must be the named ingredient (discounting the water added for processing). Counting the water, the named ingredient must comprise 70% of the product. Additionally, ingredient lists must be declared in the proper order of predominance by weight. If the name includes a combination of ingredients (such as "Chicken 'n Liver Dog Food"), the two together must comprise 95% of the total weight.

The "25%" or "dinner" rule applies to many canned and dry products. If the named ingredients comprise at least 25% of the product (again, discounting the water for processing), but less than 95%, the name must include a "qualifying descriptive term," such as

"Beef *Dinner* for Dogs." "Platter," "entree," "nuggets," and "formula" are just a few examples of such a descriptive term. Because, in this example, only one-fourth of the product must be beef, it would most likely be found third or fourth on the ingredient list. Since the primary ingredient is not always the named ingredient, and may in fact be an ingredient that is not desired, the ingredient list should always be checked before purchase. Also, unlike the 95% rule, this rule applies to all ingredients, whether of animal origin or not. Hence, a "Lamb & Rice Formula for Dogs" would be an acceptable name as long as the amounts of lamb and rice combined total 25%.

The "3%" or "With" rule requires only a 3% presence of the ingredient where the use of the word "with" is used. This was intended to apply only to ingredients highlighted on the package, but outside the product name to allow manufacturers to point out the presence of minor ingredients (such as "with cheese"). With recent amendments, however, this now applies to using the word "with" in the product name. As a result, "Liver Dog Food" and "Dog Food With Liver" have very distinctive meanings (and very distinctive applicable regulations).

Under the "flavor" rule, a specific percentage is not required, but a product, "must contain an amount sufficient to be able to be detected." In Beef Flavor Dog Food, the corresponding ingredient may well be beef, but is just as likely (if not more so) to be another substance that will give the characterized flavor -- such as beef meal, or beef by-products.

Guaranteed analysis means that, at minimum, a pet food label must state guarantees for the minimum percentages of crude protein and crude fat, and the maximum percentages of crude fiber and moisture. A can of Iams (Slow cooked *with* Broth Beef and Rice *dinner*) for example, reads:

❖ Protein	No less than 9%
❖ Fat	No less than 6%
❖ Fiber	No more than 1%
❖ Moisture	No more than 78%

The *nutritionally adequate statement* applies to any claim that a product is "complete," "balanced," "100% nutritious," or similarly suggests a product is suitable for sole nourishment. A product that does not meet the nutritional adequacy must state, "this product is intended for intermittent or supplemental feeding."

Feeding directions instruct the consumer on how much product should be offered. Often, this would include such verbiage as "feed x cups per y pounds of body weight daily." The consumer needs to be aware that the directions should be taken only as rough guidelines. Breed, temperament, environment and many other factors can influence food intake. Further, the ranges offered tend to be less-than-definitive, and may confound as much as instruct. A typical can, for example, reads thusly:

❖ Up to 10 lbs	1/3 - 3/4 can per day
❖ 10 - 20 lbs	3/4 - 1 2/3 cans per day
❖ 25 - 50 lbs	2 3/4 - 3 3/4 cans per day
❖ 75 - 150 lbs	3 3/4 - 6 1/3 cans per day

The best way for consumers to compare products and determine how much to feed is to know the calorie content. Dog foods can vary greatly in calorie content, even among foods of the same type. Feeding directions vary among manufacturers, too, so the number of calories delivered in a single meal may be quite different from another. However, until recently, *calorie statements* were not allowed on pet food labels. (Not *allowed?!?!?*) New AAFCO regulations were developed to allow manufacturers to substantiate calorie content and include a voluntary statement. We were unable, as of this writing, to find any dog foods wherein the manufacturers opted to include the voluntary calorie counts on their labels. Some, however, do include calorie count among nutritional information on their websites (Pedigree and Iams, for example) So, while calorie content is the best factor for determining dietary needs, it can also be one of the more difficult to ascertain in commercial dog foods.

Additionally, many pet foods are labeled as "premium," "super-premium" and even, "ultra-premium" or "gourmet." Products labeled as such are not required to contain any different or higher quality ingredients, nor are they held up to any higher nutritional standards than are any other complete and balanced products.

Further, food labels often boast the term "natural." In terms of labeling-regulations, however, the term "natural" does not have an official definition. It can be construed as equivalent to a lack of artificial flavors, artificial colors, or artificial preservatives in the product. "Natural" is not the same as "organic." The latter term refers to, "the conditions under which the plants were grown or animals were raised." There are no official rules governing the labeling of organic foods, for humans or pets, at this time. However, the USDA is

developing regulations dictating what types of pesticides, fertilizers and other substances can be used in organic farming.

Still, it does give one pause to think. The dog food manufacturers seem to be putting plenty of time and money into convincing us their products are natural and nutritionally complete with marketing gimmicks and eye-catching claims. That would indicate,

- 1) That is what consumers would *like* the product to be, and
- 2) That is what the product *should* be.

Doesn't it make sense, then, that we select food for our dog that we *know* to be healthful and nutritionally sound?

And What Are Some Of These Ingredients Anyway?

Dogs are meat-lovers, but are not true carnivores and cannot exist on meat alone. In fact, a balanced diet for dogs, unlike cats, can include as much as 50% carbohydrates.

Experts agree, when reading dog food labels, meat should be the first ingredient (per the CVM requirement that all ingredients are to be listed in order of predominance by weight). An absorbable grain, such as rice, should be the next ingredient. "By-product" is an oft-used term in ingredients lists. By-products are generally defined as animal parts that are not used for human consumption, such as bones, organs, blood, fatty tissue and intestines.

ASIDE: Horror Story

After leaving high school but before starting college, I worked the summer in an abattoir. The building was three floors: beef, sheep and pig. Each floor had conveyor belts which carried the guts, bones, organs and every other nasty by-product to a hole in the floor which dropped into a massive vat below the building.

This giant vat -from-hell churned the 'by - products' 24/7.

Being young , stupid and determined to prove myself to my much older colleagues, I accepted the challenge of climbing the greasy staircase to the top of this giant tub -a-guts to admire the view. "Piece of cake", I thought.

Stepping onto the staircase would have been enough to send a wiser man packing, it was completely covered by a 1/16 inch coating of pure animal fat. A few more steps up the staircase and I understood why... the air itself was a pungent vapor of dissolved fat and bacterial decay.

Upward I continued as my colleagues jeered and shouted from below, well -knowing the sensory -assault awaiting me at the summit.

At the top of the staircase it was too late to turn back, I had no choice but to suck in the life-changing stench and peer into the pink, yellow, red and green (yes, green!) sea of sheer - stomach -churning chaos.

Oh, the horror!

Besieged by the stench and mesmerized by the circular churning of the many thousands of animal innards – I stood there for an eternity.....

The smells and images I beheld that day, have forever been burned onto my memory!

To give you an idea of the spirit -crushing power contained in the smell alone, I'll add this final anecdote:

The cacophonous blend of putrid odors wafting -up through the hole in the floor to our work area, became so bad at one stage during

my 3-months of employment, that a lady working near me, a veteran of 5 years, ran from our processing room, teary eyed with hand -over mouth, dry -reaching all the way to the porcelain bus!

And we were 2 stories up!

Why would the abattoir bother to cultivate such nastiness?

You guessed it... Pet food!!

Keep this tale in mind next time you buy dog food off the shelf.

Some say the use of by-products in dog food is perfectly okay. Per reviews, what you don't want is, "unidentifiable by-products," such as the very vague, "meat by-products." The "meat" umbrella encompasses some very shocking members: zoo animals, road kill, so-called, "4-D livestock" (dead, diseased, disabled and dying), and even (*yikes!*) euthanized dogs and cats. This last was confirmed by the American Veterinary Association and the FDA in 1990. We take some comfort in learning this practice was never widespread, but limited to, "small rural rendering plants and a few other assorted links in the pet food manufacturing chain," per www.consumersearch.com.

Pet owners are thus encouraged to look for specific origin of by products in ingredients lists, such as "chicken by-product." If a label says "chicken by-product," all the parts must come from chicken; the same goes for lamb, beef, and so on.

Others insist that foods that list by-products in their ingredients should be avoided altogether, considering the vagueness of the term itself.

On the plus side, dog food companies appear to be drifting away from the use of artificial preservatives in food. Chemical additives such as *BHA*, *BHT* and *ethoxyquin* have known some controversy over the years. Under scrutiny, many manufacturers moving to the use of natural preservatives, such as Vitamin C (ascorbate) and Vitamin E

(tocopherals). These are generally considered to be much safer, but the result is a much shorter shelf life for these products.

BHA is short for Butylated Hydroxyanisole, and *BHT* is Butylated Hydroxytoluene and these are antioxidants. As such, oxygen reacts preferentially with BHA or BHT, rather than oxidizing fats or oils, thereby protecting them from spoilage. In addition to preserving foods, BHA and BHT are used to preserve fats and oils in cosmetics and pharmaceuticals. Both have been banned from human use in many countries. In the US, though, they are still permitted in pet foods. While for us, this would be enough said, studies actually have linked BHA and BHT with liver and kidney dysfunction.

Ethoxyquin is a chemical preservative – and suspected carcinogenic – regulated by the FDA as a *pesticide*. While ethoxyquin cannot be used in human foods, it, too, continues to be used in many pet food brands. Ethoxyquin has been found to promote kidney carcinogenesis and significantly increase the incidence of stomach tumors and enhanced bladder carcinogenesis, according to several studies. Carcinogenesis (*KAR-sin-oh-JEN-eh-sis*) is, quite simply, the process by which normal cells turn into cancer cells. There are also reports linking ethoxyquin with allergic reactions, skin problems, major organ failure and behavior problems.

In 1997, the CVM made a request to manufacturers of ethoxyquin and the pet food industry to voluntarily lower ethoxyquin residue in pet foods to 75 parts per million (ppm), from the currently allowed amount of 150 ppm. To date, there is still no mandatory requirement to meet the voluntary request.

What If The Payoff Were Even Bigger?

Advocates of a holistic lifestyle take it even further. In his book, *The Natural Vet's Guide to Preventing and Treating Cancer in Dogs*, Shawn Messonnier, D.V.M. notes that 50% of dogs will develop cancer in their advanced years. In outlining his general strategy for both minimizing the chances of cancer and treating cancer, he lists providing a proper diet among his recommendations. He asserts,

Minimize animal and plant by-products and chemical preservatives in your pet's diet. When possible, a homemade diet using quality ingredients is best; a holistic, organic processed food would be a second option.

Wendy and Jack Volhard are 30-year dog training veterans who developed their own "Motivational Method" and are strong proponents of the holistic approach. On their website <http://www.volhard.com/holistic/artbywv.htm>, Wendy writes,

We have made our own food for well over 30 years now, and our dogs are living longer and longer each generation. Whereas the normal lifespan of a Newfoundland in 1998 was 6.2 -6.7 years according to a national survey done by the Newfoundland Club of America, our dogs, and other dogs following the Natural Diet, live up until 15 years of age.

Those results are hard to argue or find fault with. The empirical data backing up such claims is limited, to be sure. But it is here where we find ourselves (out of sheer love for our pet, and the desire to do anything we can in his best interest) thinking, "Why not just give it a try?"

While the loose regulations on dog food labeling leaves us somewhat in the dark as to what exactly we are feeding our pet, good home cooking allows for flexibility and purity. It also gives us total control over our dog's nutritional needs. We can be assured that all ingredients are of the highest quality, and add up to a balanced, toxin-free diet. And, let's not diminish the importance of the one ingredient that only we can add, and which most certainly will be lacking in *any* commercial dog food -- *love*.

Chapter 2 The Daily Dietary Requirements for Dogs



Your Dog The Omnivore

Unlike other predators, dogs are omnivores and require more than meat for daily nutrition. They have a poor sense of taste, having far fewer taste buds than humans, and are willing to consume almost anything that might offer nourishment. The lack of fussiness is accompanied by a requisite sensitive vomiting reflex, which permits them to reject foods after eating if they are unpalatable or dangerous.

The dog is also a natural gorging. In the wild, dogs gorge themselves of any food available, and then live off that nourishment for several days. This is possible because the dog has a large stomach and short intestinal tracts. Food breakdown starts in the stomach, but most of the digestion takes place in the intestines.

The lack of fussiness, the gorging behavior, and insufficient exercise combine to create an environment ripe for obesity. Per John M. Simon, D.V.M., author of *What Your Dog is Trying to Tell You*, obesity is the number-one canine health disorder seen in veterinarian's offices. As many as 25 - 44% of all dogs are overweight. Obesity is defined as weighing over 15% more than the standard accepted weight for the dog's height. Per Dr. Simon, "a portly pooch is at increased risk for musculoskeletal, cardiovascular, gastrointestinal, endocrine, respiratory, immune and reproductive disorders, including cancer." (p. 97)

Besides obesity, there are other visible indicators that a dog is not getting proper nutrition. Most obviously, an inadequate diet is reflected in the skin and coat. Other indicators include large, malodorous stools, chronic gas, dirty and brown teeth, bad breath, and a poor immune system -- which manifests itself in susceptibility to ear and skin infections, worms and fleas.

All of these indicators can and most likely will happen with any dog, but only occasionally. When they happen in unison, and frequently or continuously, it is time to examine the diet and make some changes.

The Nutritional Requirements Of Your Adult Dog

It is true that no dog is the same, and nutritional needs of dogs can vary. Various stages of the dogs life necessitate changing requirements, as well. All dogs, though, require minimum quantities of

six basic nutrients: *Proteins, Fats, Carbohydrates, Minerals, Vitamins* and *Water*.

Proteins

Proteins are made up of amino acids, which are known as the building blocks that form thousands of different proteins, each with a specific function. Every different amino acid configuration corresponds to a different protein, including enzymes, hormones, genes, red blood cells, hair, skin, bone and muscle.

Dogs can manufacture some amino acids in their bodies, others must be supplied in their food. Dietary protein contains ten essential amino acids that dogs cannot produce on their own. Proteins from animal sources are preferable for dogs because they are easier to extract and digest than proteins from plant sources. The *type* of protein contained in the food is essential to know. Foods containing cereal proteins (wheat, corn, barley) have little nutritional value for dogs. Muscle meats, eggs and organ meats (such as liver) provide much more usable protein.

Proteins form the enzymes that metabolize food into energy and the hormones that guide various body functions. Proteins themselves can also be metabolized for provide energy. They build bones, repair tissue and maintain growth.

Protein deficiencies result in slow growth and weak or deformed bones. Also linked to animal protein deficiencies are chronic skin and ear infections, epilepsy and cancer, spinning or tail chasing, aggression, timidity, lack of pigmentation, excessive shedding, crooked whiskers, gastrointestinal upsets, poor appetite, a weakened immune system, and an impaired ability to heal from wounds. Excess protein can cause obesity and brittle bones.

Dietary sources for proteins are complete dog foods, meat, fish, milk and eggs. Protein should comprise about 10% of your dog's diet.

Fats

Fats are saturated or polyunsaturated, and your dog needs both. Together, they form the essential fatty acids (EFA's) necessary for good health. Fats increase palatability of food, provide a media for fat-

soluble vitamins, and affect food storage. They are vital for a healthy coat and skin, reproductive efficiency and kidney function. They also provide energy and aid metabolic processes.

Fat deficiencies result in a dull coat, delayed healing of wounds, lack of energy, heart problems, growth deficits and dry skin. Excess fats can result in obesity and liver disease.

Dietary sources for fats include animal and vegetable fats and oils. Fats should make up about 5% of the total diet.

Carbohydrates

Carbohydrates comprise a large group of compounds and include all sugars and starches. They provide energy and are a source of bulk in the diet. Carbs should make up no more than 50% of a dog's balanced diet, including 2 - 5% from fiber. Too much fiber in the diet can decrease the digestibility of other important nutrients and result in loose stools, frequent defecation and reduced palatability of the dog food.

Carb deficiencies can result in possible fertility and whelping problems. Excessive carbohydrates cause obesity.

Dietary sources for carbs include cereals, rice, pasta and potatoes. Oats, barley and brown rice are whole grains which contain a lot of vitamins and nutrients. They also contain protein and fat. Corn is a popular choice. Soy is another popular choice, but some experts warn that soy binds up other nutrients and makes them unavailable for absorption. Hence, dog foods containing soy are best avoided.

Minerals

Some minerals are found in all foods, but no single food contains everything needed in the proper balance for good nutrition. Mineral needs for dogs include calcium, potassium, phosphorous, sodium, magnesium, sulphur and in trace elements, iron, copper, zinc, manganese, iodine, cobalt, and selenium. These make up less than 2% of any formulated diet, and yet they are the most critical of nutrients.

A dog can manufacture some vitamins on its own, but he cannot make minerals. Functions in the body include:

- ❖ Building bones and teeth
- ❖ Clotting and muscle function
- ❖ Building hemoglobin
- ❖ Aiding in protein synthesis
- ❖ Tissue repair, immune system
- ❖ Fat metabolism
- ❖ Thyroid function
- ❖ Vitamin B₁₂ production
- ❖ Vitamin E synthesis
- ❖ Amino acid synthesis
- ❖ Water balance
- ❖ Nerve function

Deficiencies in the different minerals have different results. A dearth of calcium, for example, results in poor growth, rickets and convulsions. Deficiencies in iron or copper result in anemia. A shortage of magnesium causes convulsions, muscle weakness, and anorexia. Poor growth and skin and infertility follow a lack of zinc and manganese. Shortages of iodine cause goiter, hair loss and lethargy. We see muscle problems as a consequence of selenium deficiency, a lack of sulphur results in poor growth and coat. Kidney and heart problems are the effect of missing potassium, and sodium shortages cause hair loss and poor growth. Sodium shortages rarely occur. Excess sodium has been linked to hypertension in dogs.

Not only do dogs (and all organisms) need these nutrients, but they need them in proper amounts and balance for optimum health. For example, unless calcium and phosphorous are in balance, neither will be properly absorbed or utilized. Iron is critical for healthy red blood cells and is an essential component of some enzymes. Iron from animal sources is more readily absorbed than that from vegetable sources.

Dietary sources of these minerals include: milk, cheese, bones, bread, meat, vegetables, fish, greens, cereals, nuts, eggs and salt.

Vitamins

Like minerals, some vitamins are found in all foods, but no one food can provide all the essential vitamins. There are two types of vitamins, water soluble and fat soluble. The former are the B complex vitamins, including thiamin, riboflavin, pantothenic acid, niacin,

pyridoxine, biotin, folic acid, choline and B₁, B₂, B₆ and B₁₂, and C, ascorbic acid. B-vitamins help convert food to energy. Vitamin C is manufactured by the dog. Any excess of water soluble vitamins is filtered through the kidneys and urinated out between four and eight hours after ingestion. As such, they must be present at each meal. Fat soluble vitamins A, D, E and K are stored in the fatty tissue of the body and liver and are used on an as needed basis.

Functions of vitamins in the body are:

- ❖ Protecting skin
- ❖ Vision
- ❖ Bone growth
- ❖ Energy metabolism
- ❖ Amino acid metabolism
- ❖ Fat metabolism
- ❖ Nerve function
- ❖ Increasing calcium absorption
- ❖ Aiding cell membrane function and reproduction
- ❖ Blood clotting

Vitamin A deficiency can cause eye problems. Vitamin D deficiency causes rickets. Vitamin E deficiencies can cause muscle tissue breakdown, reproductive failure, and impairment of immune response.

Fat-soluble vitamins can build up in tissues and become toxic. Excess vitamin can lead to bone disease and anorexia. Excess Vitamin D causes diarrhea and calcification of soft tissue, lungs and kidneys.

Food sources for vitamins include milk, cod liver oil, peas and other vegetables, beans, whole grains, organ meat, cheese, cereals, legumes and eggs.

Dog foods contain vitamin and mineral supplements in balanced concentrations. Too much or too little of one mineral may interfere with absorption of another or with vitamin use. Major dog food companies do may every effort to provide balanced proportions of vitamins and minerals for maximum nutritional benefit. However, slight differences in processing temperatures, ingredient quality and storage processes can cause variations in quality that may affect a particular dog, breed or line of dogs within a breed. In addition, some breeds or groups may have slightly different requirements. Hence, all dog foods are not perfect for all dogs, a factor contributing to the

production of a myriad of different foods, claims and processing methods.

Water

A bowl of fresh water should always be available to your dog, and more provided during exercise. A dog loses water daily in urine and feces, through panting, and to a limited extent, through sweating from the pads on its paws. Dogs can suffer irreversible body dehydration and damage if water is unavailable for over 48 hours. Although canned dog food can be as much as three-quarter liquid, this is not enough to sustain a dog.

Caloric Requirements For Your Dog

The chart below is a general guideline for your dog's calorie requirements. Dogs, on average, need about 30 calories per pound of body weight per day to maintain their current weight. Small active dogs, weighing less than 20 lbs. can use up to 40 calories per pound per day. Large dogs, over 50 lbs., can use as little as 20 calories per pound per day.

Daily calorie requirements may be less for inactive or neutered dogs in hot climates. Conversely, and as you might expect, the requirements will increase for a working dog, a herding dog, and a dog that spends most of his time outdoors.

Individual metabolism, exercise, age, environment and overall health will determine what your dog really needs to remain lean and healthy. If your dog is overweight, increase his exercise, and feed him smaller meals, totaling about 60% of the typical calories required for its ideal weight.

Since your dog can only have so many calories every day, it is important to pack lots of nutrition, bulk and appeal into those calories. If you make your dog's food at home, you will have to do some calculating to determine the caloric content of meals.

You can feed those calories in several meals rather than in one large daily meal. It can be much easier on a hungry dog to have 2-3 meals a day rather than waiting 24 hours in between meals. You can always add low-calorie vegetables or treats in between meals.

Remember, a healthy dog is ready to eat at any time. Some dogs can eat while flat on their side and more or less asleep. Therefore, it is pointless to use your dog's begging behavior as any indicator of how much to feed him. Knowing how many calories he needs and how that translates into food will help keep him trim and healthy.

<u>Target Weight</u>	<u>Normal Requirements</u>
5.5 lb (2.5 kg)	250 calories
11 lb (5 kg)	450 calories
22 lb (10 kg)	750 calories
33 lb (15 kg)	1000 calories
44 lb (20 kg)	1250 calories
55 lb (25 kg)	1500 calories
66 lb (30 kg)	1700 calories
77 lb (35 kg)	1880 calories
88 lb (40 kg)	2100 calories
99 lb (45 kg)	2300 calories
110 lb (50 kg)	2500 calories

Energy needs for the dog change throughout his life, increasing the more active he becomes, and obviously decreasing as the dog reaches his senior years.

Factors That Affect Your Dog's Nutritional Needs

Male and female sex hormones affect metabolism. When these hormones are reduced, through neutering, for example, many dogs develop a tendency to become overweight. After a dog is neutered, you will need to reduce his intake by perhaps as much as 20%. The goal is to maintain the pre-surgical weight. If he starts to lose weight, gradually increase the amount until you meet his needs.

Pregnant dogs require very little increase in food until late in their pregnancy. Increase her food by 10% only during the last four weeks of the nine-week pregnancy. Post-birth and while lactating, she may need up to three times her normal daily food consumption. Lactation needs are greatest by the third week after birth, and increase with the size of the litter.

Dogs that are confined to small areas and get little exercise need fewer calories than those that are exercised regularly or allowed access to large yards,. On the other hand, energy requirements increase by as much as 300% over a typical maintenance diet for hard-working dogs, such as those that hunt, race or herd.

Variations in temperature influence a dog's diet. The colder the temperature, the more energy a dog requires to maintain his body temperature. If your dog spends at least half his time outdoors during the cold winter months, for example, the amount of food he needs may double compared to what he normally eats during the summer.

As dogs mature, their metabolism and physical activity slow down. To help prevent your older dog from becoming obese, you will want to decrease the amount of food offered. Many veterinarians and dog-food manufacturers consider the geriatric stage in a dog's life as beginning after 7 years of age. Keep in mind, however, that the aging rate varies with different breeds. Some signs that your dog is slowing down and may need a change in diet include:

- ❖ Increases in body weight
- ❖ Changes in vision and hearing
- ❖ Difficulty in moving
- ❖ Changes in bowel or urinary behavior
- ❖ Bad breath possibly due to teeth or gum problems

Conversely, severe illness or trauma may double a dog's energy needs. Whenever your dog becomes ill, it is best to consult with your veterinarian to determine your dog's changed nutritional needs.

The growing puppy needs about twice as many calories per pound of body weight as an adult of the same breed. You should start giving puppies food at approximately four weeks after birth in multiple, well-spaced meals. Puppies are considered to be growing until they reach adulthood -- around 9 - 18 months, depending on breed.

The chart below offers some alternative calculations for these varying factors for your dog. Again, these are to be considered guidelines only.

Caloric Requirements for Varying Needs

<u>Dog's Weight</u>	<u>Summer Needs</u>	<u>Winter Needs*</u>	<u>Puppy Needs</u>	<u>Dieting Needs</u>
5 lb (2.3 kg)	120	180	200	150
10 lb (4.5 kg)	420	630	700	270
20 lb (9 kg)	700	1,050	1,200	470
30 lb (13.6 kg)	930	1,400	1,400	580
50 lb (22.7 kg)	1,350	2,000	2,000	880
70 lb (31.8 kg)	1,680	2,500	2,500	1,100
100 lb (45.4 kg)	2,400	3,600	3,600	1,380

*Note, this applies only to dogs living outdoors at least 50% of the time.

Feeding A Balanced Diet

If you plan to feed your pet fresh food, you want to make sure that you provide it with all the nutritional building blocks it needs to maintain a healthy body. Animal protein should be combined with vegetables, pasta, rice, cereals and other foods to provide all the protein, carbohydrates, fats, vitamins and minerals needed. As a general rule, foods that are balanced for humans are probably balanced for your dog.

A basic diet of meat and vegetables will provide a dog with the balanced diet we seek. The high levels of fat in ground meat is not as harmful to dogs as it is to humans, but it is a major source of calories to be sure. Liver is high in phosphorous, and rich in vitamins A and B₁. Chicken and turkey are easily digested, and lower in calories than other meats. Lamb, whitefish (cod), salmon and herring are other good options.

Finely chopped or ground raw vegetables can include carrots, broccoli, potatoes, sweet potatoes and leafy greens.

Pasta is a good source for carbohydrates, but often needs added flavoring to gain your dog's interest. Other cooked grains like rice, barley, bulgur, polenta and oatmeal are also highly recommended.

Breakfast cereals with milk are good sources of vitamins, and provide a light and tasty meal. Raw, scrambled, fried, hard-boiled or poached eggs also provide an ideal nutrition source, and dogs love them. Plain yogurt and small amounts of hard cheese are additional options.

Fresh fruit like blueberries, blackberries, raspberries, strawberries, melons, apples, pear and bananas can be given anytime, and are optimal for a healthy, low-calorie snack.

Not all human food is healthy for dogs, though. Here's a quick list of some foods to avoid:

- ❖ Fatty meats and cured meats
- ❖ French fries
- ❖ Batter-dipped, deep-fried vegetables
- ❖ White bread
- ❖ Pastries, cookies, cakes and other sugar sources
- ❖ Chocolate and other sweets
- ❖ Pancakes and waffles
- ❖ Processed foods
- ❖ Ice cream
- ❖ Grapes and raisins
- ❖ Junk food, frozen dinners and fast food

Additionally, bones are not recommended by most veterinarians. While they are believed to have some dental benefit (massaging gums and scraping teeth), they more commonly cause fractured teeth and bone splinters tear up a dog's insides. Instead, offer your dog rawhide chews. These allow a dog to exercise its teeth and gums, and contain few calories. They also may help prevent destructive chewing.

Because dogs are not true carnivores, they can *technically* survive on a vegetarian diet. They are capable of converting vegetable proteins and carbohydrates as needed. *But*, it is difficult to maintain balanced nutrition with a vegetarian diet, and should never be attempted without consulting with a veterinarian or dog nutritionist. Some say that, yes, a dog can *survive*, but not *thrive*, and that is a big difference. Animal protein sources are therefore recommended.

The following chart compares the protein, fat and calorie content of fresh meats, which can help you in your preparation of fresh meals for your dog. Chapter 4 offers a tempting array of easy, and cost-effective recipes for you to try.

<u>Meat</u>	<u>Cal. per 1 cup serving</u>	<u>Cal. from Fat</u>	<u>Protein</u>
Chicken (thighs)	273	123	35.0g
Chicken Liver	234	82	34.2g
Beef (ground)	259	147	26.1g
Pork (tenderloin)	230	62	26.9g
Lamb	253	89	26.8g



Chapter 3 Additional Dog Health Considerations



A Checklist For Good Health

Of prime importance to good health for your dog is sensible home care. Fortunately, this is generally pretty easy to maintain. A dog's needs aren't really that much different from our own, after all -- the general plan is simply to eat right, stay hydrated, exercise regularly, and observe general hygiene.

It is also helpful to check regularly for signs of illness or disease so any sign of either can be promptly nipped in the bud, or managed, as the case may be. This chapter focuses on some general guidelines for caring for your pet, in sickness and in health.

Gauging Your Dog's Normal Vital Signs

Your dog's vital signs offer an insightful glimpse into his general state of health. Your vet should be consulted if your pet's vital signs differ significantly from any of the following:

- ❖ Temperature: 101° to 102.5°F (29.2° to 38.3°C). Smaller dogs have slightly higher temperatures.
- ❖ Resting heart rate: 75 to 120 beats per minute. Smaller dogs have slightly faster heart rates.
- ❖ Resting respiration: 10 to 30 breaths per minute.

Taking his temperature will require an inexpensive, electronic rectal thermometer. To use, apply a thin coating of lubricant, such as petroleum jelly or vegetable oil. Grasp your dog's tail with one hand and insert the thermometer with the other, slowly pushing firmly but gently. The dog's size will dictate how far the thermometer needs to be inserted. For a small dog, one inch might be enough, but for a larger dog, as much as 1/2 of the thermometer may need to be inserted.

To gauge your dog's resting heart rate, just place your hand on his chest and feel the beat. Note the rate and the rhythm. You should also become acquainted with the normal rate and rhythm of his breathing patterns, which you can observe by simply watching his chest.

Following A Regular Health-Maintenance Schedule

A regular health-maintenance schedule should include such procedures as neutering or spaying, vaccinations, heartworm checks, stool checks, routine exams, blood screenings and dental exams and teeth cleaning.

Neutering and Spaying

Veterinarians generally recommend neutering or spaying between 3 and 8 months of age if you do not plan to breed your pet. Doing so increases the dog's life expectancy. Neutering or spaying can eliminate or reduce the incidence of a number of health problems that can be very difficult or expensive to treat. In fact, spaying eliminates the possibility of uterine or ovarian cancer and greatly reduces the incidence of breast cancer. Likewise, neutering eliminates testicular cancer and decreases the incidence of prostate disease.

Both procedures are performed under a general anesthetic. When the male is neutered, the testicles are removed, and the dog appears to recover within 24 hours. Stitches will generally be removed within a week to ten days afterwards. Neutering has been said to curb undesirable behaviors such as straying, biting and hyper-sexuality, as well. When the female is spayed, both the ovaries and uterus are removed and her heat cycle is thereby eliminated. Females in heat often cry incessantly, behave very nervously, and attract unwanted male attention.

To have your pet spayed or neutered is also being a responsible pet owner. Many communities spend millions of dollars trying to control unwanted animals, and animal shelters are already overburdened with the surplus of those. Irresponsible breeding only contributes to problems with dog bites, attacks and euthanasia of innocent but unwanted animals. The cost of neutering or spaying surgery is relatively small, especially when compared with the potential costs of not doing so.

Vaccinations

The typical schedule for vaccinations has historically and typically been thus:

- ❖ Distemper-hepatitis-lepto: Yearly booster, or as determined by serum titer testing
- ❖ Rabies vaccine: 1 - 3 year boosters, depending on incidence of rabies in the area
- ❖ Kennel cough vaccine: Yearly booster, if you board your dog
- ❖ Parvo-virus vaccine: Yearly booster, or as determined by serum titer testing
- ❖ Lyme disease vaccine: Yearly (if your dog gets into wooded areas)

In recent years, however, vaccines have come under scrutiny, and veterinarians have begun questioning the need for lifelong yearly boosting. Vaccination programs have been linked to increases in cases of autoimmune diseases, as well as severe skin disorders, gastrointestinal disturbances, sickness and colitis symptoms.

Instead, many now recommend that the dog have his blood tested yearly to determine if protective levels of antibodies are present. If so, no vaccines are given. If antibody levels are low, a booster is given. A reputable veterinarian will discuss these options with you.

Heartworm Checks

This should generally be done every spring before mosquito season begins, and preventive medicine provided at that time. According to the Heartworm Society, the highest infection rates occur in dogs not maintained on heartworm preventive within 150 miles of the Atlantic and Gulf coasts and along the Mississippi River and its major tributaries. Other areas with large mosquito populations also have a high rate of infestation.

Heartworm prevention is simple. It involves drawing blood to determine whether the parasite is present and regular dosing with preventive medication. Heartworm infestation is dangerous. Untreated dogs die and treated dogs go through weeks of discomfort while the worms are killed and expelled from their bodies. Infestation can cause a gradual weight loss, a persistent cough, and a pot-bellied appearance.

Preventive doses come in oral and topical versions and are only available from a veterinarian. Some of these drugs also kill other

parasitic worms, and one of the new topical solutions also acts against fleas, ticks, and mites. Many veterinarians recommend and many owners use a year-round heartworm prevention program to guard against the occasional mosquito flying about in areas with mild winters.

Blood And Stool Checks And Worming

Veterinarians recommend routine stool checks twice yearly, and blood tests annually. These are performed to test for parasites and disease. Common parasites include roundworms, tapeworms, whipworms and hookworms.

Intestinal parasites often cause little to no inconvenience to dogs. But roundworm, the most common, is a serious health hazard, and regular worming is heavily encouraged to prevent infestation. Roundworms can cause mild vomiting and diarrhea, with curled, round, pink-white worms being passed. Puppies can actually acquire roundworms while still in utero and at two weeks old will have matured roundworms present in their intestines. All puppies should be routinely wormed from two weeks of age. Even healthy-looking dogs can have roundworms.

Tapeworms seldom cause clinical signs. Typically, you would notice your dog licking the anal region and you might see signs of tapeworm egg sacs in the hair around the anal region. The worms can also be seen in the feces. Usually, a dog contracts this by eating a flea containing a worm egg, or by eating carcasses or scraps of animals that contain tapeworm cysts.

Controlling fleas and keeping your dog away from animal carcasses are good preventive measures for tapeworms.

Whipworms can cause diarrhea, with enough bleeding to cause anemia. They usually occur in young dogs living in unhygienic conditions, and most commonly in warm climates. They cause irritation, and most noticeably, the dog will drag its rear along the ground. If whipworms are suspected, consult your vet immediately. Whipworm eggs shed on grass and can remain infectious for over a year. Special medicines are required for treatment as this worm is resistant to many drugs.

Hookworms are almost microscopic, living off blood in the small intestine. They can cause severe anemia and diarrhea. These are usually caused by lying on damp, unhygienic bedding. A vet will supply medication to treat this worm, but hygiene will need to be improved to prevent recurrence of infestation.

ASIDE: If your dog has worms, it is a good idea to also worm your family with human worming tablets, because many dog worms are transferable to humans.

I am not a medical professional, please consult your doctor for more information before taking anything.

Dental Exams And Teeth Cleaning

Your dog's teeth and gums should be examined by your veterinarian at least once a year. 70% of all domestic dogs show signs of gum disease by four years of age. This is often first indicated by bad breath, because of bacteria multiplying in food trapped between the teeth or by gum infection.

Small breeds, such as poodles and terriers, have very densely-packed teeth, and as a result are more prone to gum disease than larger breeds, such as retrievers. Untreated gum disease leads to tooth decay. Chip fractures from chewing bones also damage teeth and lead to infection.

The following table outlines some signifiers, and the correlating tooth disorders:

<u>Symptoms</u>	<u>Correlating Disorders</u>
Halitosis (bad breath)	Tartar buildup Gingivitis Tumors Proliferating gum disease
Drooling	Salivary cysts

	Periodontal disease Tongue injuries Foreign body (such as a fish hook)
Reluctance to chew	Tooth cavity Tooth root abscess Fractured tooth Distemper teeth
Malocclusion (maligned bite)	Undershot jaw Overshot jaw
Abnormalities	Hairlip Cleft palate Retained milk teeth No adult teeth

To help prevent tartar buildup and gum disease, your vet may encourage you to brush your dog's teeth everyday, or at least weekly. Dog toothpaste is generally pleasant tasting, so this makes the task easier. Never use toothpaste intended for humans, though. To clean the dog's teeth, apply paste to the brush and use the same movements you use for your own teeth -- small, massaging circles at the outer and inner gum lines and across chewing surfaces.

I use a single-finger-glove, which has bristles on the end, similar to the position you find them on a toothbrush. It works well for dogs with small to medium sized mouths, however with bigger dogs it gets a bit slobbery! You can get them at most large pet stores.

Good Grooming

Your dog will love the attention you lavish on him when grooming, so setting aside time weekly to primp and pamper your pet will be mutually beneficial. Grooming includes keeping hair trimmed around the eyes, ears and anus, removing matted fur, brushing the coat and cleansing the skin, and clipping the nails, if necessary. Aside from looking great, good grooming also supports good health as any ailments, even the most minor, are more apparent on a well-kept dog.

Eyes - It's important to keep hair out of the eyes to prevent irritation and infection. Any secretion build-up in the eyes can be gently removed with a soft cloth or cotton ball.

Ears - Earwax and dirt build-up in the ears should be tended to as well. You can moisten a soft cloth or tissue with baby oil and gently wipe the surface. Avoid trimming hairs around the ear with scissors.

Nails - Too-long nails can break off or tear, causing considerable pain, so nails should be checked regularly. An active dog will usually inflict enough wear on his nails to keep them well-worn. A more sedentary dog will need regular trimmings. To do this, hold the paw horizontally, and clip just the part that curves under, no more. Use a pair of dog clippers for best, and easiest, results.

Coat - Coat care is heavily dependent on the type of fur your dog has.

Smooth, short coat - Smooth, short coats are relatively self-cleaning and require little attention. Smooth-coated dogs do not need a lot of grooming, but they should still be brushed regularly. First, use a rubber brush to loosen any dead hair and surface dirt. Remove dead hair and skin with a bristle brush, taking care to cover the entire coat, from head to tail. Lastly, briskly polish the coat with a chamois cloth to bring out the shine.

Dense, short coat - A dog with a short, dense coat must be groomed regularly to prevent mats. A slicker brush will remove tangles. Brush thoroughly with a bristle brush, which removes dead hair and dirt and debris. Finally, run a fine comb through the feathery hairs on the dog's legs and tail, and trim, if desired.

Long coat - Longhaired breeds should be brushed at least every other day. With a slicker brush, gently untangle any matted hair or knots. Don't pull or rip out hair. Brush the coat again with a pin brush. You should feel no tangles as you brush through the coat. Finally, comb through the fur with a wide-toothed comb. Trim long hair around the feet, especially where dirt and foreign bodies can become lodged. Using sharp scissors, trim hair around the hocks so that the long hair does not become entangled and collect dirt and debris.

Although good grooming keeps a dog's coat looking its best, there are times that bathing becomes necessary as well. Once a month is plenty. Always use a canine or tearless shampoo, *never* dish soap. After wetting the animal's fur, pour shampoo into your hand and lather all body parts, being careful to shield the eyes. Be certain to rinse thoroughly, as any residual shampoo can irritate the skin and cause scratching. Squeeze excess water from his coat, then dry him with a

large towel. A hair dryer set on warm can be used on dogs with healthy skin.

The Home First Aid Kit

Urgent, professional veterinary attention should always be sought for serious injuries. But, before you move an injured dog, you will need to assess the degree of injury and administer life-supporting first aid.

First aid involves removing the dog from the source of harm, preventing the worsening of the condition, restoring vital bodily functions, alleviating pain and distress, and helping recovery to begin.

Over-enthusiastic first aid can do more harm than good. Limit yourself to determining the seriousness of the dog's condition, providing essential treatment, and then getting immediate professional help.

It is a good bet to create a pre-assembled pet first aid kit, and have it handy in case of emergency. Basic first-aid equipment should include:

- ❖ Adhesive tape
- ❖ Bacitracin ointment or antiseptic cream
- ❖ Bandages
- ❖ Charcoal suspension -- administered orally to adsorb certain drugs or toxins to prevent or reduce their systemic absorption
- ❖ Cotton
- ❖ Gauze
- ❖ Hydrogen peroxide
- ❖ Muzzle
- ❖ Petroleum jelly
- ❖ Rectal thermometer
- ❖ Rubbing alcohol
- ❖ Scissors
- ❖ Tweezers

Play And Exercise

Dogs of every age and size enjoy playing with you, with other dogs, and with toys. Denying a dog the release of mental and physical activity could ultimately result in destructive and unacceptable behavior, such as aggressiveness, chewing objects, excessive barking or howling, or befouling the house.

The actual amount of exercise needed varies according to breed, age and state of health, but all dogs should have time set aside daily to be able to play and run in a safe, appropriate place. By training a dog to retrieve objects, you can concentrate this necessary exercise into a shorter period of time. Playing games with your dog reinforces your authority, as the dog depends on you to throw the toy. In your absence, toys can stimulate your dog's mind and senses.

All active breeds thrive on daily activity. Once your dog is trained to obey your commands, and where safe and appropriate, your dog should be regularly allowed off the leash to enjoy vigorous exercise. Frequent walks on the leash are needed as well.

Other General Considerations

It is essential to invest in the proper equipment before bringing your dog home. The dog should have a clean, warm, dry bed, for starters. Form-fitting bean bags make ideal beds. They are soft, light, retain body heat, and are easy to wash. Baskets with a well-fitting, washable mattress are appropriate as well.

Identity tags should be worn on the collar, with your dog's name, your phone number, and your vet's number. The dog license should be worn on its collar, too.

Each dog should have its own food bowl, and this must always be kept clean. Bowls can be heavy ceramic, stainless steel or plastic. Ideally, it will have a rimmed with rubber so that it does not slide. Fresh water should always be available, and replenished often.

The dog needs a variety of toys to help keep him mentally active, such as a chew toys, squeaky toys, balls, frisbees, ropes and tugs. The chew toys exercise the jaws and clean the teeth. Squeaky toys appeal to the dog's hunting instincts.

A basic grooming kit should include a good quality bristle brush for grooming the fine, downy coat close to the skin, and metal brushes and combs for removing tangles, mats and debris from the thicker, longer hair. Be sure to use brushes that are appropriate for your dog's breed.

A dog should wear a muzzle to prevent it from scavenging, or to retrain it, particularly around children, if there is even a remote possibility of it biting. A muzzle is an important item to include in your first aid kit. An injured dog may suddenly regain consciousness and become hysterical because he is in pain, or in shock. It would be wise to muzzle him to ensure that he cannot hurt you, or further injure himself.

Your dog should always wear a collar, along with his license and identity tag, as mentioned, to ensure that it can be identified if it strays. Choose the type of collar and length of leash that is most appropriate for you and your dog. All dogs should be trained from an early age to walk obediently on a leash.

Leashes and collars vary in quality, price and usefulness. They are usually made of leather, cotton or nylon. Braided or rolled leather

is comfortable and durable. Meshed nylon is firm, supple and generally less expensive. An extended leash is very practical. It allows a dog greater freedom to roam than an ordinary leash, but you are still left in control.

A puppy should get used to wearing a collar from as young as six to eight weeks. When the puppy is unsupervised, always remove the collar in case it catches on something. A puppy's first walks on a leash should always take place in the safety of the home. This will make walking on a leash outside less frightening. The leash should come to represent for your dog the fun of going on a walk!

Conclusion

Adding a member to your household is no small task, and it shouldn't be treated as one. There are innumerable details to consider, only some of which are discussed here.

In the following pages, we offer some delicious doggy cuisine for your dog's health and pleasure. We wish for you and your dog a long and healthful life together, and we hope that you both enjoy the selections we have gathered here!



Chapter 4 Delicious Doggy Cuisine



Stews & Soups

Shih Tzu Stew

Ingredients

2/3 c turkey, liver or hamburger
1/2 c. rice
1/4 c. potato
1/4 tsp. garlic powder
1/2 carrot
1 c. water

Instructions

- 1) Cut meat into tiny bite-size pieces. Slice the potato and carrot.
- 2) Put all into a medium saucepan on high temperature, with water and garlic powder. Bring to a boil.
- 3) In separate saucepan, cook rice, according to directions.
- 4) Add cooked rice to stew, cook a few more minutes.
- 5) Serve cooled.

Pug Potato & Collie Cabbage Stew

Ingredients

2 lb. low fat beef, chicken, lamb, fish or liver
2 c. cabbage, chopped
3 cloves garlic
18 oz canned sweet potatoes
14 1/2 oz canned tomato wedges, in juice
1 1/2 c. tomato juice
3/4 c. apple juice
1 tsp. ginger root, grated
2 c. green beans, frozen and cut crosswise
1/3 c. peanut butter
6 c. cooked brown rice

Instructions

- 1) Heat the oil in a large skillet over medium-high heat.
- 2) Cook beef (or alternative meat).
- 3) Add the cabbage and garlic. Cook, stirring, until the cabbage is tender-crisp, about 5 minutes.
- 4) Stir in the sweet potatoes, tomatoes, tomato juice, apple juice and ginger.
- 5) Reduce heat to medium-low, cover.
- 6) Simmer until hot and bubbling, about 6 minutes.
- 7) Stir in the green beans and simmer, uncovered for about 5 minutes.
- 8) Stir in the peanut butter until well-blended and hot, about 1 minute.
- 9) Spoon over rice and serve cooled.

Silky Terrier Veggie Stew

Ingredients

3 tbsp. olive oil
3 garlic cloves, crushed
1 large sweet pepper, sliced
1 medium zucchini, sliced
1 medium yellow squash, sliced
1 medium eggplant, peeled and cubed
1 medium potato, peeled and cubed
24 oz can tomatoes, diced and in juice
2 tsp. sugar (optional)
1 tsp. oregano or basil
dash salt/pepper

Instructions

- 1) Heat oil
- 2) Add garlic and saute for 2 -3 minutes, until softened
- 3) Add all of the vegetables, tomatoes and (optional) sugar and mix thoroughly.
- 4) Bring the mixture to a boil, then lower the heat and simmer for another 30 minutes.
- 5) Add the seasonings, to taste.
- 6) Simmer 15 minutes more.
- 7) Served cooled, and topped with grated cheese, if desired.

Chihuahua Chicken Stock

Ingredients

8 tbsp. corn oil, divided
4 1/2 lb. chicken parts and necks
1 gallon water, divided
2 c. baby cabbage, chopped
2 c. carrots, chopped

Instructions

- 1) In a large pot, heat 4 tablespoons of the oil over medium heat.
- 2) Add in the chicken pieces and brown them on all sides, evenly.
- 3) Remove the chicken and reserve.
- 4) Add 1 cup of water to pot and deglaze it over medium heat, loosening all scrapings and browned bits.
- 5) Add these drippings to the chicken and reserve this.
- 6) In the same pot, heat up the remaining oil over medium heat.
- 7) Add in the baby cabbage and carrots and cook until the cabbage is transparent.
- 8) Add in the reserved chicken and drippings, parsley, the remaining water and bring to a boil.
- 9) Reduce heat and simmer for two hours.
- 10) Remove chicken parts and serve vegetables and broth cooled. Serve over rice, if desired.

Chow Chow Chicken Soup

Ingredients

2 Chicken pieces (breast, thighs)
3 carrots, peeled and cut in half
1 stick celery, sliced in chunks
2 small potatoes, peeled and cubed
2 c. rice, uncooked
6 c. water

Instructions

- 1) Place chicken pieces in large pot and cover with cold water.
- 2) Add carrots, celery and potatoes.
- 3) Cover and simmer on low heat for two hours, until the chicken becomes tender.
- 4) Add the rice, cover and cook over low heat for about 30 minutes, until the rice is tender and most of the liquid is absorbed.
- 5) Remove soup from heat. Pull chicken meat off the bone and discard bones.
- 6) Return shredded pieces of chicken to pot and stir well.
- 7) Serve cooled. Store in the refrigerator or freeze.

Labrador Liver -Lovers Stew

Ingredients

2 tbsp. vegetable oil
2 1/2 - 3 lb. beef liver, membranes trimmed and chopped finely
1/2 gallon chicken broth
salt and ground black pepper, to taste
2 c. heavy cream
4 tbsp. flour
4 tbsp. dried parsley
rice or kibble

Instructions

- 1) Heat oil in saucepan over medium heat.
- 2) Add in the liver and cook for five minutes.
- 3) Add broth, salt and pepper to taste, bring to a boil.
- 4) Reduce heat, and simmer covered for 30 minutes.
- 5) Stir in heavy cream.
- 6) Mix in flour, to thicken.
- 7) Serve cooled over rice or kibble

Rottweiler Winter Soup

Ingredients

- 1 lb. Chicken gizzards, hearts, or beef hearts, chopped
- 1 c. whole grain, hulled or barley
- 4 carrots, sliced
- 1 cup baby cabbage, chopped
- 1 medium yellow squash, chopped
- 1 celery stalk, chopped
- 1 potato, cubed
- 1 clove garlic, pressed
- 1 vegetable bouillon cube
- 2 c. water
- 1 c. rice

Instructions

- 1) Combine meat, barley, vegetables, garlic, vegetable broth cube and water in large pot.
- 2) Cook on high and bring to a boil.
- 3) Reduce heat and simmer, covered, for 30 minutes.
- 4) Served cooled over rice.

Breakfast items

Terrier Tuna, Egg & Cheese Supreme

Ingredients

1 can flaked tuna in oil, undrained
2 eggs
1 c. whole meal breadcrumbs
1/4 c. grated cheese

Instructions

- 1) Scramble eggs over low heat.
- 2) Add tuna in oil and breadcrumbs and stir together.
- 3) Melt cheese over mixture.
- 4) Serve cooled.

Akita Canine Quiche

Ingredients

4 eggs
1 tbsp. cream
2/3 c. skim milk
3 oz meat (chicken, liver, beef or lamb)
2 oz shredded lowfat cheddar cheese
1 pie crust, 9"
1/2 tsp. garlic powder
1 tsp. dried parsley

Instructions

- 1) Pre-heat oven to 375°.
- 2) In a small bowl, whisk egg, cream and milk together.
- 3) Add meat and cheese and stir together.
- 4) Pour egg mixture into pie crust.
- 5) Sprinkle garlic powder over the top.
- 6) Bake for 30 - 45 minutes.
- 7) Sprinkle with parsley and serve cooled.

Olde English Egg & Gizzard Pie

Ingredients

2 c. chicken gizzards
1/2 gallon milk
2 tbsp. mustard
dash of salt
dash of ground black pepper
12 slices bread, wheat or whole grain
8 hard boiled eggs, sliced
4 c. beef stock

Instructions

- 1) Place chicken gizzards in medium saucepan and cover with water.
- 2) Bring to a boil, cover and simmer for an hour.
- 3) Drain and cool. Chop gizzards and set aside.
- 4) Pre-heat oven to 350°.
- 5) Beat eggs, milk, mustard, salt and pepper in a large mixing bowl.
- 6) Arrange the bread on the bottom of a baking pan.
- 7) Pour egg mixture over the bread.
- 8) Cover the mixture with egg slices and gizzards pieces.
- 9) Pour the beef stock over the top.
- 10) Bake, covered for 45 minutes.
- 11) Serve cooled.

French Poodle French Toast

Ingredients

2 tbsp. butter or margarine
4 slices bread, wheat or whole grain, cut into cubes
2 eggs
1/2 c. milk
1 tsp. cinnamon

Instructions

- 1) In a large skillet, melt butter over medium heat.
- 2) Add in the bread cubes and saute. Stir often so that bread browns evenly.
- 3) In a small bowl, combine eggs, milk and cinnamon.
- 4) Pour egg mixture over the bread and fry until the bread is brown.
- 5) Serve cooled.

Jack Russell Terrier Turkey Omelet

Ingredients

1 tsp. olive oil or butter
1 egg
1/8 c. milk
1 - 2 tbsp. mashed potatoes
1/2 c. cooked turkey meat, diced
1/2 c. cooked vegetables, chopped (peas, carrots, sweet peppers, celery, corn)
1/4 c. cheese, grated

Instructions

- 1) Heat oil or butter in medium-sized skillet.
- 2) Whisk together egg, milk and potatoes.
- 3) Pour into pan.
- 4) Place turkey and veggies on top in even layers.
- 5) Cover, simmer until egg cooks.
- 6) Melt cheese over the top.
- 7) Serve cooled and cut into wedges.

International Fare

Great Dane Delights

Ingredients

6 eggs, beaten
3 tsp. soy sauce
3 tsp. cornstarch
1 c. chicken stock
2 tbsp. oil
1/2 c. baby cabbage, finely chopped
1/2 c. celery, finely chopped
1 c. ground beef, or whitefish

Instructions

- 1) Cook beef through on stove top, or bake fish for 20 minutes at 375° and set aside.
- 2) In a small bowl, mix chicken stock and cornstarch and set aside.
- 3) Beat eggs and soy sauce in medium mixing bowl and set aside.
- 4) Heat oil in a large skillet over medium-low heat.
- 5) Add cabbage and celery and stir-fry until cabbage is transparent.
- 6) Stir in meat or fish, and cook for 2 -3 more minutes.
- 7) Remove mixture from pan and set aside.
- 8) Pour the egg mixture into the skillet, stirring gently, until egg is partially cooked.
- 9) Add the stock and vegetable mixture.
- 10) Continue cooking, stirring constantly, until the eggs are fully cooked and all the liquid has been absorbed.
- 11) Serve cooled.

Pyrenees Pizza Pie

Ingredients

Crust:

2 c. cake flour
1 1/4 c. whole wheat flour
1/4 c. olive oil
1 egg
1 c. water
1 tsp. baking soda

Pie Filling:

1 tomato
1/2 c. tomato puree
1 garlic clove, peeled
1/4 c. grated parmesan cheese
1/2 tsp. oregano
1/2 tsp. basil
2/3 c. cooked rice

Instructions

- 1) Pre-heat oven to 325°.
- 2) Mix all crust ingredients together.
- 3) Knead on a lightly floured surface.
- 4) Spray non-stick spray onto a 12" pizza pan or cookie sheet.
- 5) Spread the dough to the edges of the pan, forming a lip around the ends and set aside.
- 6) In food processor, blend tomato, tomato puree and garlic clove.
- 7) Spoon the mixture over the pizza crust.
- 8) Sprinkle the cheese and spices evenly over the top.
- 9) Bake for 25 minutes.
- 10) Remove from oven and sprinkle rice evenly over the pie.
- 11) Return to oven and bake 25 minutes more.
- 12) Cut into slices and serve cooled.

Doberman Dumplings

Ingredients

1 tbsp. butter
1 baby cabbage, finely chopped
1 tsp. dried parsley
1 c. chopped beef or chicken livers
1/4 tsp. marjoram
dash salt
dash ground black pepper
1/2 c. bread crumbs
1/4 c. hot water
1 egg, beaten
3 quarts chicken stock
1 c. rice, cooked

Instructions

- 1) Melt the butter in a skillet over medium heat.
- 2) Add cabbage and parsley, and cook for five minutes, stirring constantly.
- 3) Add beef or chicken livers and heat until meat is cooked through.
- 4) Put mixture into a large mixing bowl.
- 5) In a separate bowl, moisten the bread crumbs with hot water.
- 6) Add to the meat and vegetable mixture.
- 7) Add in the egg and mix thoroughly.
- 8) Cover and let the mixture set for about 30 minutes, until it hardens a bit.
- 9) Bring chicken stock to a boil.
- 10) Moisten hands with water or a drop of oil and form into dumplings.
- 11) Drop dumplings into boiling stock.
- 12) Cook, uncovered for about 30 minutes.
- 13) Cool and serve dumplings and stock over rice.

Pitbull Pasta Primavera

Ingredients

2 c. macaroni
2 c. mixed vegetables (peas, carrots, corn)
1 lb. meat (ground beef or chicken)
3 1/4 c. water, divided
1 1/2 tbsp. cornstarch
2 tbsp. olive oil
3 cloves of garlic, pressed

Instructions

- 1) In a large pot, add meat and 3 cups of water and bring to a boil.
- 2) Simmer for 15 minutes, then strain off meat and set aside.
- 3) Save 2 cups of the boiled stock and set aside. Dispose of the rest.
- 4) Cook macaroni according to package instructions, drain and rinse.
- 5) In the large pot add meat, macaroni, vegetables, olive oil, garlic and saved stock and cook over medium-high heat.
- 6) Dissolve cornstarch in 1/4 cup of cold water.
- 7) Bring meat and macaroni mixture to a low boil.
- 8) Turn heat to medium low, and add cornstarch mixture, stirring constantly.
- 9) When ingredients begin to thicken, remove from heat and allow to cool to room temperature.
- 10) Scoop out mixture using a 1 cup dry measuring cup onto plastic wrap. Wrap and freeze individual portions.
- 11) Portions can be thawed the night before serving, and served over kibble, if desired.

Indian Jubilee

Ingredients

2 tbsp. vegetable oil
2 -3 apples, diced
1/2 c. dried cherries
1/8 tsp. curry powder
1 tsp. lemon juice
3 tbsp. whole wheat flour
2 c. vegetable stock
2 cans chickpeas, rinsed and drained
1 small cauliflower, chopped
3 c. cooked rice

Instructions

- 1) Combine all ingredients except rice in large pot and bring to a boil.
- 2) Simmer for 10 - 15 minutes more, until cauliflower is tender.
- 3) Stir in rice.
- 4) Serve cooled.

Fido's Fajitas

Ingredients

1 pkg. whole wheat tortillas
2 tbsp. vegetable oil
2 green peppers, chopped
2 cloves garlic, minced
1 lb. firm tofu (optional - please note that some experts warn against use of soy products for dogs)
1 can black beans, drained and rinsed
1/4 tsp. cumin
1/4 tsp. oregano
1 tsp. lime juice
1 medium tomato, chopped
1/2 c. chopped lettuce

Instructions

- 1) Pre-heat oven to 350°.
- 2) Heat oil in skillet over medium-high heat.
- 3) Add green peppers, garlic and tofu and saute.
- 4) When tofu is lightly browned, or peppers are soft, stir in beans, spices, tomato and lime.
- 5) Cook for about five minutes to heat through, then remove from heat.
- 6) Cover bottom of a casserole dish with tortillas.
- 7) Spread 1/2 of bean mixture over tortillas.
- 8) Place another layer of tortillas on top.
- 9) Spread with the other 1/2 of the bean mixture and top with another layer of tortillas.
- 10) Bake for 20 minutes.
- 11) When cooled, top with lettuce, cut into wedges and serve.

Main Courses

German Shepherd Pasta Supreme

Ingredients

4 c. water
2 c. brown rice
2 - 3 cloves garlic, peeled
1 lb. pasta (rigatoni, penne, shells)
1 lb. cottage cheese
1 lb. chicken leg quarters
1/2 lb. cooked chicken livers
1 lb. pkg. frozen mixed veggies
1 tbsp. garlic or italian seasoning

Instructions

- 1) Pre-heat oven to 200°.
- 2) Season chicken with spices and bake for 1 1/2 to 2 hours, until chicken is cooked through and slightly crispy.
- 3) In a large pot, add water, rice and garlic, and bring to a boil.
- 4) Reduce heat and simmer, covered, for 40 minutes.
- 5) Cook pasta per package in instructions.
- 6) Place frozen veggies in colander and drain and rinse pasta over veggies.
- 7) In a large tupperware bowl, combine rice mixture, veggies and pasta and cottage cheese and mix well.
- 8) Debone chicken, add to mixture and stir.
- 9) Divide into portions and serve. Extra portions can be frozen for later use.

Chicken and Mushroom Dinner

Ingredients

1 tsp. olive oil
1 tsp. sesame oil (optional)
1 potato, peeled and finely chopped
6 mushrooms, sliced
1/2 c. cooked whole grain rice
1 can sweet corn
3 oz. cooked chicken, cut in strips or chunks
2 tbsp. plain yogurt

Instructions

- 1) Heat the oil in a large skillet over medium-high heat.
- 2) Add potato pieces, and saute until translucent.
- 3) Add mushrooms, rice and corn, stirring continuously.
- 4) Add chicken, stir for 3 - 5 more minutes.
- 5) Reduce heat to low, and cook for 2 - 3 minutes more.
- 6) Stir in yogurt and stir until heated through, about 1 minute.
- 7) Cover and turn off heat and let sit for 5 minutes.
- 8) Sprinkle sesame oil over the top and serve cooled.

Campfire Classic

Ingredients

2 c. meat (chicken, beef or liver strips)
4 carrots, sliced
1 large potato, cubed
2 small zuchinni's, cubed
2 c. mushrooms, sliced
1 c. frozen corn kernels
(About)1 tbsp olive oil

Instructions

- 1) Mix all ingredients in a bowl and drizzle with olive oil
- 2) Divide into portions onto sheets of aluminum foil and wrap tightly.
- 3) Place foil wraps in outer edges of campfire and let sit until cooked through, usually about 20 minutes to 1/2 hour.
- 4) Serve cooled.
- 5) For an extra special breakfast treat at the campsite, add scrambled eggs to the cooked mixture before serving.

Collie Chicken Meatloaf

Ingredients

1 c. cornmeal
1/2 c. oatmeal, uncooked rolled oats
1 1/2 c. chicken stock
1 c. boiled chicken, cut into small pieces
1/4 c. baby cabbage, chopped
1/2 tsp. ground thyme
dash salt
dash ground black pepper
1 tsp. vegetable oil or butter

Instructions

- 1) Combine cornmeal, oatmeal and chicken stock in a large pot and bring to a boil.
- 2) Reduce heat, cover and simmer for about 30 minutes.
- 3) Stir in chicken, baby cabbage and seasonings. The mixture should be quite thick.
- 4) Pour the cornmeal mixture into a greased bread pan, smoothing with a spatula.
- 5) Cover with plastic wrap and refrigerate overnight.
- 6) Cut the loaf into slices.
- 7) In a large skillet, heat oil or butter on medium heat.
- 8) Add meatloaf slices, frying on both sides until golden brown.
- 9) Serve cooled, with a side of [Potatoes a la Poodle](#).

Yorkshire Terrier Turkey Meatloaf

Ingredients

1 c. onions, chopped
1 c. bell pepper, chopped
2 lb. ground turkey
1 c. vegetable broth
1 c. breadcrumbs
dash salt and pepper
2 egg whites
1 tsp. parley
1/4 tsp. oregano
1/4 tsp. basil

Instructions

- 1) Pre-heat oven to 350°.
- 2) In a large bowl, combine all ingredients and mix well.
- 3) Pour into a greased bread pan and smooth with spatula.
- 4) Bake for one hour, until done.
- 5) Serve cooled, and cut into slices, with [Dachshund Dog Chow Cheese Sticks](#) on the side, if desired.

Setter Sloppy Joe's

Ingredients

1/2 lb. ground meat (beef or turkey)
1/4 c. cooked rice
1 small potato, cubed
1 carrot, sliced
1 c. green beans
1/4 tsp. garlic powder

Instructions

- 1) Brown the meat in a large skillet.
- 2) When completely cooked, drain the fat.
- 3) Add the cooked rice, mix well.
- 4) Remove from heat and set aside.
- 5) In a medium saucepan, add the potato, carrots and green beans and cover with water.
- 6) Bring to boil.
- 7) Reduce heat, cover and simmer until veggies are tender, about 15 - 20 minutes.
- 8) Drain and then add veggies to the meat mixture.
- 9) Add garlic powder and toss over low heat until heated through.
- 10) Serve cooled.
- 11) Serve with [Cheese Nuggets](#) on the side.

Bloodhound Crockpot BBQ

Ingredients

1 lb. dried beans
1 c. ground beef or turkey
2 tbsp. olive oil
1 clove garlic, minced
8 oz. can tomato sauce or crushed tomatoes
1 tsp. apple cider vinegar
1 tbsp. Worcestershire sauce
2 bay leaves
1 c. vegetable broth
1 tbsp. dried parsley
1 14 oz pkg. frozen peas and carrots
1 c. baby okra
3 c. water

Instructions

- 1) Combine all ingredients in crockpot and stir.
- 2) Cook for 6 - 7 hours on low heat.
- 3) Serve cooled, with brown rice, canine corn bread or a whole wheat biscuit.

Beagle Burgers 'n Rice

Ingredients

2 c. rice, uncooked
1/2 lb. hamburger
1 tsp. vegetable oil
1 clove garlic, pressed
1/2 c. carrots
1/2 c. broccoli
1/2 c. fresh spinach
4 c. water

Instructions

- 1) Combine all ingredients in a large pot and bring to a boil.
- 2) Reduce heat, cover and simmer for 30 minutes, stirring occasionally.
- 3) Serve cooled.

No Fuss Vegetable Medley

Ingredients

1 can kidney beans, drained and rinsed
1 can peas, drained and rinsed
1 can creamed corn
1 can diced tomatoes
1 c. shredded carrots
2 garlic cloves, pressed
1/4 tsp. cumin
1/2 tbsp. olive oil

Instructions

- 1) Mix all ingredients in a large bowl.
- 2) Serve with whole wheat bread or tortillas, if desired.
- 3) Serve some [Maltese Meatballs](#) or [Terrier Turkey Balls](#) on the side as well.

Golden Retriever Grilled Veggies

Ingredients

- 1 clove garlic, minced
- 3 tbsp. olive oil
- 1 red or green bell pepper, sliced
- 1 eggplant, sliced
- 1 squash, peeled and sliced
- 1 c. frozen corn kernels
- 1 sweet potato, sliced
- 1 large white potato, sliced
- 1 can navy beans, drained and rinsed

Instructions

- 1) Heat grill.
- 2) Combine pepper, eggplant, squash and corn kernels in a large bowl.
- 3) Combine sweet and white potatoes in a separate bowl.
- 4) Add garlic and olive oil to the two bowls and toss, coating veggies thoroughly.
- 5) Wrap potatoes in individual foil wraps.
- 6) Grill potato wraps and veggies until done, about 15 - 20 minutes. The canned navy beans will not be grilled.
- 7) Cool, mix veggies and potatoes together with navy beans and serve.
- 8) Serve with a side dish of [Maltese Meatballs](#), or [Terrier Turkey Balls](#), if desired.

Side Dishes

Maltese Meatballs

Ingredients

1/2 lb. ground beef
2 tbsp. grated cheese
1 carrot, finely grated
1/2 tsp. garlic powder
1/2 c. bread crumbs
1 egg, beaten
1 tsp. tomato paste

Instructions

- 1) Pre-heat oven to 350°.
- 2) Combine all ingredients together, mix thoroughly.
- 3) Roll into meatballs, whatever size is appropriate for your dog.
- 4) Place on a cookie sheet sprayed with nonfat cooking spray.
- 5) Bake for 15 - 20 minutes, when they are brown and firm.
- 6) Serve cooled. Extras can be stored in the refrigerator or freezer for later use.

Boxer Veggie Meatballs

Ingredients

4 c. oats, cooked
1 c. brown rice, cooked
3 c. barley, cooked
1 lb. carrots, finely grated
3 zucchini, finely grated
1/2 lb. green beans, chopped
3 tbsp. dried parsley
3 garlic cloves, minced

Instructions

- 1) Combine all ingredients in a large bowl.
- 2) Shape into golf-ball-sized balls.
- 3) Serve at room temperature. Extras can be wrapped and stored in the freezer for later use.

Doggone Easy Veggie Meatballs

Ingredients

6 chicken thighs
1 pkg frozen mixed vegetables
3 cloves garlic, minced
3 c. oatmeal, uncooked rolled oats
3 c. whole grain flour
3 eggs

Instructions

- 1) Pre-heat oven to 200°.
- 2) Place chicken in a large pot, cover with water and bring to a boil.
- 3) Reduce heat, cover and simmer until cooked through, about 30 minutes.
- 4) Remove chicken pieces, debone, and puree with food processor. Set aside.
- 5) Save 1 cup of the chicken broth for use, as needed.
- 6) Puree vegetables and add to pureed chicken. Add up to a cup of the chicken broth and mix well.
- 7) Add garlic and eggs, and mix well.
- 8) Add oatmeal and flour and mix well.
- 9) Coat cookie sheets with nonstick spray (or use nonstick trays).
- 10) Drop mixture by large heaping tablespoon onto cookie sheets.
- 11) Bake for 15 - 20 minutes, until bottom is browned -- they are meant to be chewy, not hard
- 12) Serve cooled.

Terrier Turkey Balls

Ingredients

1 loaf uncooked bread dough or pizza dough
1/4 c. turkey broth
1 - 2 tsp. flour
3/4 c. cooked turkey, cut into small pieces
1/2 c. cooked vegetables
1/4 tsp. garlic powder
1/4 c. grated cheese
1/4 c. sesame seeds

Instructions

- 1) Pre-heat oven to 375°.
- 2) Roll out the dough and cut into 3" circles with a cookie cutter, set aside.
- 3) In a saucepan, combine broth and flour over medium-high heat, stirring until flour is dissolved and mixture thickens.
- 4) Add the turkey, veggies and garlic powder.
- 5) Allow to simmer about 10 - 15 minutes.
- 6) Spoon one to two teaspoonfuls of the turkey mixture onto each circle.
- 7) Fold up the sides and pinch shut.
- 8) Roll each into a ball shape.
- 9) Mix the cheese and sesame seeds in a small bowl.
- 10) Roll or sprinkle each ball with the cheese and seed mixture.
- 11) Arrange the balls on a cookie sheet.
- 12) Bake for 10 - 15 minutes, until they are golden brown.
- 13) Serve cooled. Extras can be stored in the refrigerator.

Potatoes a la Poodle

Ingredients

6 medium potatoes, boiled and sliced (or 3 c. cooked oatmeal or
3 c. cooked brown rice)
1/2 c. grated carrots
1/4 c. peas
1/4 c. whole kernel corn
1/2 c. cottage cheese
1 tbsp. nutritional yeast
1/4 c. whole milk
1/4 c. grated cheese

Instructions

- 1) Pre-heat oven to 350°.
- 2) In a casserole dish, layer the potatoes (or oatmeal or rice),
carrots, peas, corn, cottage cheese and yeast.
- 3) Pour the milk over the entire dish.
- 4) Sprinkle the cheese over the top.
- 5) Bake for 15 - 20 minutes, until cheese melts and slightly
browns.
- 6) Serve cooled.

Cheese Nuggets

Ingredients

1 c. oatmeal, uncooked rolled oats
1/4 c. margarine
1 1/2 c. hot water or beef or chicken broth
1/2 c. powdered milk
1 c. grated cheese
1/4 tsp. salt
1 egg, beaten
1 c. wheat germ
1 c. cornmeal
3 c. whole wheat flour

Instructions

- 1) Pre-heat oven to 200°.
- 2) In a large bowl, combine oatmeal and margarine and pour hot water over it. Let stand 5 minutes.
- 3) Stir in powdered milk, grated cheese, salt and egg.
- 4) Add cornmeal and wheat germ and mix well.
- 5) Add flour, 1/3 at a time, mixing well after each addition.
- 6) Knead 3 or 4 minutes, adding more flour if necessary to make a very stiff dough.
- 7) Roll dough into 1/4 - 1/2" thickness.
- 8) Cut into bone-shaped biscuits and place on a greased baking tray.
- 9) Bake for one hour.
- 10) Turn off heat, and leave in oven for 1 1/2 hours longer.
- 11) Serve cooled. Extras can be stored in the refrigerator or frozen for later use.

Dachshund Dog Chow Cheese Sticks

Ingredients

2 c. whole wheat flour
1 c. water
1/4 c. cornmeal
1 egg, beaten
1/2 c. cheese, grated

Instructions

- 1) Pre-heat oven to 350°.
- 2) In a large mixing bowl, combine the flour, water, cornmeal and beaten egg.
- 3) Scoop onto a floured board and knead for a few minutes.
- 4) Divide into balls of dough.
- 5) Roll out each individual dough ball into a thin roll.
- 6) Sprinkle the rolls with cheese, then flatten and twist.
- 7) Place the cheese sticks onto a baking sheet.
- 8) Bake for 25 minutes.
- 9) Serve cooled.

Resources

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Woof, woof! (Bye, bye!)