

CANINE FOOD FACTS ,, *That I bet you did not know!*

Domesticated dogs are largely carnivores that eat some omnivorous foods. Wild dogs eat a variety of food which consists mainly of prey animals. Prey animals are composed of raw meat, raw bones, organs, other tissue and digested vegetable matter. While dogs are carnivores they do consume a small amount of the vegetable matter contained in the stomach and intestines of their prey. Dogs have evolved over thousands of years to eat this type of diet.

Processed kibble foods contain between 53- 60% starch/carbohydrate. So half of the food that you might be feeding your dog is actually sugar!

Processed kibble foods contain preservatives, food colourings and some have chemical antioxidants that are have a negative effect on your pets health

Canned dog food a hidden source of BPA. BPA is used as a coating inside food cans. Bisphenol A is an endocrine disruptor. It's an industrial chemical that interferes with the production, secretion, transport, action, function and elimination of natural hormones. Ingredients are potentially by products, diseased meats not fit for human consumption.

Processed pet meat rolls (VIP, Chunkers etc) contain preservatives that can be detrimental to the dog's health (e.g. sulphite preservative particularly used in wet foods, can induce thiamine deficiency which can be fatal). There is no labelling regulations in Australia to monitor preservative usage as there is for meat for human consumption.

Raw meat is better for dogs than cooked raw meat contain all of the essential amino acids (the basic structural building blocks of proteins), and they do so in a ratio that is ideal for their complete utilization. It also has very concentrated source of vitamins A, E, and the entire B complex. Cooking denatures the protein and vitamins making it not as digestible and nutritious to dogs.

Vegetables are good for your dogs diet they contain important minerals, vitamins and essential fatty acids. Pulverised raw or steamed vegetables are best. Green leafy cruciferous vegetables are preferred and usually between 10-30% of the diet.

Raw Bones,, improve digestion, dental health, provide micronutrients It is safe to feed raw meaty bones, ribs , necks, carcasses appropriate to the dogs size so they chew and eat is what is important.

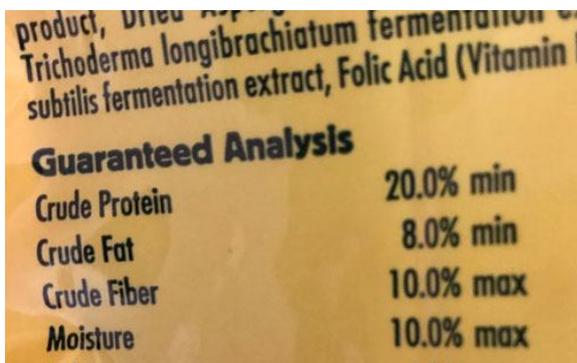
Grain foods,, Dogs have no biological requirement for carbohydrates, and grains are carbohydrates. Canines are carnivores whose bodies are designed to eat animal flesh and fat, not starch, which turns to sugar in your dog's body. Choose low GI grains if choosing grains (unprocessed oats, quinoa)

SO WHAT SHOULD I FEED MY DOG?

From BEST to WORST ,,,

1. *Home Made Raw Diet:* containing human grade meat or preservative free labelled pet meats that make up 70-90% of diet, with 10-15% of the total meat source from offal. The odd raw egg, fish, are all okay to give. Remainder of the diet, raw pulverised vegetables. If concerned about nutrition then add a vitamin whole food based supplement. Eg Vets All Natural Health Booster or Augustine Approved Health Booster.
2. *Commercial Raw food based diets:* Options include Vets All Natural Raw76; BARF diet. There are also more local providers that can be sourced via internet.
3. *Air Dried and/or Dehydrated* that can be reconstituted with water to contain at least 70 percent moisture. Examples include K9Natural, Balanced Life, Ziwi Peak.
4. *Wet Foods and Processed Meat Rolls* With these you need to read the labels Avoid preservatives such as BHT, BHA or Ethoxyquin and emulsifying agents. Avoid sulfites, monosodium glutamate, propylene glycol, Itartarazine, nonazo dyes, parabens. Meat MUST always be the primary and first ingredient on the label. The best source is muscle meat and this is represented by the word alone such as "chicken" . Chicken by products or meal is next best – but can incorporate, beaks, feathers which is not good digestible protein.
5. *Commercial Kibble Foods* - as above you need to read the labels. See if the brand you're feeding or planning to feed is less than 10 percent carbs (which is what you want). Here's the formula:

$$100 - \% \text{ protein} - \% \text{ fat} - \% \text{ moisture} - \% \text{ ash (if not listed, assume 6 percent)} \\ = \% \text{ carbs}$$



Guaranteed Analysis	
Crude Protein	20.0% min
Crude Fat	8.0% min
Crude Fiber	10.0% max
Moisture	10.0% max

Fiber is the indigestible roughage that doesn't break down into sugar, so you don't have to include it in the formula. Here is an image of the guaranteed analysis on the side of a bag of a grain-free dog food.

6. *Treats* - same goes for treats, you need to check the labels! Choose treats where the only ingredient is meat protein Better still , save money and dehydrate and make your own treats.

SOME EXTRA INFORMATION YOU SHOULD KNOW

Toxic Foods

(note this is not an exhaustive list):

onions, onion powder, garlic, chocolate, coffee or caffeine products, mouldy or spoiled foods or compost, avocado, bread dough, yeast dough, grapes, raisins, sultanas (including in Christmas cakes etc), currants, nuts including macadamia nuts, fruit stones (pits) e.g. mango seeds, apricot stones, avocado stones; fruit seeds, corncobs; green unripe tomatoes, mushrooms; fish constantly, cooked bones; small pieces of raw bone, fatty trimmings/ fatty foods, Salt, Xylitol (sugar substitute found in some products such as some types of sugarfree chewing gum, lollies, baking goods, toothpaste and sugarfree peanut butter). Also ensure your pet dog doesn't have access to string wrappings around rolled roasts or absorbent pads found under meat when wrapped on trays.

Meat Protein Sources

When making a decision about which meat(s) to feed, these key issues are to be considered:

1. Availability
2. Price
3. Nutritional factors
4. Suitability
5. Farming practices
6. Processing

Kangaroo

Nutritionally, kangaroo meat is superior to all the farmed meats. It is low in fat (3 – 4%), high in protein, and high in vitamins and minerals. Because kangaroo is not farmed, the meat is truly free range, and organic. Kangaroos graze a very wide variety of pastures, wild grasses, shrubs and trees, and as a result of this variety, they enjoy excellent health, and their meat has a wide array of macro and micro nutrients. Kangaroo is considered a "cooling" meat, as it lives in a very dry and arid environment, and as such, is ideal for treating pets with food allergies. Culling of Kangaroos is a very closely controlled, government regulated business.

Beef

Beef is one of the most widely available and most commonly used meat source for pet food, second only perhaps to chicken. Beef and beef by-products (by products indicating non-meat parts of the body like offal, bone, feet and horns) are the major red meat sources. The majority of beef used in processed pet food is actually meat meal a combination of all non-useable or non-saleable body parts from the abattoirs (eg bones with meat scraps left on, offal, contaminated carcass parts etc) which is ground to a pulp and then dried at high temperature to produce a powdered product. Meat meal generally forms the protein component of dry foods, and is also used, in combination with milled cereal and gelatine, to form the "meaty chunks" in tinned pet foods.

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Fresh beef is not as commonly used as pet food, often due to price constraints and demand for table meats and export. Nutritionally, beef can be quite good, if it is raised naturally on pasture. It has good amounts of protein, and can have quite high fat content (14%+), and this level can be much higher in grain fed beef. In Traditional Chinese Medicine, beef is seen as a “heating” meat, because it originates from a colder climate. Beef is often raised using traditional farming practices, which include the use of chemical fertilisers, herbicides, drenches and antibiotics. Free range, organic beef can have a lower fat content than the traditionally farmed product, cost per kilo is higher.

Chicken

Chicken meat and by products are the most common source of pet meat used in commercial pet foods. This is primarily driven by price. Chickens are the most cheaply and intensively farmed of all the domesticated animal species. The commercial chicken industry’s methods are not based on the traditional image of chooks running around the farmyard. Although times are changing, battery farms still exist and chickens are raised and housed in sheds (in cages) their entire life, and are fed a man-made diet from birth. They can suffer from vitamin D deficiency by not being exposed to sunlight, no green grass or shoots to feed on, and no natural antioxidants. Antibiotics are often added to feed minimise the death toll, and a range of growth promoters. Nutritionally, chicken mince is highly questionable. It can be very high in fat (18%+), and even higher if the mix contains skin and fat. There is no doubt that wild chickens would be an ideal prey for both cats and dogs. A wild (organic) chicken would also provide excellent nutrition, as do their eggs. The very fact that they are relatively slow moving, and fly only when absolutely necessary would place them high on the predation list.

Turkey

A close relative of the chicken, turkey meat is becoming a more popular choice of meat for pet foods. It combines both 70% white meat and 30% dark meat, is both high in protein and low in fat (except for the skin). Turkey is a good nutritional source of iron, zinc, potassium and phosphorous, and contains vitamin B6 and niacin. Turkey farming is nowhere near as intensive as chicken sheds, and most birds enjoy a lot more space and outdoor time.

Goat

Goat meat, also known as Chevon, Capretto or Cabrito, is the most widely eaten meat in the world. Popularity in Australia is increasing as diversity in population grows. Feral goat meat is now commonly fed as pet meat. Goat is available at many butchers, and is becoming more widely available in supermarkets due to the demand attributed to its use on television cooking shows. Goat meat is lean and lower in fat and cholesterol than chicken, lower in calories than beef, lamb and pork and contains iron levels higher than beef. The taste is described as being similar to lamb.

Venison

The meat sourced from deer, whether by hunting or farming, is known as venison (from the Greek, to hunt). It is also very high in protein and low in fat, and is an excellent choice as a unique protein source when managing food allergies. Venison is generally easy to purchase from butchers and some pet meat suppliers.

Lamb & Mutton

Lamb has recently become a popular meat source for pet food, introduced a “unique” source of protein, driven by the increase in targeting allergic skin conditions in dogs and cats. Due to cost, that the majority of lamb sold as pet meat is actually mutton, older sheep. Nutritionally, lamb is very good. It does have high fat content, much like beef, but it is all pasture grown, under good conditions, and the meat is of high quality.

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Lamb is also considered a “heating” meat, as sheep are native to cold climates. Lamb shanks are however, a common choice for a good meaty bone.

Pork

Pork is again high in fat and often not well tolerated digestion wise by many pets. Meat meal made from pig carcasses is used in the manufacture of some pet treats, but on the whole, it is little used.

Fish

Fish meat is a very good source of protein, low in fat, and high in vitamins and minerals – when it is first caught. If you were to buy fresh fish and lightly cook it for your pets, it would be very good. It is also worthy of note that freshwater fish do contain levels of thiaminases, which can cause vitamin B1 deficiency if used exclusively as a diet.

Rabbit

Rabbit would have to be one of the most suitable all round meat sources for both dogs. Wild rabbit is very similar to kangaroo, in the sense that it is a free range, organic meat, low in fat, and high in nutritional value. Until recently, wild rabbit has been widely available in Australia, but due to the introduction of the Calici virus, the supply of rabbit meat has largely been replaced with farmed rabbit, which unfortunately can fall victim to all the same problems as battery chickens.

Tripe

Tripe is the common term for the stomach lining of cattle and sheep, also known as paunch. Green tripe is the term used for un-processed tripe and is highly nutritious as a meat source. It is very low in fat (2%), highly glandular (contains enzymes), and is loaded with probiotic micro organisms. Tripe sold for human consumption has been washed in boiling water and bleached. In Australia, Green tripe is very affordable but not always easy to source, sold only as pet meat in a frozen state.

Tripe is also a “white” meat (meaning it has a low amount of myoglobin, the protein that makes red meat red), and has historically been used for dogs with sensitive digestive tracts, or food allergies.

Offal

Offal is the collective term used for organ meats, like liver, kidney, heart, lung etc. Offal is very rich in protein, vitamins and minerals, and ideally, should make up about 20% of a dog or cats meat intake. As a general rule, offal meats should be purchased from your local butcher, and be human grade, as the organs are often home to various parasites, and only human grade organ meats have had additional inspection processes applied to ensure they are free of parasites.