

## Dr Jones' Homemade Diets for Dogs and Cats

*There is the concern of homemade pet diets not being nutritionally 'balanced', yet most homemade diets are FAR HEALTHIER than most kibble foods, even if they are not 100% balanced. If you vary your pet's food, feeding some kibble/canned, then you do not need to worry about making it 100% balanced. However if you are solely feeding a homemade diet, then it does need to be nutritionally balanced.*

### \*\*\*\*KEY POINTS for Homemade Dog Food Diets

In general, for dogs stick to the macronutrients of 1/3 animal protein, 1/3 healthy carbohydrate (ie sweet potato), 1/3 veggies, fat (sorry doc, NOT in the form of Sunflower oil), fiber in the form of Ground Flax, plus a calcium supplement (ground eggshell).

Focus on the Protein with balanced amino acid profiles (lean beef, chicken, turkey and egg)

The Carbohydrates are not necessary, but the 'non' grain carbs provide additional nutrients: Brown rice (fiber, protein, Calcium, Iron, Selenium and B vitamins), Sweet Potato ( Fiber, Protein, Vitamin A,C,E, Potassium and B vitamins), Potato (Potassium, Vitamin C, B vitamins)

Additional 'balanced' fat is necessary, a good Omega 6:3 balanced, nutritious fat I prefer is sunflower oil, but can also use Coconut oil. (Geez doc how about real fat w/ bones, bone marrow, butter, lard?)

Omega 3 Fatty Acid Supplement should be added in the form of Krill, Fish or Flax oil. Krill is the most nutrient dense and beneficial of all the products., with a great EPA/DHA fatty acid profile, contains the antioxidant Astaxanthin, and being high in Vitamin D. (you forgot the major one, Omega3)

Calcium is required as [IF] bones are not being consumed. I prefer Egg Shells: dried, roasted in the oven for 10 mins, then ground with a coffee grinder. You can also use OTC calcium carbonate, etc.

Vitamins: Vitamin D is needed, but is in the egg yolks and red meat as well as being in moderate levels in the Krill or Fish oil. Vitamin E is in the Krill, Sunflower Oil and Coconut Oil

Minerals: Iron is in the animal protein and spinach/kale, Zinc is in the red meat and flax seeds, Copper is in the spinach, Iodine is in the Egg Yolks, Potassium is in the Sweet Potato and Regular Potato

Fiber: the veggies, the brown rice and the best source in my opinion (also the healthiest) is the ground flax.

Probiotics: The so called good bacteria and better dental health connection... is it really a thing? Turns out yes, the microbes that populate your dog and cat's mouth not only a dramatic impact on their dental health, but also on serious disease prevention, such as heart disease. You should be supplementing with a probiotic.

### \*\*\*\* Ground Turkey Diet for Dogs [50lb dog]

Ground Lean Turkey- 1lb, cooked in pan/pot  
Brown Rice - 2 cups of cooked rice  
Carrots, 1/2 cup- steamed  
grassfed animal fat or butter  
Eggs- cooked, 2, (great protein source, yolks rich in Vitamin E, Iodine)  
scrambled with the Turkey



Vitamin E: 1 Tbs/ lb of animal protein, added after cooking (w/ ceramide oil for skin health)  
Omega 3 Fatty Acid, ie Krill at dose of 500mg/20 lbs of body weight  
Calcium Supplement – Ground Egg Shell in coffee grinder, 1/2 tspn (1000mg), or 2 Tums  
Adult dog multivitamin-mineral supplement

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**Your Pet Absolutely Needs Fresh Vegetables:** Small amounts of fresh, low glycemic vegetables are crucial to the health of cats and dogs, not only a healthy body, but also to encourage detoxification, stimulate natural antioxidant protection and suppress tumors. Adding veggies to pet diets promotes gut health and leaving them out results in a less robust microbiome; veterinary researchers are beginning to study the critical role of a healthy microbiome in maintaining pets' immunologic and physiologic well-being. Vegetables are a rich source of critical phytochemicals not found in meat, and may have such positive effects on our pets' health due to a process called xenohormesis. Veggies also provide minerals and vitamins E, K, C, beta-carotene and the B vitamins; bright-colored and leafy green veggies tend to be the most nutritious. Here are best veggies to feed your cat or dog: broccoli, brussels sprouts, carrots, celery, cucumbers, green beans, mushrooms, peas, pumpkin, spinach, squash, sweet potatoes, tomatoes. Fermented vegetables are optimally digestible for dogs and cats, and are nutritional powerhouses, even in very small quantities.

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### \*\*\*\* KEY POINTS for Homemade Cat Food Diets

For cats, Do NOT feed carbohydrates, minimal to NO kibble, focusing on animal protein, healthy fat, additional calcium, and added amino acid taurine.

- Focus on the Protein with balanced amino acid profiles that best suit cats: chicken, turkey and duck
- NO CARBOHYDRATES.
- Additional 'balanced' fat , Omega 6:3 balanced one is Sunflower Oil [*disagree*]
- Omega 3 Fatty Acid Supplement should be added in the form of Krill, Fish or Flax oil.
- Calcium is required as bones are not being consumed (*why not?*). I prefer Egg Shells: dried, roasted in the oven for 10 mins, then ground with a coffee grinder. You can also use OTC calcium carbonate
- Vitamin D is needed, but is in the egg yolks, as well as being in high levels in the Krill or Fish oil.
- Vitamin E is in the Sunflower Oil and Coconut Oil (*I do not recommend sunflower oil*)
- Iron is in the animal protein, Zinc is in the meat and flax seeds, Taurine and Calcium are added.
- Fiber: the canned pumpkin and if needed ground flax are good options.

### Ground Turkey Diet [10lb Cat]

Ground Turkey -1 pound  
1 egg (optional)  
Sunflower oil, 1 tablespoon  
(*bad for Omega 6; use grassfed animal fat*)  
Omega 3 Fatty Acid, Krill oil – 500mg  
Morton's lite salt 1/4 tsp  
Iodinated salt 1/4 tsp  
Calcium carbonate without vitamin D (regular Tums)  
1000mg( 2tabs), or 1/2 teaspoon ground eggshells  
Adult multivitamin-mineral supplement with Taurine powder (essential for cats).



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Find a Veterinarian that gets it  
How a Sick Son Opened This Vet's Eyes to Integrative Medicine  
<https://www.barkandwhiskers.com/dr-allison-brown-integrative-veterinarian>

Allopathic and conventional medicine just wasn't cutting it with her toddler's chronic respiratory issues. After visiting a board-certified integrative doctor, she embarked on a journey that would change her life - and the focus of her veterinary practice. Dr. Brown firmly believes that nutrition is the key to good health for both pets and their humans, and that "if you focused just on nutrition, most medicines would never be needed"

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