

Diet for Dogs with Chronic Disease

Introduction

Studies have shown that a reduced calorie diets with high quality protein aid in treating chronic diseases. The following recipe, while low calorie, is designed to meet the nutritional needs of a 40 pound dog that leads a moderately active lifestyle. Older or more sedentary animals can have quantities reduced 10 - 15%. More athletic dogs may have their food increased by up to 25%. The amount can be divided and fed twice daily. The recipe may also be increased and frozen for up to a month.

Basic Recipe:

- 4 Units of protein
 - o Up to 25% may be organ meat, like liver or kidneys.
 - o Up to 50% may be lean beef, lamb, or fish.
- 4 - 6 Units of carbohydrate
 - o Barley and oatmeal are preferable grains.
 - o Do not use instant or quick grains.
 - o Up to 3 units may be substituted with rice, couscous, bread or quinoa.
- 1 Tbsp olive or canola oil
- Vitamin supplements

Protein:

Each of the following is considered 1 unit of protein. Meats and eggs should be cooked thoroughly to kill bacteria. Organic is always preferable, but by no means required.

2 oz - chicken or turkey with skin - not bones.

2 oz - cottage cheese

2 - small eggs

4 oz - yogurt - *this also counts as a unit of carbohydrates!*

8 oz - low fat milk - *this also counts as a unit of carbohydrates!*

Carbohydrates:

Each of the following is considered 1 unit of carbohydrates. These can be mixed and matched to make up the 4 - 6 units in the recipe. Variety is important. Vegetables may be raw or lightly steamed depending on the type, but should always be chopped or shredded to manageable size. Stems, seeds and pits should be removed if applicable. Up to 1 cup of raw spinach, lettuce bean sprouts, shredded broccoli, cabbage or cauliflower may be added in addition to the recipes 4 - 6 units of carbohydrates.

Vegetables

1 cup - green beans

1 cup - greens - kale, turnip greens, etc. (steamed)

1 cup - broccoli, Brussel sprouts, cauliflower or cabbage (steamed)

1 cup - yellow squash or zucchini (steamed)

¼ cup - black beans, kidney beans chickpeas or lentils (cooked)

1/3 cup potatoes, lima beans, peas or yams (cooked).

Fruits

½ apple or orange

1 peach

½ cup melon

Grains

⅓ cup cooked oatmeal or barley

(Extra water can be used in cooking to sneak extra water into the diet.)

Dairy

4 oz - yogurt - *this also counts as a unit of protein!*

8 oz - low fat milk - *this also counts as a unit of protein!*

Supplements:

Vitamin supplements are vital in patients on homemade diets. Typically, liquid vitamins are more readily absorbed by the body. No regulation exists to oversee vitamin companies, so it is important to buy from reputable companies.

- 1200 mg Calcium - in the form of calcium carbonate, lactate, gluconate or chelated calcium. Older patients should be given calcium 3 - 4 days a week.
- Vitamin C - 100 mg per 10 pounds of body weight
- Vitamin E - 40 IU per 10 pounds of body weight
- Fish or Krill Oil - 1000mg capsule per 25 pounds of body weight
- Pet-Tinic - This is a multivitamin marketed for pediatric patients. Dose by body weight according to the package instructions.

Adjusting for Weight:

Use the following chart to adjust the recipe for the weight of your dog:

<u>Weight in pounds:</u>	<u>Multiply ingredient by:</u>
<u>5</u>	<u>0.10</u>
<u>10</u>	<u>0.33</u>
<u>25</u>	<u>0.75</u>
<u>40</u>	<u>1.00</u>
<u>60</u>	<u>1.50</u>
<u>85</u>	<u>1.75</u>
<u>125</u>	<u>2.33</u>

Fun with Math:

Just divide your pet's weight by 40 to get the multiplier you need for the recipe.

Ex: Recipe adjustment for a 50 pound dog:

$$50 / 40 = 1.25$$

Just multiply all the ingredients in your recipe by 1.25

Special notes for patients with kidney disease:

It is important to keep patients with kidney disease on a lower protein and low phosphorous diet. Some meats have more phosphorous than others, so be mindful of this when choosing your proteins.

Low Salt, Protein and Fat Diet

- 1 lb. very lean meat (hamburger, beef, ground turkey, or chicken)**
- 6 hard boiled eggs or another pound of lean meat**
- 14oz. box of whole grain rice or whole grain pasta**
- 1 large white or sweet potato**
- 10oz. bag of carrots**
- 16oz. bag of broccoli**
- 16oz. bag of frozen chopped spinach**
- 16oz. bag of green beans or peas**
- 1 apple any variety**
- 1 container of blueberries fresh or dried (3.5oz.)**
- 1 container of cranberries fresh or dried (5oz.)**



Makes about 20 cups of food

Chop meat into very small pieces or if you are using ground meat, break it up.

Boil 8 cups of water, then put meat into water to cook.

If the blueberries and cranberries are dried, add them to the meat and water at this point.

Pour rice or pasta in water with the meat and cook according to the instructions on the box.

(The water should be all absorbed)

If the blueberries and cranberries are fresh, add them to the meat and pasta or rice shortly before everything is done.

Chop the potato and veggies well.

Core the apple and cut the rest into small pieces.

Steam the potato and veggies and apple until soft.

Chop the hardboiled egg in small pieces,

Mix everything together in a large bowl.

Divide into meals and freeze what will not be used in 48 hours.