



# Rawfeeding Rebels

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## Raw feeding Starter Guide for Dogs

There are a lot of differing opinions out there but the more you read the more you can decide what you agree with and what you don't and therefore come up with your own way of feeding raw, as raw is all about being able to provide the very best food customised to your dogs, and with time you WILL learn what works best for you and your dog. Raw feeding is also often called BARF, RMB, prey model etc... However don't get hung up on the labels - it's all raw - just slightly different presentations!

### How much do I feed?

Firstly, you need to work out how much to feed your dog. A good place to start is **2-3% of bodyweight for an adult dog** or **3% of the expected adult weight for puppies** throughout their growing phase, you can split this over 1 or more meals a day. This will give you a starting point and you can then adjust accordingly, and please do stay flexible as these are guidelines and might not suit you individual dog or puppy as they are all individuals and differing activity levels and metabolic rates etc. I increase the amount fed or reduce accordingly to how my dogs feel. With a healthy dog you can feel the ribs and they have a waist, plus there is a tuck underneath.

### How do I swop over?

You have 2 choices when swopping over to raw, either cold turkey or combine kibble and raw. My dogs went cold turkey as they had been having chicken wings as a treat for months before with no adverse affects but again it is what you feel confident with. Most don't recommend doing kibble and



raw together, and certainly not in one bowl as 1. they digest at different rates plus 2. it's difficult to know you are feeding in fact a balanced diet, 3. you undermining yourself as you wouldn't be allowing the full effect of raw. However a few people do combine it.

### How do I start?

To start with feed one protein source (like chicken or turkey), one meat, for a week and keep a diary, slowly by week 2 introduce a new meat, (for example beef and beef GREEN tripe), combine for a week, and use this method to introduce other things like lamb, rabbit, etc.

I would recommend starting with chicken or turkey (for the sensitive souls) as it is easy to source and most dogs can tolerate it. I would start feeding chicken mince with some wings or half a carcass, maybe chicken fillets and hearts for breakfast and then some wings for tea. See how your dog goes for a week. You will find you will become an expert at looking at dog poo as this is the best way of telling how your dog is doing. You will find that poos

Would you like a dog who...

Smells less

Suffers less from tummy upsets

Costs less in vet bills

Poos less

Has a super glossy coat

Has sparkling teeth & sweet smelling breath

Really enjoys his/her food

Has less health issues

Is less hyper

Doesn't gas you out of your own home!

Seems happier & more contented!

Then feed your dog real & raw food and be in charge!





pheasant & hedgerow rosehip shells

generally become smaller and better formed as they utilise more of the food that they are being fed. The perfect poo can vary in colour but should be like a small kickable non stick pellet.

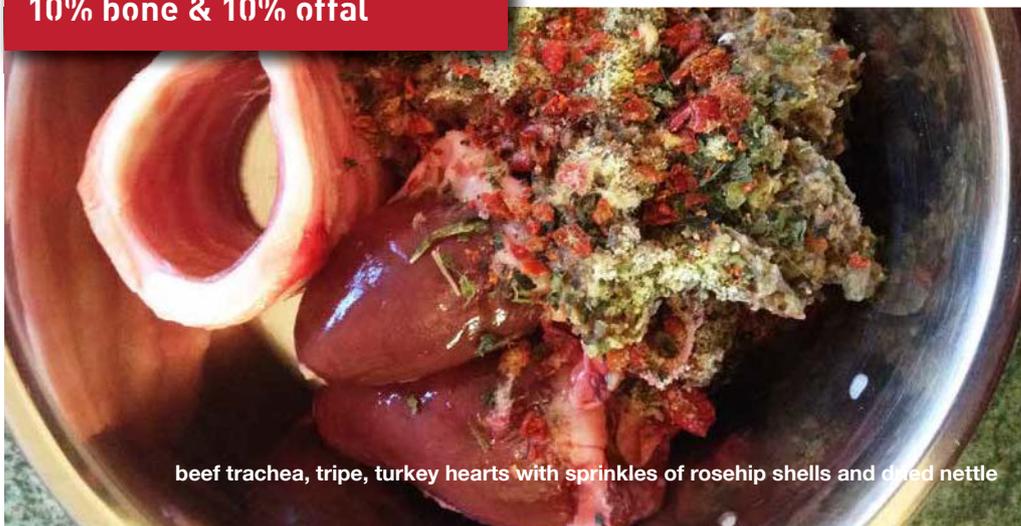
The reason to keep a diary is to find out if there are any foods your dogs does not tolerate, this way you can keep track.

For many starting out it can make a lot of sense to start with premade minces with everything already in it - there are many suppliers who offer this, it can be very useful to start this way and once you gain confidence to go more DIY.

### So what should I be aiming for?

You want to aim to have a good varied diet, the more variety the better the balance and the less likely a chance of your dog missing out on something.

**your aim [ratio]: 80% meat, 10% bone & 10% offal**



beef trachea, tripe, turkey hearts with sprinkles of rosehip shells and dried nettle

Examples of things that are counted towards your **80% meat** are: heart, tongue, cheek, skirt, off cuts, lung, diaphragm, trachea, gizzards, green tripe, brisket, stewing meat, fillets.

Your **10% offal** ....

**5% liver** do include liver - it's essential.  
**other 5%** kidney, spleen, brain, testicles, pancreas.

Also many dogs are iffy about offal, so try offal from different animals, do TINY TINY introductions, be willing to be sneaky about it but persevere it can take some time. As for puppies think SMALL amounts.

With bone it's better to start slightly lower and build up then feed too much. You will know if you feed too much bone as poo becomes very hard and chalky or the dog is straining to get it out - if this happens skip a bone meal for a boneless meal like tripe or just some more meat (without bone).

If you are concerned you have given too much bone and the dog is struggling with **constipation** feed offal - this gets the bowels moving, or heart can also help.

You can feed pretty much any meat; chicken, turkey, lamb, goat, pork, beef, venison, rabbit, duck, pheasant, wood pigeon, kangaroo, fish - the list is endless and it will mostly be about what your hands on.

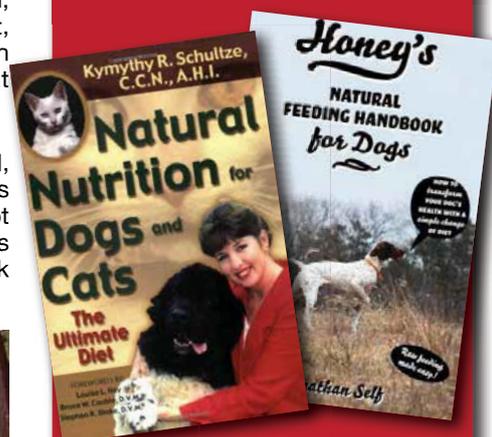
What many avoid feeding, myself included, is any **weight-bearing bones** such as legs and knuckles, marrows (I mean as bones not minced up stuff). These are very hard bones especially of bigger animals and can break teeth and splinter - so be aware!

## Books I have found extremely helpful



lamb neck

**Do read; I cannot labour on this enough - it's invaluable to have something to check back too. The more you know the easier it is!**



*Natural Nutrition for Dogs and Cats - The Ultimate Diet* by Kymthy Schultze

*Honey's Natural Feeding Handbook for Dogs* by Jonathan Self

**Of all the books I have on raw feeding, this one is my favourite - balanced, thoughtful, some great suggestions and other details that the other books don't mention.**

### Others:

Raw Dog Food: Making It Work for You and Your Dog by Carina Bh Macdonald

Works Wonders - Feed Your Dog Raw Meaty Bones by Tom Lonsdale

Raw Meaty Bones: Promote Health by Tom Lonsdale

Give Your Dog a Bone by Ian Billinghurst

You can also add in some **vegetables**: this is the big debate in the raw feeding world! Some are against some for - you will have to make up your own mind with it - I personally do feed veg but not always. If you do decide to feed your own vegetables they need to be pulped/ mashes/slightly cooked as dogs can't break down the cellulose walls of vegetables. Onion, corn on the cob and potatoes (raw) should not be fed. And nice leafy greens like spinach and kale together with squash or pumpkin are nice.

### Some more info ....

*When I started my dogs went through a porky phase and a thin phase whilst I was figuring out how much they needed to the consternation of said pooches. I know raw feeding can feel like a minefield with supplements, balance, how much to feed and how - but trust me with time you will figure it out, focus on the basic diet FIRST before worrying yourself with supplements, equally give the diet time to do it's miracles (2 months) BEFORE altering it. Weigh things out of it helps, and remember you have time. When I say time for me I think by month 4 I felt on top of things, I knew then how much I needed to give and when, how much bone, etc. My dogs also needed time to adjust to the food, some dogs do go through a bit of detox after swapping.*

### **My dog is not drinking: TOTALLY NORMAL**

- dogs on a raw diet tend to drink a lot less - especially if they have been used to kibble - keep an eye of course but if all the motions are OK don't worry. Most of the moisture they need comes from the raw meat you feed.

**Bone:** bone is essential, however especially when you start **build it up slowly** - **TOO MUCH BONE IS NOT GOOD** and to be avoided and is an often mistake for those just starting, **REMEMBER IT'S JUST 10%!!** - if your dog is struggling pooing give some offal or heart. Look at what comes out the other end - you after FIRM poos not hard, clean kickable is perfect! Too hard, crumbly, white, your dog straining means it's too much bone. Also poo colour changes are quite normal depending on what they have eaten.

Dogs are individuals and have different bone tolerances it's important you learn what your dog can handle.

**Fish:** this took time and was often regurgitated when given whole only to be swallowed up again for it to make a nasty return a few hours later - my trick was to freeze it and chop it and mix it with tripe, or even simpler feed it slightly frozen so it gets chomped. Fish makes a small part of the diet.

**Gulpers:** Nadar was a gulper especially in the beginning when he still was trying to do kibble inhalation of food but then with bones mmmm not good what helped me was to feed big chunks semi frozen - so eating took time and also gave the added benefit of pleasure. Over time, once the dogs realised, that no it wasn't their birthday each day and yes this was on the menu for forever things calmed down. Also stuffing food in Kongs can slow things down.

**Hunger & pukes on a morning:** sometimes dogs get particularly hungry, resulting in them throwing up bile (yellow foamy stuff with sometimes BITS!) most of the time this would be overnight or early in the morning so feed a treat last thing at night (I give a big dollop of mince) to tie them over. Also it can help to give food that takes time to eat.

**Sloppy poos & membrane poos:** sometimes something just doesn't fit with your dog that's Ok it could be they eaten a nasty on a walk or in the garden or that pork or diary just didn't suit them... what works for me is tree bark powder and a few days of tripe and chicken to rebalance the gut. Equally dogs going through detox with have a few sloppy poos - if it persists do get advice.



mackerel, tripe, kidney & egg

**Quantities:** the guidelines of 2/3% are just that - guidelines - every dog is different it might help to weight things out and make a note - don't get to stuck on these percentages - some are over 3% some are under 2% it's normal like people dogs are individuals -adjust based on what your dog looks and feels like! This is really essential!

**Supplements:** tricky and everyone has a slightly different opinion on it so you will have to figure this one out for yourself. I feel supplements are excellent when you have a need, say a dog with itchy skin or bad breath - however do try and always find out the cause. Other supplements can help with covering the basic needs eg salmon oil if you do not feed regular oily fish.

**Not eating:** be aware that healthy dogs won't starve themselves and can go a while without eating. Put down the bowl and if untouched just take it away, try again and next meal time and cut out ALL treats - don't fuss, sometimes we as owners make a problem where there is none, that way creating a behaviour... (so if you have issues and they are engrained perhaps try a different routine (change how you do it) . Remember you are not a chef with a menu and you do know what's best, think if you were used to MacDonalds then your mum/dad presenting you day in day out with a Cesar Salad might take a little persuasion initially.

**Vets:** Few vets welcome raw feeding, most are against it, and will warn you off with all sorts of dreadful tales, so be prepared, be honest but equally consider if it worth blurting it out if you are having a routine check up. However do consider this... Vets get very little nutritional education at university, what they do get tends to be sponsored by kibble manufacturers, equally these vets once in practice will sell you said kibble - it's profitable after all.

## Do not Worry!

**We all worry when we start on whether what we feed is a balanced diet, get a book so you can keep going back to it, join a group on Facebook for example, ask loads of questions etc. but think balance over time - do a weeks view and work from there, you have time but aim for the ratio mentioned above. You do not need to fit everything in a bowl. Feeding a balanced diet with various good quality meats is a million times better then kibble everything else I see as fine tuning an optimal diet.**

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## Just consider this...

Have you ever looked at your dog's beautiful teeth? Those canines were made to eat real meat, not dry squares or triangles in funky colours.

The government is pushing parents to give their children less processed foods as eating too many can have dire effects on long term health! It's no different for dogs; you are what you eat!

Dogs have been around for 1000's of years perfectly healthy and living on real & raw food; it's only now that we have a pet obesity crisis!

Do you recognise or understand any of the ingredients listed in your dogs food? With real dog food it's you in charge!

Did you know that some successful canine cancer treatments are based on a real & raw diet for dogs?

Did you know that feeding a dog on a real & raw diet reduces the chances of bloat?

## Links to check out

[Facebook.com/groups/rawfeeding.rebels](https://www.facebook.com/groups/rawfeeding.rebels)

A lovely group to learn all about raw feeding both good for the newbie and the seasoned DIYer. Full of advice and helpful people who are more than happy to answer any questions you might have a long the way.

[rawfed.com/myths](https://www.rawfed.com/myths)

A great, but old site but still full of useful information, and deals in particular with the myths around diet we have been led to believe by vets and the marketing teams of big business

[truthaboutpetfood.com](https://www.truthaboutpetfood.com)



Interesting articles about what goes into to processed kibble, like the picture above which is a dump truck full of a meat meal ingredient being delivered to a pet food manufacturing plant. This hardly looks edible and is of extremely poor quality. The 'meat' in the picture above has already been cooked once (and ground to a fine powder), next it will be cooked again during the extrusion process.