

Raw Feeding Cheat Sheet



ADULT DOGS



BARF (Biologically Appropriate Raw Food)

Muscle Meat (boneless meat)

40%

Freeze wild caught animals at -4F below for 3-4 weeks. Skin with fur or feathers attached are a great source of animal-based fiber.

Chicken, turkey, quail, beef, duck, kangaroo, pheasant, partridge, Cornish hen, rabbit, venison, beaver, pork, lamb, bison, boar, grouse, goat, goose, moose, ostrich.

How much to feed

Daily Amount

Inactive/lose weight - 2%

Average - 2.5%

Active 3%

Athlete / working 3.5%

Muscular Organ

25%

Heart (high in B Vitamins)

Lung (high in selenium)

Green Tripe (high in manganese)

Gizzards (high in zinc)

Fiber or Fur

5%

Rabbit ears with fur, rabbit feet with fur, beef ear with fur, pork ear with fur, lamb ear with fur.

Raw Meaty Bones



10-12%

Make sure the bones you feed are the appropriate size for your dog

Rabbit head, rabbit back, duck neck, turkey neck, chicken neck, chicken wings, chicken feet, duck feet, rabbit feet, pork feet, pork tail, lamb ribs

Secreting Organ



5%

Brain (high in DHA)
Kidney (high in B vitamins)
Spleen (high in iron)
Pancreas (digestive enzymes)
Eyeball (high in iron)
Ovaries (promote hormone balance in females)
Testicles (high in B12)

Liver



2-5%

Lower the liver percentage to 2% if you are feeding ruminant animal (cow) or duck liver due to a high concentration of copper/vitamin A.

Seafood



10%

Canned seafood should be in water only, preferably no added salt. If there is added salt, rinse it off before adding it to your dog's bowl.

Tuna can contain mercury so you want to stay away from that.

Fish oils in a pump bottle will oxidize rapidly due to exposure to air.

Smelt, anchovies, mackerel, salmon, herring, sardines, cooked blue or green lipped mussel (manganese), oysters (zinc).

Vegetables

Vegetables must be steamed or cooked before giving it to your dog in order for it to be bioavailable to them.

Garlic is NOT poisonous, it can actually help fight cancer. Onions should NEVER be given to your dog.

7-10%

Spinach, red bell pepper, sweet potato, squash, carrots, yellow bell pepper, kale, chard, asparagus, broccoli, zucchini, avocado (NOT the seed), bok choy, cucumber, beets, chard stems, eggplant, garlic, mushrooms, ginger, turnip, cauliflower.

Fruit

Fruit provides antioxidants

2%

Blueberries, blackberries, cranberries, strawberries, watermelon, goji berry, kiwi, figs, apples.

Optional

Optional should not take up more than 5% of total muscle meat

Tongue (high in fat)
Trachea (high in chondroitin)
Tendon (collagen)
Pizzle (bully stick)
Gullet (high in glucosamine)
Ears (digestion)
Uterus (high in iron)