

Ingredients List

Almonds (ground)

Packed with fiber and protein, almonds are nutritional marvels. They boast essential vitamins and minerals, including vitamin E, selenium, zinc, calcium, magnesium, and a range of B vitamins, notably folate and biotin (vitamin B7). These should be used sparingly due to their high fat content. Almonds should be ground for optimal use.

Apples

Apples, when given in moderation, are a healthy and tasty treat for dogs. They are rich in vitamins A and C, and high in fiber, which supports overall health and digestion. Being low in calories, apples make an excellent low-calorie treat option.

Ensure you wash apples thoroughly to eliminate pesticides and contaminants. Remove the core and seeds, as they contain cyanide, which is harmful in large amounts. Cut the apple into small pieces to avoid choking hazards.

Avocados (flesh)

Avocados are celebrated for their exceptional nutritional profile and healthy fats. They are packed with essential vitamins such as K, C, folate, potassium, B5, and B6. Contrary to popular belief and even some veterinary advice, avocados are safe for dogs to consume.

Bananas

Bananas are a nutritional powerhouse packed with essential vitamins and minerals like potassium, vitamin B6, and vitamin C. However, remember to feed them in moderation due to their natural sugar levels.

Bananas bolster digestive health with their fiber and resistant starch and deliver a potent punch of antioxidants, including dopamine and catechins. For optimal health benefits, opt for green bananas.

Beans (green)

Green beans are a fantastic, low-calorie, high-fiber addition to your dog's diet, perfect as a treat or a meal supplement. Serve them cooked or raw, but steer clear of seasonings or oils.

Packed with essential vitamins like C and K, as well as manganese, green beans offer a wealth of plant-based nutrients. Adding green beans to your dog's meals can aid in weight management while boosting their nutritional intake.

Bean Sprouts

Incorporating bean sprouts into your dog's diet can be a nutritious choice when done in moderation. These low-calorie sprouts are packed with essential vitamins and minerals, including vitamin C, vitamin K, and folate. They also offer a good dose of fiber, promoting healthy digestion.

Moreover, bean sprouts are rich in antioxidants, which help protect against cell damage and may lower the risk of cancer and heart disease.

Beef Liver

Beef liver is a fantastic addition to your dog's diet, when given in moderation. This nutrient-dense organ meat is packed with essential vitamins and minerals like vitamin A, vitamin B12, iron, and copper. In fact, beef liver is one of the most nutrient-rich foods on the planet. If your supermarket doesn't have it, ask your local butcher. For a balanced diet, beef liver should make up 5% of your dog's fresh food intake.

Beef Mince

Beef is a protein powerhouse, essential for muscle growth and maintenance. It provides iron and four vital vitamins: niacin, riboflavin, B6, and B12. These nutrients help combat tiredness and fatigue. In a dog's diet, beef mince can be beneficial, but pay attention to its fat content. Opt for lean cuts or mix with other proteins like beef heart or tripe to ensure a balanced diet.

Blueberries

Blueberries make a great addition to your dog's diet. Packed with antioxidants, vitamins, and fiber, they offer numerous health benefits. Blueberries can help prevent exercise-induced oxidative damage and support your dog's cognitive function.

For best results, feed your dog fresh or frozen blueberries in moderation. You can also mix them into homemade treats or their regular meals. Opt for organic blueberries whenever possible, as their thin skin absorbs pesticides more easily.

Brain

Brains pack a powerful punch of nutrition for your dog, delivering a robust supply of essential nutrients. These



nutrient-dense, healthy fats are loaded with omega-3s, making them a great addition to any canine diet. Beyond fats, they brim with vital vitamins and minerals that bolster overall health and supercharge cognitive function. Sourcing them can be a challenge, but check your local supermarket or butcher.

Broccoli

Incorporating broccoli into your dog's diet can offer numerous health benefits, provided it's given in moderation. This powerhouse vegetable is a rich source of antioxidants, fiber, and protein, and it boasts essential minerals like iron, potassium, calcium, selenium, and magnesium. Additionally, broccoli is packed with vitamins A, C, E, K, and a comprehensive range of B vitamins, including folic acid.

Research indicates that adding broccoli to your dog's meals can significantly lower the risk of certain cancers. For optimal digestion, consider lightly cooking the broccoli or finely chopping it before serving.

Carrots

Carrots are a nutritional powerhouse, rich in fiber, vitamin A, and beta-carotene—nutrients that may help reduce the risk of diabetes. Additionally, their calcium and vitamin K content supports strong, healthy bones. Whether served raw or cooked, carrots are a versatile treat for dogs; cooking them can enhance digestibility and nutrient absorption.

Chia Seeds

Chia seeds are a nutritious addition to a dog's diet, especially for raw-fed dogs that might lack certain minerals. Rich in magnesium and manganese, chia seeds also boast a 40% fiber content, promoting gut health by slowing digestion, increasing fullness, and enhancing nutrient absorption. They are packed with antioxidants that support overall health. To prepare chia seeds, mix them with water, bone broth, or kefir for added benefits.

Chickpeas

Incorporating chickpeas into your dog's diet can be a nutritious choice when done in moderation. Packed with protein, fiber, and essential nutrients like vitamins B6 and C, folate, and magnesium, chickpeas offer a wholesome boost to their nutrition. To ensure your dog's safety and ease of digestion, be sure to cook the chickpeas thoroughly and serve them in small portions.

Cruciferous vegetables

Cruciferous vegetables like cabbage, cauliflower, and Brussels sprouts can be a great addition to your dog's diet when given in moderation. Rich in essential vitamins C and K, as well as fiber, these veggies support overall health and digestion.

Research indicates that incorporating leafy greens and yellow-orange vegetables, including cruciferous varieties,

into your dog's meals at least three times a week can significantly lower the risk of bladder cancer.

These vegetables are packed with bioactive compounds such as sulforaphane, which enhance immune function, promote heart health, boost cognitive abilities, and combat cancer.

Brown Rice (cooked)

Brown rice can be a nutritious addition to your dog's diet when used in moderation. Rich in fiber and essential minerals like selenium, potassium, and magnesium, brown rice offers several health benefits. Incorporating 10-20% brown rice into your dog's meals can help manage food costs while boosting nutritional value. However, it should not dominate their diet; prioritise more nutrient-dense foods for optimal health.

Eggs (pastured/free range are best)

Eggs are a fantastic addition to a dog's diet, offering nutrient-dense, easily absorbable protein. They are packed with essential vitamins (A, D, E, B12), minerals (riboflavin, folate, iron, selenium), and beneficial Omega-3 fatty acids, which promote healthy skin and coat. Raw eggs can be fed whole, including the shell, for a natural calcium boost. However, they should be given in moderation to maintain a balanced diet and prevent nutrient imbalances.

Flaxseed (ground)

Adding ground flaxseed to your dog's diet can be highly beneficial. It provides essential micronutrients like iron, potassium, vitamin B12, phosphorus, and calcium. Rich in Omega-3 fatty acids, particularly alpha-linolenic acid (ALA), flaxseed supports heart and immune health. Its high fiber content aids in digestion and promotes gut health. Administer up to 1 teaspoon of flaxseed or flaxseed oil per 10kg of body weight. Grinding flaxseed enhances its bioavailability, ensuring your dog absorbs the nutrients effectively.

Garlic

Garlic contains powerful bioactive compounds like Allicin and Ajoene that offer numerous health benefits. These include anti-cancer properties, blood sugar and cholesterol reduction, and antibiotic and antifungal effects. Although garlic is part of the Allium family, which includes toxic plants like onions, it is safe for dogs in small, controlled amounts. Concerns about toxicity arise mainly from studies using extremely high doses.

Garlic boosts the immune system, protects against colds, lowers blood pressure, increases anti-clotting factors, and reduces cholesterol, thereby decreasing the risk of heart disease. It also helps reduce internal inflammation and detoxifies heavy metals from the body.

Ghee

Ghee can be a beneficial addition to a dog's diet when used in moderation. It is a clarified butter made from grass-fed sources and is healthier than regular butter. Ghee is rich in fatty acids, which can support joint health and overall well-being. It also acts as a great vessel for giving tablets to your pet. Ghee has lubricating effects on the joints, making it suitable for dogs with joint issues. However, it's important to feed it in moderation to avoid excessive fat intake.

Ginger

Ginger, a vibrant flowering plant native to Southeast Asia, is one of the world's healthiest spices. At the heart of its remarkable benefits lies gingerol, a potent bioactive compound with impressive medicinal properties.

Research highlights gingerol's powerful anti-inflammatory and antioxidant effects, making it a natural ally against oxidative stress caused by an excess of free radicals in the body. Beyond its health benefits for humans, ginger also proves invaluable for our canine companions, effectively soothing upset stomachs and alleviating motion sickness during travel.

Greek Yoghurt

Adding Greek yoghurt to a dog's diet can be highly beneficial due to its probiotic content. It contains beneficial bacteria like Bifidobacteria and Lactobacilli, which help prevent leaky gut syndrome and promote overall gut health. These probiotics clean up undigested food and mucus, aiding in recovery after diarrhoea by restoring gut flora balance. Always choose full-fat Greek yoghurt without added sugar, as low-fat versions often contain high sugar levels, which can harm a troubled gut.

Green Tea (decaf)

Decaf green tea is rich in essential nutrients like vitamins A, D, E, C, B, B5, H, and K, as well as minerals such as manganese, zinc, chromium, and selenium. To prepare, simply boil and cool the tea before adding it to your dog's food or serving it as a drink.

The polyphenol antioxidants in green tea help reduce inflammation and protect cells from damage. Green tea also supports heart health by lowering cholesterol and improving circulation. Its unique mix of polyphenols and alkaloids makes it a powerful anti-inflammatory, astringent, and diuretic, which can be particularly beneficial for dogs with kidney disease.

Hempseeds (hulled)

Hemp seeds are highly nutritious and rich in healthy fats, protein, and essential minerals. They offer a perfect 3:1 ratio of Omega-6 to Omega-3 fatty acids, ideal for reducing inflammation and promoting overall health. The Omega-6 fatty acid, gamma-linolenic acid (GLA), supports the

production of compounds that influence inflammation and pain. Additionally, hemp seeds are loaded with antioxidants, which are beneficial for joint health and reduce pain in dogs with degenerative joint diseases.

Hulled hemp seeds, or "hemp hearts," have their outer shell removed, making them easily digestible for dogs. Recommended servings are as follows: for milled hemp seeds, provide 4-6 teaspoons per 1kg of food. For hemp seed oil, or offer 2-3 teaspoons per 1kg of food.

Himalayan salt

Himalayan salt is rich in essential electrolytes and minerals that can enhance overall health. Adding a small pinch to your dog's water can improve hydration and support various bodily functions, especially if your dog is dehydrated or has an upset stomach. Key minerals like potassium, magnesium, and calcium are beneficial, but moderation is crucial. A pinch is typically enough; excessive salt can be harmful. Always monitor the amount given.

Honey (raw)

When used correctly, incorporating raw honey into a dog's diet can be beneficial. It contains essential vitamins, minerals, and antioxidants that support overall health. Honey's soothing properties can aid in digestive issues, particularly for dogs with upset stomachs or gastrointestinal problems. Additionally, its natural antibacterial and antimicrobial properties boost the immune system and combat infections.

Dosage: Add a small amount, such as a teaspoon, to your dog's food or give it directly. Raw honey is best sourced from local beekeepers, fruit and veggie stores, or farmers' markets, as it is rarely available in supermarkets.

Kale

Kale is packed with vitamins A, C, and K, along with essential minerals like calcium, magnesium, and potassium. These nutrients support bone health and immune function. Its antioxidants combat oxidative stress and inflammation, benefiting dogs with chronic conditions or weak immunity.

The fiber in kale aids digestion and promotes gut health. However, kale should be fed in moderation to avoid digestive issues and the risk of kidney stones from its oxalate content. Lightly steam or blanch kale to make it easier to digest.

Kelp

Kelp is rich in naturally occurring iodine, which is essential for optimal thyroid health. Beyond iodine, kelp contains high levels of other minerals and trace elements such as calcium, magnesium, potassium, and zinc.

Additionally, brown seaweeds like kelp offer beneficial compounds, including alginates (which detoxify radiation

and heavy metals), fucoidan (linked to cancer prevention and infection control), laminarin (supporting cardiovascular health), and lignans.

Kiwi Fruit

Kiwi fruit, rich in vitamins C and K, fiber, and antioxidants, is a powerhouse for your health and immune system. Its fiber content promotes digestion and supports gut health. However, enjoy kiwi in moderation to avoid digestive issues or unwanted weight gain due to its natural sugars.

Lamb

Lamb is a valuable addition to your dog's diet, offering high-quality protein and an abundance of essential vitamins and minerals like iron, zinc, and vitamin B12. For a healthier option, choose lean cuts to keep fat levels in check.

Mackerel

Mackerel is a powerhouse of Omega-3 fatty acids, essential for vibrant skin, a glossy coat, and flexible joints. These beneficial fats also bolster cardiovascular health and minimise inflammation. Rich in vitamins D and B12, selenium, and protein, mackerel supports overall vitality and well-being.

Serving suggestions include whole, fresh mackerel, with just 100g weekly sufficing for a 15kg dog. Canned mackerel is another convenient option, but you should opt for spring water or olive oil. Steer clear of varieties in sunflower oil due to its high Omega-6 content, which can counteract Omega-3 benefits.

Mint

Renowned for its soothing properties, mint is a versatile herb with a myriad of health benefits. It alleviates flatulence, diarrhoea, nausea, and depression-related anxiety. It's also effective against muscle and nerve pain, the common cold, indigestion, and IBS.

For our canine companions, mint promotes fresh breath by enhancing gut health. Moreover, its antibacterial qualities make it a powerful ally in maintaining oral health and warding off infections.

Mushrooms

Feeding mushrooms to dogs can be complex. While some mushrooms offer health benefits, others are highly toxic. Here are key points to consider:

Medicinal mushrooms can boost your dog's health. Generally, mushrooms that are safe for humans are also safe for dogs. Always cook mushrooms thoroughly to enhance their nutritional value.

Many wild mushrooms are toxic to dogs. To minimise risks, avoid areas with heavy mushroom growth during walks. Keep your dog on a leash and consider muzzle training if they tend to scavenge.

Oat Bran

Not all grains are bad. Oat bran, in particular, is a powerhouse of soluble fiber that supports digestion and promotes gut health. When soluble fibers like pectins, gums, and mucilages dissolve in water, they form a gel-like substance in the intestines, aiding smooth digestion.

Packed with essential vitamins, minerals, and antioxidants, oat bran contributes significantly to overall health. Its fiber content helps prevent constipation and encourages regular bowel movements, making it especially beneficial for dogs with digestive issues. However, moderation is key. Integrate a small amount of oat bran into your dog's diet to reap its benefits without causing digestive upset.

Oats (wholegrain)

Many pet owners have been led to believe that grains are harmful, but this isn't entirely true. Some grains offer significant benefits when included in a pet's diet in a bio-available form.

Oats are an excellent source of carbohydrates and fiber, including the potent fiber beta-glucan. Additionally, oats are rich in manganese and provide substantial amounts of phosphorus and magnesium. It's best to use boiled or soaked oats and try to source organic if you can.

Olive Oil

Adding olive oil to a dog's diet offers numerous health benefits. Rich in phenolics, it supports the gut microbiome and promotes skin health. Olive oil is packed with antioxidants, including Vitamin E, which combat free radicals and reduce inflammation, boosting overall health and immune function.

Topically, olive oil can soothe dry skin, crusty elbows, and noses, and can be groomed into the coat to combat dandruff and nourish the skin. Additionally, it aids digestion and supports gut health, making it beneficial for dogs with digestive issues.

Parsley

Parsley is an excellent herb to include in your dog's diet, offering a wealth of health benefits. Packed with vitamins A, C, and K, as well as essential minerals like iron and calcium, parsley can significantly enhance your dog's overall well-being.

When added to their food, parsley supports kidney health and reduces the risk of kidney stones, making it particularly beneficial for dogs with renal issues.

Rich in antioxidants, parsley combats oxidative stress and bolsters the immune system. Additionally, it helps freshen your dog's breath and aids in digestion. The herb also contains lutein, beta carotene, and zeaxanthin—three powerful carotenoids that protect the eyes and promote healthy vision.

Peas (boiled)

Peas are a nutritional powerhouse, packed with essential vitamins A, B, C, and K, along with key minerals such as iron, zinc, and potassium. Their impressive fiber and protein content not only bolster overall health but also make them a standout addition to any diet. Interestingly, the zinc levels in peas increase when they are boiled, enhancing their nutritional benefits even further.

Compared to other starchy vegetables like sweet potatoes, peas boast a lower glycaemic load (GL), meaning they have a gentler impact on blood sugar levels. This makes them an excellent choice for those seeking healthier carbohydrate options. Additionally, the fiber in peas plays a crucial role in promoting digestion and supporting gut health.

Pumpkin

Pumpkin is a nutritional powerhouse for dogs, offering a wealth of benefits for their digestive health. Rich in fiber, it helps regulate digestion, making it an excellent remedy for dogs experiencing constipation or diarrhoea. Brimming with essential vitamins and minerals—such as vitamins A, C, and E, potassium, and iron—pumpkin supports overall well-being.

Its lower glycaemic load compared to other starchy vegetables makes it a smart, healthier carbohydrate choice for your furry friend. For optimal results, incorporate cooked and mashed pumpkin into your dog's regular diet. Tip: you can feed the cooked skin, too, as it's a valuable source of fibre.

Pumpkin Seeds

Adding pumpkin seeds to your dog's diet can be highly beneficial, especially for their natural anti-parasitic properties. These seeds contain cucurbitin, an amino acid that paralyzes worms, allowing them to be safely excreted. This makes pumpkin seeds an effective natural dewormer.

Rich in vitamins and minerals like zinc, iron, and magnesium, pumpkin seeds also support overall health. To use, grind the raw, unseasoned seeds and give your dog about ½ teaspoon per 5 kg of body weight daily.

Keep in mind that once seeds are ground, their fats can go rancid. Only grind what you will use within a week and store it in an airtight container in the fridge.

Psyllium Husks

Psyllium husks are a powerful soluble fiber that transforms into a gel-like substance when mixed with water, promoting regular bowel movements and supporting overall gut health. Unlike other soluble fibers that may cause constipation, psyllium husks absorb excess water in the gut, softening stools for easier passage. This makes them

particularly beneficial for dogs with digestive issues such as constipation or diarrhoea. Psyllium husks help bulk up stool, effectively softening hard stools and firming up loose ones. To ensure optimal benefits, gradually introduce psyllium husks into your dog's diet and provide ample water as the fiber expands by absorbing moisture.

Quinoa (cooked)

Quinoa, often mistaken for a grain, is actually a nutrient-packed seed brimming with benefits. Rich in protein, it stands out as one of the rare plant foods that provide all ten essential amino acids for your dog. Beyond protein, quinoa boasts high levels of fiber, magnesium, B vitamins, iron, potassium, calcium, phosphorus, vitamin E, and a variety of valuable antioxidants.

The robust fiber content in quinoa promotes healthy digestion and regular bowel movements. Notably, quinoa is also naturally gluten-free, making it an excellent choice for dogs with gluten sensitivities or allergies.

Despite its impressive nutritional profile, quinoa should be incorporated into your dog's diet in moderation. Overconsumption can cause digestive discomfort due to its high fiber content.

Salmon

Salmon stands out as a premium source of high-quality protein, vitamin D, and essential omega-3 fatty acids, which are crucial for maintaining skin and coat health, reducing inflammation, and enhancing overall well-being.

However, it's vital to ensure salmon is either thoroughly cooked or pre-frozen to eliminate any potential parasites or bacteria.

While nutritious, salmon should be fed in moderation within a balanced diet. Excessive fish consumption can lead to nutrient imbalances.

Salt (iodised)

Iodised salt is an effective way to ensure dogs receive sufficient iodine, crucial for thyroid function and overall health. This salt contains iodide, which is more easily absorbed by the body compared to the iodine found in seaweed.

While iodised salt can help meet your dog's iodine requirements, it's essential to use it sparingly to prevent excessive sodium intake, which can cause dehydration and other health issues.

Sardines

Sardines are an excellent source of omega-3 fatty acids, which are essential for reducing inflammation, supporting skin and coat health, and promoting overall well-being. They are also rich in EPA and DHA, which are vital for various bodily functions.

Tinned sardines are a convenient choice; opt for those in spring water or olive oil. Sardines in brine can also be fed occasionally, as some salt can benefit dogs, especially those on raw diets that might lack sodium.

For fresh sardines, freeze them first to eliminate potential parasites. Sardines can be fed whole and also provide rare nutrients from their brains and eyes.

Spinach

Spinach is a nutritional powerhouse, brimming with vitamins A, C, and K, along with iron, magnesium, and antioxidants. Despite being low in carbs, it boasts high levels of insoluble fiber, making it a great addition to support overall health and well-being.

However, spinach also contains oxalates, which can bind to calcium and other minerals, potentially leading to the formation of oxalate stones in the urinary tract. This is why moderation is key, especially for dogs prone to kidney or bladder stones.

To minimise the oxalate content, it's advisable to cook spinach before serving it to your furry friend. Steaming or boiling are effective methods for this purpose.

Strawberries

Strawberries are a powerhouse of essential vitamins and minerals, including vitamin C, fiber, and antioxidants, all of which boost overall health and strengthen the immune system. Their low-calorie count makes them an excellent choice for a guilt-free treat.

For optimal safety and taste, wash strawberries thoroughly to eliminate pesticides and contaminants. Remove the stems and slice them into bite-sized pieces to avoid any choking hazards.

When fresh, local strawberries are out of season, consider using frozen ones to maintain your dog's nutrient intake.

Sweet Potato

Sweet potatoes are rich in essential vitamins and minerals like vitamins A, C, B6, fiber, potassium, and manganese, all of which support overall health. The fiber in sweet potatoes aids digestion and promotes gut health, especially in dogs prone to constipation.

For optimal benefits, cook sweet potatoes before feeding them to your dog. Boiling or steaming with the skin on retains valuable fiber and nutrients. Lightly cooked cubes with the skin on are well-tolerated and nutritious.

Sweet potatoes have a lower glycaemic load than regular potatoes, making them a healthier carbohydrate choice for dogs.

Tomato

Tomatoes are your powerhouse source of lycopene, a potent antioxidant renowned for slashing risks of heart

disease and cancer. Packed with essential vitamins A, C, and K, these vibrant fruits are a treasure trove of health benefits, fighting inflammation and bolstering overall wellness. When feeding tomatoes to your dog, ensure they are ripe and devoid of any green parts. Serve in small, bite-sized pieces to eliminate any choking hazards.

Tuna

Tuna is a low glycaemic index (GI) food rich in essential nutrients like selenium, Vitamin B3, Vitamin B12, Vitamin B6, protein, phosphorus, Vitamin D, and potassium. It also provides magnesium, choline, Vitamin B1, Vitamin B2, and iodine.

However, larger tuna species can contain high mercury levels. To prevent mercury buildup in your dog's system, limit its tuna intake. Smaller fish, such as sardines or mackerel, are safer alternatives.

If you do feed your dog tuna, ensure it is cooked and free of added salt, oil, or seasonings. Tinned tuna in spring water can be an occasional treat but should not be a regular part of your dog's diet.

Turkey

Turkey is an excellent source of high-quality protein, essential amino acids, and vital nutrients like B vitamins, selenium, and zinc. Moreover, it's a low-allergy protein, making it an ideal choice for dogs with food sensitivities. To introduce turkey to your pet's diet, begin with a small portion of raw turkey mince added to one meal. If your dog shows no adverse reactions, gradually increase the amount.

Wheatgrass powder

Wheatgrass is highly effective in reducing joint and bone inflammation, making it ideal for dogs with Osteoarthritis. Rich in essential nutrients like vitamins A, C, and E, and minerals such as iron, calcium, and magnesium, wheatgrass also contains chlorophyll for detoxification and overall health.

Additionally, wheatgrass is a great source of zinc, crucial for cell growth, DNA replication, tissue healing, and immune support. It also provides copper, which supports the immune system, nervous system, red blood cell production, and collagen formation for healthy skin and joints.

Please don't hesitate to reach out with any questions.

Kat

Your Canine Nutritionist & Wellness Coach

The Healthy Hound

Helping your dog thrive. not just survive

