



Your Guide

How to improve your pet's diet

www.thenaturopathicvet.com

The Naturopathic Vet

WELCOME



Hello, my name is Hanka and I am a vet and small animal nutritionist with a passion for helping pet owners provide the best possible nutrition for their furry friends. I am also a certified veterinary homeopath and phytotherapist.

My aim is to help pet owners understand the importance of a balanced and nutritious diet for their pets and to provide them with the knowledge and resources to make informed decisions about what to feed their pets. I believe that a species-appropriate diet is essential for maintaining good health, preventing chronic diseases and promoting a happy and active lifestyle for small animals.

*Love
Hanka x*

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pet's diet

Part 1

... if you feed kibble (dry food)

First, let me give you just 3 reasons why you should stop feeding dry food altogether:

Kibble is the most processed animal food.

Heat-processed food has been shown to cause more allergic reactions than raw food. The heating also destroys valuable enzymes and probiotics, which are important for a healthy digestive tract and immune system.

Flavour enhancers, colourings and preservatives are often added to dry food and can cause adverse food reaction.

Dry food contains at least 40% carbohydrates, and dogs and cats have no nutritional need for them. Cats, in particular, can only break down very small amounts of carbohydrates.

Meat, such as chicken, does not contain carbohydrates. Too many carbohydrates can cause not only digestive problems but also inflammation in various organs.

Dry food contains only 7-10% moisture, but the original food of our pets such as chickens, birds and mice is at least 70% water. Even wet food contains about the same amount of moisture (70-80%).

As a result, feeding dry food can lead to large deficits in fluid balance, particularly in cats. This results in a high susceptibility to chronic kidney and bladder disease.

Here are some tips on how to improve kibble if you still want or need to feed it:

- **Replace one meal of dry food with raw meat and offal such as chicken meat, liver or heart. Try only one at a time.**
- **If your pet doesn't like raw meat, you can try frying it for a short time to enhance the flavour, or you can even cook it.**
- **Raw or canned fish, such as sardines, once or twice a week instead of dry food.**
- **Feed raw meaty bones once or twice a week. Depending on the size of your pet, try chicken necks, wings or thighs, lamb shanks or beef ribs.**
- **Give your pet eggs, raw or cooked. Some pets will even eat the shell, which is a good source of calcium.**
- **Add chopped or pureed vegetables, greens and fruit to your dog's meals. Carrots, spinach and apples are good choices.**
- **Feed high-quality canned food alternated with dry food. Read the next part for tips on how to recognise good quality wet food.**

Part 2

...if you feed wet (tin) food

Here are some tips on how to choose high quality canned/wet food and how to improve low quality food:

- Always read the label and start with the composition. Remember whatever is listed first makes up the majority of the pet food, so it should be nutritionally beneficial.
- All ingredients should be listed in percentages. For example, 85% chicken or duck 26%, chicken 24%.
- Offal should also be listed as ingredients, like chicken liver 20%.
- Avoid ingredients that are commonly linked to health issues in pets, such as cereals (corn, wheat, soy).
- Look for whole, natural and if possible even organic ingredients.
- Ideally, your cat's canned food should contain around 80 % muscle meat, 15 % offal (mainly liver and heart) and dietary fibre (vegetables, herbs).
- Ideally, your dog's canned food should contain about 70% muscle meat, 15% offal and 15% plant matter (vegetables, fruits and herbs).
- Read and incorporate the tips from Part 1.

Part 3

...if you feed raw food

Here are some tips if you feed a raw diet:

- Choose high-quality ingredients: use organic meats, vegetables and fruits to ensure your pet is getting the best possible nutrition.
- Dogs should be fed a diet of about 80 % animal products (muscle meat 70 %, offal 15 %, meaty bones 15 %) and 20 % plant products (vegetables, fruit, herbs).
- Cats should be fed a diet of about 95-98% animal products (muscle meat 80%, offal 10%, meaty bones 10%) and 2-5% fibre (vegetables, herbs).
- Meat should be fed in large pieces so that it cannot be easily swallowed. Chewing is good for the chewing muscles and the dog's engagement with the food.
- Bones should be fed as "raw meaty bones", ie containing at least 50% meat to ensure good digestibility, such as chicken legs, turkey necks and lamb ribs.
- Vegetables are not easily digested raw, so steamed or raw, pureed or chopped vegetables are better.
- It is more natural not to mix different sources of protein in the same meal. It's better to have, for example, beef 3 days a week, chicken 3 days a week and fish on the last day.
- Even with a balanced raw diet, pets may need additional supplements to ensure they are getting all the nutrients they need, such as omega-3 and omega-6 fatty acids.

THANK YOU!

Hello there pet parents,

As a naturopathic vet and small animal nutritionist who is passionate about animal health and wellbeing, I just wanted to take a moment to say a huge THANK YOU to all of you who downloaded my freebie on how to improve your pet's diet.



It's been a pleasure to share my knowledge and insights with fellow pet lovers, and I'm so grateful to see so many of you taking an active role in your pet's nutrition. By making informed choices about what we feed our furry friends, we can help them lead happier, healthier lives. I hope that the information provided in the freebie has been helpful to you and your furry family members. And if you ever need further guidance or support with your pet's nutrition, please don't hesitate to reach out. As a small animal nutritionist who offers personalized consultations, I'm here to help. Thank you again for your support and for allowing me to be a part of your pet's journey towards optimal health. I truly appreciate it.

*Love
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