



Rising Energy Therapies

Info sheet for Feeding your adult Dog

How to work out the percentage to feed your Dog

Find out what the ideal weight of your dog is supposed to be (it might be 4kg for a small breed and 45kgs for a large breed or could be somewhere in between – every breed has an ideal weight range)

Example – 42kg divided by 100 x 3 = 1.260 grams

The total amount of food to feed your dog in a day will be 1.260 grams of food.

This will include meals and bones and snacks (snacks are not necessary but can be optional if your dog is underweight or already lean)

Weighing food will help especially when you have an overweight dog and are trying to help them lose weight.

Raw Species appropriate diet for Dogs

Mix things up as no diet will ever be balanced in every meal aim for balance over the variety of foods you give across the week. Each meat, different bone or vegetable will offer different vitamins, minerals, and other essential nutrients.

- High quality proteins – chicken, turkey, duck, kangaroo, beef, rabbit, lamb (depending on tolerance to different meats)
- Raw meaty bones – chicken necks, wings, kangaroo tails, beef back and ribs, lamb backs
- Organ meats – chicken heart, kidney, liver
- Blitzed raw leafy greens – kale, spinach, broccoli, zucchini, etc
- Blitzed fruits – apple, carrots, blueberries etc
- Whole Egg
- Bone broth
- Yogurt, cottage cheese, (depending on tolerance)
- Cooked pumpkin & sweet potato (optional- good for helping with diarrhea and constipation)
- Brewer's Yeast (optional)
- Fresh Water

Breakdown of percentages of foods above to feed

- 40% raw meaty bones
- 20% muscle meat
- 20% leafy green vegetables
- 10% offal
- 10% additives – eggs, yoghurt, oils, grain, legumes, supplements.

NOTE: it is always important to observe your dog. Watch how they are reacting to the foods, watch to see how they are going to the toilet (do they have diarrhea or constipation) watch for changes in behaviour, coat condition and general health. Make small adjustments to the diet on your observations. Ask questions if you are unsure.

Exercise is important for your dog's general health and wellbeing. Exercise needs to be age and size appropriate not too much and not too little. A slow sniffing walk will do more for the fitness and mental health of your dog than a flat out walk or run being jerked along the whole way. Stop and consider your dog and what they might like as an activity rather than what you think is appropriate. Never walk or run in very hot weather.