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## THE SHORT CUT DIET

- 1     **COMMERCIAL BRANDS** – choose a good quality “natural” brand examples are :
  - Dynamite
  - Wysong**
  - Call of the Wild**
  - Many others**
  
- 2     **RAW MEAT**– give as little as a ¼ cup a day for dogs and a tablespoon for cats.
  
- 3     **LEFTOVERS**- as long as they are healthy.
  
- 4     **OILS** – as describes in the raw foods handout.
  
- 5     **VITAMINS AND MINERALS** – as describes in the raw foods handout
  
- 6     **YOGURT OR ACIDOPHYLUS** dose for a cat – ¼ human adult dose. Dose for a medium size dog – ½ adult human dose.
  
- 7     **DIGESTIVE ENZYMES**– give a product made for animals like Florazyme or Good Gravy.
  
- 8     **PURE WATER** – filtered, distilled, or spring water.
  
- 9     **NOTE** – The food should be moist, can add canned food from the same commercial brands above.
  
- 10    **ANTIOXIDANTS**- Refer to raw foods diet.

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HEALING TOUCH VETERINARY, PC

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**TOTAL RAW FOODS DIET**

Choose from the following:

PERCENT

----- **PROTEIN**

Raw: hamburger, turkey, chicken, lamb, buffalo  
Cooked: fish, pork  
Other: dairy, beans, lentils, soy products.

----- **CARBOHYDRATES**

Cooked: grains, rice, millet, quinoa, barley, cous  
cous, potatoes, pasta, cereal, bread, yams, oats,  
squash.

----- **VEGETABLES**

Raw or slightly cooked: carrots, broccoli, greens,  
celery, cucumber, garlic, radish, green beans,  
zucchini, other.

Combine above in appropriate proportions, Can batch prepare and freeze. A Cuisinart helps to grate raw vegetables fine. Don't leave raw food out to sit. Feed 2-4 cups per 25 pounds body weight. Top dress with the following:

**VITAMIN AND MINERAL POWDER** (refrigerate)

I recommend Dynamite vitamins, Showdown for dogs, Purrformance for cats.

Add Calcium if you are doing an all raw foods diet with no commercial food. ½ tsp eggshell/ 1 lb raw meat, 900mg elemental Ca+/lb raw meat, or 225mgCaCarbonate/lb raw meat. Pet's Friends makes EggShellent.

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**OILS** (refrigerate)

Alternate, FLAX, FISH, WALNUT, OLIVE, BORAGE, etc.  
Give 1tsp per15 pounds body weight not to exceed 1 Tablespoon.

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### **ANTIOXIDANTS**

VITAMIN E – 400 IU/day for medium to large dogs

400 IU/ 4 days for cats and small dogs

VITAMIN C – 500-1000 mg/day for a medium to large dog

250 mg/day for a cat and small dog

VITAMIN A – 5000 IU/day for cats. Dogs can change the betacaratine in carrots to vit A.

### **PALATABILITY**

• Flavor food with beef or chicken broth or small amounts of soy, tamari, butter, peanut butter, cream cheese, cod liver oil, other, (except chocolate.)

### **WATER**

• Filtered, spring, or distilled.

### **RAW BONES**

• Chicken or beef. (Caution: never feed cooked bones. Some dogs will break a tooth. Avoid turkey bones.)

### **CAUTION**

- Raw liver is too rich in vitamin A to feed more than 3 times a week.
- Raw egg whites have Avidin in them, which destroys Biotin, OK to feed 3 times a week.
- Raw pork and bear have trichinosis, must cook.
- Onions can cause anemia in cats.
- Chocolate can be toxic.
- Raw turkey bones are too long and sharp to feed to our pets.
- Taurine – the primary source for cats is raw meat. It is also present all commercial cat foods.