



Wild Dog Diet

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When trying to mimic a 'wild dog diet', you want to closely replicate what a dog would be eating if living in the wild; therefore you need to follow 3 important guidelines:

- ◆ **FASTING:** Wild carnivores often go hours to days in between kills and feasting. This is one of the most important qualities of a wild dog diet...therefore, you can't put out a bowl of dry food for all-day snacking! Most dogs are fine with meals 1-2x/day at the most.
- ◆ **VARIETY:** Wild carnivores don't have room service to order exactly the same thing day after day. They get what Nature makes available, not necessarily what they want. The diet is different from day-to-day. (Note: your dog may need to ease into this.)
- ◆ **SEASONAL CYCLES:** In the spring, eggs are hatching and young animals (prey) would be suckling, so you may want to increase milk and eggs; you can also increase spring greens by adding sprouts and baby spinach. Summer time presents with maturing fruit, and hanging and stalk vegetables so you can add berries, tomatoes, peas, celery, broccoli, cauliflower and green beans. In late summer to fall, Nature presents animals with maturing root veggies and grains, therefore you can start adding squashes, zucchini, pumpkin and predigested grains (soaking, soaking with digestive enzymes, cooking). For winter diets, household pets are a bit hard to live with if you put them on a hibernation starvation diet, so you probably ought to stick to a late summer/autumn diet.

WILD DOG DIET USING HOMEMADE FOOD:

- 70% protein/meats (raw or seared) - hamburger, steak, chicken, turkey, pork, liver, eggs (*remember to wash your hands after handling raw foods*).
- 10-20% vegetables (raw or canned) - green beans, spinach, broccoli, squash, pumpkin. Avoid too much potatoes, peas, and carrots because their sugar content is too high.
- 10-20% soaked grains – oats, rice, barley but do not forget grains like: quinoa, millet, spelt, etc. (If your dog has an alkaline urine pH or any chronic infection or other immune compromise, do not feed any grains or at least stick to a SMALL amount of wild ones such as quinoa or spelt.)

WILD DOG DIET USING PREPARED PRODUCTS:

- 70% "wet" (70% water) - canned or prepared dehydrated food, meat, veggies, predigested grains, eggs. Approved brands: Innova, Innova EVO, California Natural, Merrick (BG & Gourmet), Addiction, Petguard, Primal, Spot's Stew, Lotus, Taste of the Wild, hydrated Stella & Chewy's, hydrated The Honest Kitchen.
- 30% "dry" – kibble: all of the above brands, plus Acana, Orijen, Organix (GF*), Natural Balance (GF), Blue Buffalo (GF).
*GF = Grain Free

Raw or frozen bones are okay (for Calcium and keeping teeth clean), but don't use cooked bones.

Table scraps are okay if they're nutritionally balanced. Use common sense; no cake, ice cream or Doritos!

If the diet is balanced, vitamin supplements usually aren't needed.

READ LABELS- Know what is in your pet's food! If you can't pronounce it or if your grandmother wouldn't recognize it, you probably shouldn't feed it. Avoid foods with corn, grain, and other fillers.

Thermal Natures of Food

W = Wild F = Farm-raised

TEMPERATURE	PROTIENS	GRAINS*	VEGETABLES/FRUIT	OTHER	
COOLING	Clam Cod Crab Duck Egg Oyster Pork Rabbit (F) Elk (F) Kangaroo Scallop	Millet Barley Wheat Wild rice Buckwheat Amaranth KEEP TO A MINIMUM	Lettuce Celery Broccoli Spinach Eggplant Kelp Alfalfa Kiwi Cranberry Blueberry Pomegranate Napa cabbage	Tomato Cucumber Melons Dandelion Pear Banana Strawberry Bamboo Mango Peppermint Mung bean	Sesame oil Flax oil Honey Salt Green tea
NEUTRAL	Beef Sardine Milk (cow) – small quantities Pork liver Beef liver Tuna Salmon (F) Catfish Rabbit (W) Chicken gizzard Goose Tripe Quail Mackerel Elk (W)	White rice Brown rice Rye KEEP TO A MINIMUM	Yam Beet Turnip Carrot Cauliflower Green bean Black bean Kidney bean Potato (keep to a minimum because high in sugary starches)	Cabbage Pumpkin Apple Lychee Lentils Radish Asparagus Red bean	
WARMING	Turkey Chicken Shrimp Salmon (W) Lamb Trout Venison Milk (goat) Beef kidney Lamb kidney Lamb liver Chicken liver	Oats Quinoa KEEP TO A MINIMUM	Cabbage Squash Kale Sweet potato Ginger Peach Papaya Nutmeg Turmeric Garlic (small quantities)	Apricot Blackberry Raspberry Cherry Rosemary Plum Coconut Clove Basil	Olive oil Rice vinegar Sunflower seed

From Schwartz, *Four Paws Five Directions* & Xie, *Chi Institute Food Energy*

* If your dog has an alkaline urine pH or any chronic infection or other immune compromise, do not feed any grains or at least stick to a SMALL amount of wild ones such as quinoa or spelt. Grains should be pre-digested (cooked, soaked, or soaked with digestive enzymes).

Fast-growing foods are cooler than slower ones. Foods with high water content tend to be cooler.

Foods for upset stomach/food poisoning: mung bean soup, ginger (fresh or tea), vinegar, brown sugar, white rice water. Canned pumpkin is excellent for both diarrhea and constipation.

Use moderation and common sense. Dogs should **NEVER** be fed **chocolate, coffee, caffeine, alcohol, grapes, raisins, onions, avocado, or macadamia nuts** because they contain dangerous toxins.