



The Dillender Dog Diet

505-604-6367 answers@afreshperspectivedogtraining.com

In researching health and nutrition for our own dogs, we have come to several conclusions that make us uncomfortable feeding "traditional" dog foods to our pack. Because of this, we have developed a Whole Food diet that is based on the nutritional recommendations of the Association of American Feed Control Officials (AAFCO), the organization that determines minimum nutritional content of commercial dog foods. We have prepared this pamphlet to help others who wish to implement a similar food program for their pets. Taking responsibility for the content of your pet's diet also means taking responsibility for using common sense. If you notice any adverse effects to any food, stop feeding it. Always discuss health issues and diet with your veterinarian before making choices regarding your dog.

Problems With "Traditional" Dog Foods:

- Most dogs we have dealt with are allergic to corn and wheat, which are the primary fillers in the majority of dog foods and treats.
- AAFCO doesn't regulate meat quality, so meat that is classified by the USDA as unsuitable for human consumption because it is diseased, dying and decayed is sold to dog food companies for use in commercial foods.
- Since the lowest quality meat goes into dog food, it contains large amounts of hormones and steroids, which can cause behavioral problems in dogs.
- In order to form hard kibble the ingredients must be baked at such high temperatures that any nutrients present in the original ingredients are destroyed. To compensate for this deficiency, liquid nutrients are sprayed onto the outside of the dried nuggets.
- Many dog foods use "By-Products" and "Digest" ingredients, which are the connective tissue, cartilage and contents of the animal's intestine, as protein sources.



A FRESH PERSPECTIVE
Dog Training

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AAFCO Minimum Nutritional

	Growth	Adult
Arginine	% 0.62	0.51
Histidine	% 0.22	0.18
Isoleucine	% 0.45	0.37
Leucine	% 0.72	0.59
Lysine	% 0.77	0.63
Methionine	% 0.53	0.43
Phenylalanine	% 0.89	0.73
Threonine	% 0.58	0.48
Tryptophan	% 0.2	0.16
Valine	% 0.48	0.39
Linoleic acid	% 1	1
Cystine	% Values combined with other nutrients	
Tyrosine	%	
Calcium	% 1	0.6
Phosphorous	% 0.8	0.5
Ca:P ratio	% 1:1	1:1
Potassium	% 0.6	0.6
Sodium	% 0.3	0.06
Chloride (Cl)	% 0.45	0.09
Magnesium	% 0.04	0.04
Iron	mg/kg 80	80
Copper	mg/kg 7.3	7.3
Manganese	mg/kg 5	5
Zinc	mg/kg 120	120
Iodine	mg/kg 1.5	1.5
Selenium	mg/kg 0.11	0.11

	IU/kg	Growth	Adult
Vitamin A	IU/kg	5000	5000
Vitamin D	IU/kg	500	500
Vitamin E	IU/kg	50	50
Vitamin B1	mg/kg	1	1
Vitamin B2	mg/kg	2.2	2.2
Vitamin B5	mg/kg	10	10
Vitamin B3	mg/kg	11.4	11.4
Vitamin B6	mg/kg	1	1
Folic Acid	mg/kg	0.18	0.18
Vitamin B12	?/kg	22	22
Choline	g/kg	1.2	1.2

The values listed represent the minimum nutritional content recommended by the AAFCO for commercial dog foods. All of these nutrients can be found in whole foods, or may be obtained through a nutritional supplement.

<u><i>Allergens and Foods To Avoid</i></u>
Corn
Onions (Toxic)
Garlic in large doses
Excessive salt
Wheat (for some dogs)
Chocolate, Sugar, Caffeine, Alcohol
Any Preservatives or colors
Hydrogenated Oils
Pork (Too fatty)
Beef (For some dogs)
Dairy without Lactase Enzyme
Grapes and Raisins
By-Products



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Selected Dog-Friendly Foods Containing Specific Nutrients

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Nutrient	Food Sources						
Arginine	Poultry	Dairy	Nuts	Oatmeal	Seeds	Chick Peas	Seafood
Histidine	Poultry	Brown Rice	All Proteins				
Isoleucine	Eggs	Fish	Lentils	Dairy			
Leucine	Eggs	Fish	Lentils	Dairy	Brown Rice	Beans	
Lysine	Eggs	Fish	Dairy	Beans	Yeast	Potatoes	
Methionine	Eggs	Fish	Dairy	Beans			
Phenylalanine	Dairy	Almonds	Avocado	Lima Beans	Peanuts		
Threonine	Dairy	Poultry	Eggs	Beans	Peanuts		
Tryptophan	Dairy	Poultry	Barley	Brown Rice	Fish	Peanuts	
Valine	Eggs	Poultry	Grains	Dairy	Peanuts		
Linoleic acid	Fish	Flax	Squash				
Cystine	Poultry	Broccoli	Brussel Sprouts	Eggs	Red Peppers		
Tyrosine	Eggs	Dairy	Lima Beans				
Calcium	Beans	Oatmeal	Collard Greens	Spinach	Kelp	Dairy	
Phosphorous	Beans	Oatmeal	Poultry	Fish	Lentils	Dairy	Peanuts
Potassium	Beans	Yams	Potatoes	Dairy	Fish	Spinach	Split Peas
Sodium	Salt						
Chloride (Cl)	Salt						



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Selected Dog-Friendly Foods Containing Specific Nutrients (cont..)

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Nutrient	Food Sources						
Magnesium	Beans	Bran	Spinach	Fish	Okra	Oat Bran	Brown Rice
Iron	Liver	Fish	Oat Bran	Poultry	Spinach	Brown Rice	Peas
Copper	Beans	Potatoes	Yams	Turnip Greens	Liver	Fish	Lentils
Manganese	Brown Rice	Chick Peas	Eggs	Beans	Dairy	Liver	
Zinc	Brewer's Yeast	Poultry	Shellfish				
Iodine	Kelp	Dairy	Eggs				
Selenium	Fish	Poultry	Eggs	Oatmeal	Brown Rice		
Vitamin A	Liver	Carrot	Yam	Spinach	Turnip Greens	Squash	Red Pepper
Vitamin D	Fish	Milk	Sunlight				
Vitamin E	Safflower Oil	Peanuts	Corn Oil	Spinach	Broccoli		
Vitamin B1	Fish	Beans	Brown Rice	Eggs	Oatmeal	Poultry	Broccoli
Vitamin B2	Liver	Spelt Flour	Dairy	Spinach			
Vitamin B5	Liver	Dairy	Broccoli	Squash	Cauliflower	Eggs	
Vitamin B3	Liver	Poultry	Fish	Spelt Flour	Eggs		
Vitamin B6	Fish	Poultry					
Folic Acid	Lentils	Collard Greens	Chickpeas	Peas	Broccoli	Spinach	Beans
Vitamin B12	Poultry	Eggs	Dairy				
Choline	Eggs	Peanuts	Potatoes	Cauliflower	Lentils	Oats	



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Selected Dog-Friendly Foods Containing Specific Nutrients (cont..) Things To Know

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- There are many additional foods that contain these nutrients. This list was chosen based on high nutrient content, palatability, and low cost. Try other foods as you wish, remembering to add new ingredients one at a time to watch for allergic reactions.
- A large number of these nutrients are found in Soy, but there is conflicting information available regarding Soy as an allergen and whether it can be properly digested by dogs. Use Soy at your discretion.
- Brewer's Yeast contains almost all of the recommended B vitamins which help to calm nervous and aggressive behavior. A spoonful with each meal as an additive is very beneficial.
- Dogs are lactose intolerant, so make sure to use milk products that contain lactase enzyme for digestibility.
- Yogurt is easily digestible as a dairy product, and contains beneficial acidophilus bacteria that aids digestion. Add a spoonful to the meal any time your dog's stools are inconsistent.
- When preparing any foods, be aware that your dog is not likely to chew their food, so all ingredients need to be mashed, blended, or stewed until very soft. Grains, beans, and hard-stalk vegetables in particular need to be cooked very well. A dog's digestive tract is not very long compared to a human's, and blending or stewing helps ensure the ingredients are properly assimilated.
- All foods that are cooked or reheated should be warmed to at least 180 degrees to kill any bacteria, then cooled to just above room temperature before serving. A cup or so of cold water added to the food will moderate the temperature and provide much of the dog's water needs each day. This helps regulate housebreaking schedules. Remember, "what goes in on a regular schedule comes out on a regular schedule".
- Dogs will usually require feeding twice a day at 12 hour intervals, and will benefit from a snack in between meals, such as a rinsed whole carrot or apple slices (cored with seeds removed).
- Any precautions taken for human consumption should also be followed for dogs, such as washing foods before serving and preventing cross-contamination of raw meats with vegetables.



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How to Identify Allergens and Allergic Reactions

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Symptoms of Allergic Reactions and/or Poor Diet:

- Scratching - Dogs do not scratch excessively without cause. Scratching may also be a sign of parasites such as fleas or ticks, so check the areas your dog scratches for pests.
- Visible flakes on the fur - Flakes will be most visible after a good brushing.
- Licking or chewing their feet or nails - Who would have thought?
- Licking other body parts obsessively, such as genitals or stomach - Often caused by itching and irritation.
- Rashes on the stomach - Caused by a histamine reaction.
- Blood-shot or pinkish colored eyes - Eyes should be bright white and shiny.
- Dull, dry, coarse-feeling fur - Usually caused by lack of oils in the diet or preservatives in their foods.
- General irritability - Dogs get grouchy when they feel bad, just like everyone else.
- Breathing problems - Often will resemble an asthma-like attack.

A simple test if a symptom is an allergic reaction is to give Benadryl. If the symptoms are alleviated, an allergy is likely. Always consult your veterinarian before giving your dog any medication for proper dosage and further advice. The listed symptoms may also be an indicator of seasonal allergies or more serious health problems, so talk to your vet.

How to Isolate an Allergen in Your Dog's Diet:

- Begin by feeding a simple diet the dog is likely to react well to, such as potatoes, yams, spinach, salmon and/or turkey until the symptoms go away.
- Add one ingredient at a time, waiting a week before changing anything else to watch for symptoms.
- Discontinue any foods that seem to cause adverse reactions. Always err on the side of caution.



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Suggested Menu

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"Base" Ingredients	Vegetables	Protein Sources	Additives	Snacks
Potatoes	Spinach	Canned Tuna	Brewer's Yeast	Rawhide Chips
Brown Rice	Carrots	White Fish	Flax Meal	Pressed Rawhide Bones
Yams	Green Beans	Turkey	Yogurt	Carrots
Lentils	Lima Beans	Liver in small amounts	Olive Oil	Apple Slices (No Seeds)
Squash	Cauliflower	Chicken	Safflower Oil	Natural Peanut Butter
Oats	Collard Greens	Eggs	Flax Oil	Nuts
Beans	Turnip Greens	Salmon	Kelp and dulse flakes	
Split Peas	Apples		Milk with Lactase Enzyme	
	Broccoli		Turkey Broth	
	Peas			
	Tomatoes			
	Okra			
	Yellow Squash			
	Red Peppers			

- For each meal, choose at least one ingredient from each list. Variety is necessary to keep a balanced diet.
- Make sure to choose vegetables with lots of different colors. The color indicates the nutrient content. As many vegetables as desired can all be stewed and served together.
- Use approximately 55% base ingredient, 25% vegetables, and 20% protein source, plus additives. Remember, growing dogs typically need higher protein, so increase the protein to 30% for puppies, except for large breeds. Keep Large breeds at about 20% protein for balanced growth. Puppies also need higher nutrient content in general so consider a nutrient supplement.
- Average portion for a 50 lb dog - 1 1/2 - 2 cups of base, 6 oz of vegetables, 4-5 oz of protein per meal plus additives. Feed two meals a day for adult dogs with a couple snacks in between. Raise or lower portions to moderate weight. Allow two weeks before expecting to see changes in weight due to diet change.
- Store bought kibble is compact and dried out, so it should look like your dog is eating much more now due to water content.