

## Why a BARF Diet?

1. A dog's body requires a *species-appropriate* diet—like all species. Kibble is NOT species appropriate. Yes, a BARF diet requires slightly more time and effort than simply scooping and dumping kibble in a bowl. What you would expect to do for a cherished companion and family member?
2. Since your canine companion can no longer choose his own food, you and I must make morally responsible, informed, and intelligent food choices (again, think *species-appropriate* real food, like other animals in captivity—in zoos).
3. The better your dog eats today the healthier he will be tomorrow.

Results I've seen since feeding a natural raw diet:

- No ear problems
- No skin problems
- Soft shiny coat
- Bright clear eyes
- No dental problems or teeth cleaning necessary
- Smaller stools (from better digestion)

## Commercial Raw Foods

Frozen packaged raw food is available in patty, log, and chunk. Check feed stores, holistic vets, or Google™.

## References

### Books & Periodicals:

- *Natural Nutrition for Dogs & Cats*, by Kymythy Schultze
- *Natural Remedies for Dogs and Cats*, by CJ Puotinen
- *Whole Dog Journal* (www.whole-dog-journal.com)
- *Natural Health for Dogs & Cats*, by Richard Pitcairn, D.V.M.

Golden Girls Canine Health was begun in honor and memory of Jennifer, my canine companion for 11 wonderful years. If I knew then what I know now, she probably would have lived a longer healthier life.

## What the Golden Girls Eat

The Golden Girls have been eating a BARF diet since they were my foster 'fur kids.' They eat one meal a day: raw meat, raw meaty bones, raw veggies, and supplements. No table scraps. *Treats* are raw carrots, broccoli, pears & apples (seeds removed), nuts, and bananas.



## Raw Diet Myths

As you think about these myths, remember we're talking about a species that has been around for over 14,000 years.

1. **Kibble is the one right food.** Kibble is big business for manufacturers and resellers (including veterinarians) and was 'invented' in the early 1900s. Kibble advertising is just selling—unfortunately, most people are suckered. Dogs successfully evolved eating *real food* not kibble.

2. **Eating raw meat will make my dog want to kill other animals.** The *instinct* to chase and kill depends on the dog's prey drive. Daisy Mae lived with chickens.

3. **Bones are dangerous.** Cooked bones splinter. Raw bones are what dogs have always eaten. Always!

4. **What about salmonella and e-coli in dogs?** Typically a fear-based *belief* often beginning with vets. Richard Pitcairn, D.V.M., has not seen a problem from either of these in over 30 years of practice. (see References)

5. **My vet says not to feed raw.** Ask why, then think about the answer. How does that fit with your knowledge of carnivore [mammal] food needs and canine anatomy?

6. **Feeding raw is expensive.** May cost slightly more than premium kibble. Consider long term health benefits. Put in context with your daily discretionary spending.

### Golden Girls Canine Health

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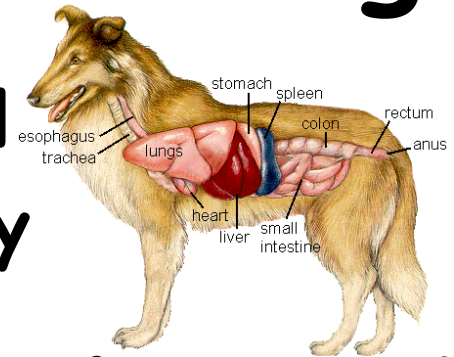
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# Real Dog

Real  
Body

Real Food



Provided by  
**Golden Girls**  
**Canine Health**  
as a Public Service

### **OUR MISSION**

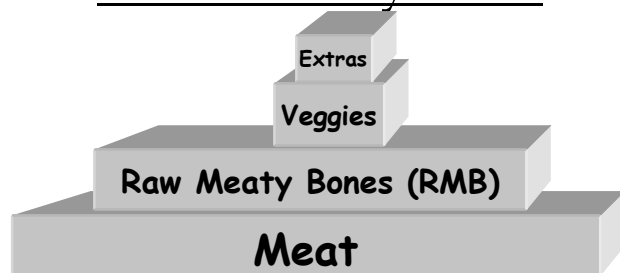
Improve canine companion animal nutrition,  
environment, genetics, and health care.

# Biologically Appropriate

## Real Food (BARF)

Before kibble, dogs ate raw food—precisely what their bodies are intended to digest. Raw food has fresh whole-some nutrition not available in today's highly processed kibble or cooked food. The Golden Girls thrive on raw food and their eyes, coat, teeth and whole being reflect the energy they obtain. And yes, it was 'scary' at first.

## Basic Food Pyramid



### 1. Meat

Raw muscle meat:

- Beef, lamb, chicken, turkey, goat, deer, etc.

Raw organ meat (occasional small amounts):

- Beef & lamb liver
- Chicken & turkey liver, gizzards

Fish (cooked/canned):

- Mackerel (Atlantic), salmon, sardines

### 2. Raw Meaty Bone (RMB)

Must be **uncooked** (cooked bones splinter).

- Turkey neck, back, breast, and wings
- Chicken, neck, back, breast, and wings

### 3. Raw Vegetables (very small amount)

Mix above & below ground vegetables at each meal.

Above Ground			Below Ground
Asparagus	Celery	Lettuce (dark leaf)	Carrots
Broccoli	Chard	Okra	Garlic
Cabbage	Dandelion greens	Parsley	Ginger
Cauliflower	Kale	Squash	Sweet potatoes & yams

## 4. Extras / Supplements

Extras / supplements provide essential natural vitamins, minerals, and other nutrients. The Golden Girls benefit from the following occasional supplements.

- Alfalfa powder (organic)
- Kelp powder (organic)
- Cod-liver oil
- Salmon oil

## Feeding

All the Golden Girls were switched to raw food 'overnight'. They eat once a day, in the morning, to their 'target' weight.

They also get large raw beef knuckle bones twice a month—it keeps their teeth and gums healthy.

**Variety** is key in feeding a raw natural diet. On their own, dogs would never eat the same food day after day. In fact, some days they might eat *nothing*!

## Avoid

Chocolate	Onions	Salt
Apple seeds	Raw fish	Sugar
Grain	Rhubarb	Yeast
Grapes & Raisins		Macadamia Nuts

## Watch for...

With any new food, watch for subtle changes in your dog's skin, coat, appetite, energy level, mood, itchiness, discharges or odors, body weight, and especially the stool size and consistency (quality food and properly functioning digestive system produces smaller formed, brown, firm stools). If negative changes occur, immediately try a different food. If the change persists, consult a veterinarian experienced in feeding raw food.

NOTE: Excess RMB typically results in a firm powdery stool.

## BARF & Your Veterinarian

Many veterinarians, schooled exclusively in Western veterinary medicine, discourage feeding dogs a real raw diet—any food that doesn't come from a bag or can. You'd be wise to find a veterinarian with personal experience in feeding a BARF diet. Alternatively, you may have to 'coach' your vet regarding a BARF diet.

You and your veterinarian must be a team, dedicated to the *complete* health of your canine. Team members learn from each other.

## NOTE: Before You Begin...

Before changing to a BARF diet, consult either a veterinarian experienced in raw feeding, a holistic veterinarian ([www.ahvma.org](http://www.ahvma.org)), holistic canine nutritionist, or someone experienced in feeding a raw diet. It's important to provide nutritionally well balanced (over time) meals, know what to expect, and get food buying and preparation tips. Also, read at least one of our Reference books.

Establish a 'baseline' for your dog: Get a complete blood count (CBC) and chemistry, and a general physical exam. Thereafter, annual blood tests will help you monitor your canine's health.

1 day's meal for 50 lb moderately active adult dog



CW from top: turkey neck, 1C beef,  $\frac{1}{4}$ C veggie mix (carrot, lettuce, parsley, cabbage, apple (seeded), squash). All raw. Supplements added to veggie mix before serving.