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**HEALING TOUCH VETERINARY, PC**

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## **THE SHORT CUT DIET**

- 1 **COMMERCIAL BRANDS** – choose a good quality “natural” brand examples are :

Dynamite	<b>Vitamins for dogs and</b>
Wysong	<b>cats available at Colorado</b>
Wellness	<b>Canines, 1738 Pearl Street.</b>
- 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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**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.

**OILS** (refrigerate)

Alternate, FLAX, FISH, WALNUT, OLIVE, BORAGE, etc.

Give 1tsp per 15 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  
betacarotene 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.