



## Quick Reference Sheet

Raw food diet simulates a natural diet (no carbs, chemicals or fillers)

There are 3 main reasons why raw is best:

### 1. Enzymes: Food, Digestive and Metabolic

- Kibble is exposed to high heat (+118 degrees plus) during processing which denatures all enzymes.

### 2. Amino Acids : Essential and Non-Essential

- Dogs have 22 amino acids that sustain life which form 55,000 different protein strands to support everything from neurotransmitters to heart, brain, liver and kidney functions.

Essential Amino Acids:

- **Can not** be manufactured in the body they are obtained only through food.

Non-Essential Amino Acids:

- Are manufactured in the body by combining 2+ essential amino acids. In order to complete this process the body needs adequate amount of quality to protein to form all 22 acids.

### 3. Intracellular Moisture (*cytosol*) is the liquid found inside the cells

- This moisture is the most effective way for the dog's digestive system to break down and process food. Without moisture from prey, the animals' digestive system has to work extra hard to complete the digestion process.

Here's what a raw diet looks like. Oma's Pride does the work for you.

- 65-80% Raw Meat and Bones (Turkey, Chicken, Beef, Lamb, Venison, Fish, etc.)
- 5-10% Raw Organ Meat (liver, kidney, heart)
- 20-30% Raw (blanched) Vegetables – a proper mixture of above ground and root vegetables without grains.
- 0-10% Cooked Grain (*only working dogs need grains for extra glycogen*)
- Eggs – Great for senior dogs. 1-2 per week helps with senility!

Another important part for adult dogs is FASTING.....start with 1 day per week where you don't feed them. (It's acceptable to give them a Raw Meaty Bone (RMB) on this day.) This is a weekly detoxification for their system and detoxifies the liver....start with at least 12 hrs of fasting per week and work up to 24hrs. **DO NOT DO THIS FOR PUPPIES OR PREGNANT DOGS**

Recommended supplements include a probiotic and an essential fatty acid. We use Cod Liver Oil or Salmon Oil. Oma's Pride has a Salmon Oil that is great! Probiotics do same for dogs as they do for us and assist greatly in the change of diet. The Oils are great for everything from joints to brain development and function.

## MAKING THE SWITCH

Experts recommend going cold turkey. Mixing raw 50/50 with kibble can cause GI issues. When switching cold turkey you might see a soft stool for 3-5 days. What's happening is the intestines are "shedding" and ridding the body of toxins and chemicals. Once this process is complete the neighbors will think you have 2 Toy Yorkies . Their waste is tiny as their body utilizes almost everything.

## HOW MUCH DO YOU NEED?

As a percentage of body weight per day

- 4% puppies and pregnant moms
- 3% very active dogs or in need of weight gain
- 2.5% maintenance
- 2% need to lose weight

Example.....Daisy weighs 44 pounds

$44 \times 2.5\% = 1.1$  pounds (total for the day so divide in half if you feed am/pm)

1.1 pounds x 30 days, so roughly 35 pounds per month to feed Daisy

**FOR MORE INFORMATION, CHECK OUT THE TRI-FOLD BROCHURE TO SEE MORE HEALTH BENEFITS AND WHAT OUR SATISFIED CUSTOMERS ARE SAYING ABOUT OMA'S PRIDE FROM THE DOG NANNY-RAW FOOD DIETS.**

**For additional questions or to order send email to:**

**The Dog Nanny - Raw Food Diets**

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