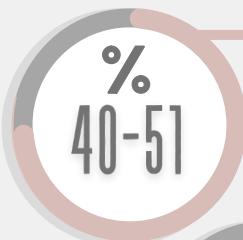


# RAW FEEDING CHEAT SHEET



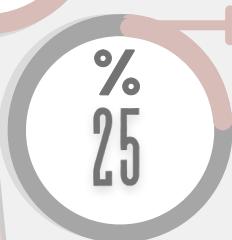
## HOW TO PORTION FOR

adult dogs



### MUSCULAR TISSUE (BONELESS MEAT)

ground beef, chicken thigh, turkey breast, pork chops, lamb loin, duck breast, goat loin, rabbit strips, venison round, ground bison, kangaroo rump, alpaca loin, ostrich fillet, ground beaver, pheasant breast.



### MUSCULAR ORGANS

- **heart** (high in B vitamins)
- **lungs** (high in iron)
- **green tripe** (high in manganese)
- **gizzards**

Freeze wild caught animals at -4F / -20C or below for 3-4 weeks.

Skin with fur or feathers attached is a great source of animal-based fiber.

Sodium of any item should not exceed 25 mg of sodium per 1 oz / 28g.

### OPTIONAL PARTS

- **tongue** (high in fat)
- **trachea** (high in chondroitin)
- **tendon** (high in collagen)
- **gullet**
- **pizzle**
- **ears**
- **uterus**

Optional parts shouldn't take up more than 5% of the total muscle meat portion.

#### tiny breeds (>10 lbs)

quail (10%)  
chicken toe (80%)  
duck toe (80%)  
rabbit ribs (50%)  
chicken ribs (50%)  
duck wing tip (75%)  
chicken wing tip (75%)

#### small breeds (10-25 lbs)

chicken foot (60%)  
duck foot (60%)  
rabbit back (15%)  
chicken wing (46%)  
duck wing (39%)  
cornish hen (39%)  
chicken neck (50-75%)  
pheasant (14%)

#### medium breeds (25-60 lbs)

small RMB+  
duck neck (50%)  
rabbit leg (14%)  
chicken back (44%)  
rabbit head (75%)  
duck head (75%)  
chicken head (75%)  
chicken leg quarter (27%)  
chicken drumstick (33%)  
turkey neck (42%)

#### large breeds (60+ lbs)

small & medium RMB+  
turkey wingette (33%)  
duck frame (75%)  
lamb ribs (27%)  
pork tail (30%)  
pork feet (30%)



Bone percentage of each meaty bone.



### 2ND SECRETING ORGAN

- **thymus** (high in LA)
- **pancreas** (digestive enzymes)
- **brain** (high in DHA)
- **kidney** (high in B vitamins)
- **spleen** (high in iron)
- **eyeball** (high in iron)
- **testicle** (high in B12)
- **ovaries** (estrogen)



### LIVER

Liver is a staple secreting organ in the raw diet because of the vitamin A content.

Beef, bison, lamb, and goat liver are especially high in copper

Don't feed cooked or bare bones.

Supervise while eating.

Feed grouped ribs.

Count the muscle meat on bones in the muscle meat percentage.

- "Sweetbreads" are a mixture of thymus and pancreas.
- Lower the liver percentage to 2% if you're feeding ruminant animal or duck liver due to a high concentration of copper/vitamin A.
- Meaty bone & organ meat may not be suitable for dogs with kidney disease, copper associated liver disease, or hyperuricosuria.

# NUTRIENT LOW IN SOME RAW MEALS

## Omega-3s (EPA DHA)

0.11g per 1000kcal fed

Mackerel, salmon, herring, sardines, smelt, anchovies, pasture raised egg yolk, grass fed meat, or a marine oil

## Vitamin D

3.4mcg per 1000kcal fed

Mackerel, salmon, sardines, pasture raised egg yolk, or cod liver oil.

## Vitamin E

7.5mg per 1000kcal fed

Soaked and pureed sunflower seeds, wheat germ oil, or a naturally derived vitamin E oil

## Iodine

220mcg per 1000kcal fed

Thyroid glands or Maine Coast Sea Seasonings kelp, dulse, or triple blend flakes.

## Manganese

1.2mg per 1000kcal fed

Cooked blue mussels, green tripe, soaked & pureed pine nuts, or hemp hearts

## Zinc

15mg per 1000kcal fed

Red meat, pasture raised egg, canned oysters in water, soaked and pureed pumpkin seeds

## HOW MUCH OF THESE FOODS SHOULD YOU FEED?

- **Fish** - 5 - 8% of the meal's weight
- **Eggs** - 1-3 yolks (the larger the breed, the more yolks)
- **Nuts and seeds** - 1 - 2% of the meal's weight
- **Shellfish** - 3% of the meal's weight
- **Seaweed** - 1 tsp or less, but this greatly depends on the brand and it's iodine concentration

### Quick Notes

Canned seafood should be in water only.

Seeds and nuts should be soaked overnight, drained, and ground.

Shellfish should be cooked / steamed.

Berries and vegetables can be fed if pureed, fermented, or cooked as a fiber source.

These ingredients do not count into the muscle meat, organ, or meaty bone portions. These are just extra ingredients added to the meal.

# HOW MUCH TO FEED YOUR DOG

## How much to feed per your dog's body weight

**Inactive:** feed 2% of their body weight

**Average activity:** feed 2.5% of their body weight

**More Active:** feed 3% of their body weight

**Athlete/working:** feed 3.5% of their body weight

% in decimal form x ideal body weight  
= # oz/g of food daily

## Calculating nutrient requirements from calories

daily calories / 1,000  
= % intake in decimal form



% intake x NRC nutrient need per 1,000kcal  
= amount of nutrient needed daily

\*see NRC nutrient needs below

## How to calculate your dog's caloric needs

$70(\text{weight in kg})^{.75}$   
= **calories to sustain life**



**calories to sustain life x MER**  
= **# calories daily**



Body condition	MER
Weight loss/ obese	1
Overweight	1.12-1.4
Neutered / spayed	1.6
Intact	1.8
Pregnant	1.6-2
Lactating	2-6
Light work	2
Moderate work	3
Heavy work	5

# NRC NUTRIENT REQUIREMENTS

Essential nutrients	amount per 1,000 kcal fed
Crude Protein (g)	25
Arginine (g)	0.88
Histidine (g)	0.48
Isoleucine (g)	0.95
Methionine (g)	0.83
Methionine & Cystine (g)	1.63
Leucine (g)	1.70
Lysine (g)	0.88
Phenylalanine (g)	1.13
Phenylalanine & Tyrosine (g)	1.85
Threonine (g)	1.08
Tryptophan (g)	0.35
Valine (g)	1.23
Total Fat (g)	13.8
Linoleic Acid (g)	2.8
α-Linoleic Acid (g)	0.11
EPA+DHA (g)	0.11
Calcium (g)	1.0
Phosphorus (g)	0.75
Magnesium (mg)	150
Sodium (mg)	200
Potassium (g)	1.0
Chloride (mg)	300
Iron (mg)	7.5
Copper (mg)	1.5
Zinc (mg)	15
Manganese (mg)	1.2
Selenium (mcg)	87.5
Iodine (mcg)	220
Vitamin A (Retinol) (mcg)	379
Cholecalciferol (D3) (mcg)	3.4
Vitamin E (α-tocopherol) (mg)	7.5
Vitamin K (Menadione) (mg)	0.41
Thiamin (mg)	0.56
Riboflavin (mg)	1.3
Pyridoxine (mg)	0.375
Niacin (mg)	4.25
Pantothenic Acid (mg)	3.75
Cobalamin (mcg)	8.75
Folic Acid (mcg)	67.5
Choline (mg)	425

Vitamin A:  
1 RE = 1 mcg retinol  
1 IU = 0.3 mcg retinol

Vitamin E:  
1 IU = 0.67 mg of  
*d-alpha-tocopherol*

## Vitamin D: 1 IU = 0.025 mcg

## Nutrient ratio relationships

Ca:P  
1:1-1.2:1

LA:ALA  
15:1-25:1

## Zinc:Copper 10:1

## Zinc:Iron 2:1

Vit D:A  
9.3:1

Na:K  
1:5

# RAW FEEDING CHEAT SHEET



## HOW TO PORTION FOR

puppies

%  
41-45

### MUSCULAR TISSUE (BONELESS MEAT)

ground beef, chicken thigh, turkey breast, pork chops, lamb loin, duck breast, goat loin, rabbit strips, venison round, ground bison, kangaroo rump, alpaca loin, ostrich fillet, ground beaver, pheasant breast.

%  
25

### MUSCULAR ORGANS

- **heart** (high in B vitamins)
- **lungs** (high in iron)
- **green tripe** (high in manganese)
- **gizzards**

Freeze wild caught animals at -4F / -20C or below for 3-4 weeks.

Skin with fur or feathers attached is a great source of animal-based fiber.

Sodium of any item should not exceed 25 mg of sodium per 1 oz / 28g.

#### small breeds

rabbit back (15%)  
chicken wing (46%)  
duck wing or tip (39%)  
chicken toes (80%)  
duck toes (60%)  
quail (10%)  
cornish hen (39%)  
chicken neck (50-75%)  
pheasant (14%)

#### medium breeds

small RMB+  
chicken foot (60%)  
duck foot (60%)  
duck neck (50%)  
rabbit leg (14%)  
chicken back (44%)  
rabbit head (75%)  
duck head (75%)  
chicken head (75%)  
chicken leg quarter (27%)  
chicken drumstick (33%)

#### large breeds

small & medium RMB+  
turkey neck (42%)  
turkey wingette (33%)  
duck frame (75%)  
lamb ribs (27%)  
pork tail (30%)  
pork feet (30%)

%  
15-18

Don't feed cooked or bare bones.

Supervise while eating.

Feed grouped ribs.

Count the muscle meat on bones in the muscle meat percentage.

%  
6-8

### 2ND SECRETING ORGAN

- **thymus** (high in LA)
- **pancreas** (digestive enzymes)
- **brain** (high in DHA)
- **kidney** (high in B vitamins)
- **spleen** (high in iron)
- **eyeball** (high in iron)
- **testicle** (high in B12)
- **ovaries** (estrogen)

%  
2-4

### LIVER

Liver is a staple secreting organ in the raw diet because of the vitamin A content.

- "Sweetbreads" are a mixture of thymus and pancreas.
- Lower the liver percentage to 2% if you're feeding ruminant animal or duck liver due to a high concentration of copper/vitamin A.
- Meaty bone & organ meat may not be suitable for dogs with kidney disease, copper associated liver disease, or hyperuricosuria.

# NUTRIENT LOW IN SOME RAW MEALS

## Omega-3s (EPA DHA)

0.13g per 1000kcal fed

Mackerel, salmon, herring, sardines, smelt, anchovies, pasture raised egg yolk, grass fed meat, or a marine oil

## Vitamin D

3.4mcg per 1000kcal fed

Mackerel, salmon, sardines, pasture raised egg yolk, or cod liver oil.

## Vitamin E

7.5mg per 1000kcal fed

Soaked and pureed sunflower seeds, wheat germ oil, or a naturally derived vitamin E oil

## Iodine

220mcg per 1000kcal fed

Thyroid glands or Maine Coast Sea Seasonings kelp, dulse, or triple blend flakes.

## Manganese

1.4mg per 1000kcal fed

Cooked blue mussels, green tripe, soaked & pureed pine nuts, or hemp hearts

## Zinc

25mg per 1000kcal fed

Red meat, pasture raised egg, canned oysters in water, soaked and pureed pumpkin seeds

## HOW MUCH OF THESE FOODS SHOULD YOU FEED?

- **Fish** - 7 - 9% of the meal's weight
- **Eggs** - 1-2 yolks (the larger the breed, the more yolks)
- **Nuts and seeds** - 1 - 2% of the meal's weight
- **Shellfish** - 3% of the meal's weight
- **Seaweed** - 3/4 tsp or less, but this greatly depends on the brand and it's iodine concentration

### Quick Notes

Canned seafood should be in water only.

Seeds and nuts should be soaked overnight, drained, and ground.

Shellfish should be cooked / steamed.

Berries and vegetables can be fed if pureed, fermented, or cooked as a fiber source.

These ingredients do not count into the muscle meat, organ, or meaty bone portions. These are just extra ingredients added to the meal.

# HOW MUCH TO FEED YOUR PUPPY

## How much to feed per your puppy's age

2-4 months	10%-8%
4-6 months	8%-6%
6-8 months	6%-4%
8-12 months	4%-3%
[large breeds]	
12-24 months	4%-3%

% in decimal x body weight  
= # oz/g of food daily

## Calculating nutrient requirements from calories

daily calories / 1,000  
= % intake in decimal form



% intake x NRC nutrient need per 1,000kcal  
= amount of nutrient needed daily

\*see NRC nutrient needs below

## How to calculate your puppy's caloric needs

$70(\text{weight in kg})^{.75}$   
= *calories to sustain life*



*calories to sustain life x DER*  
= # *calories daily*



Lifestage	DER
2-4 Months	3-2.8
4-6 Months	2.8-2.6
6-8 Months	2.6-2.4
8-10 Months	2.4-2.2
10-12 Months	2.2-2
[large breeds]	
12-14 Months	2-1.8
16-24 Months	1.8-1.6

# NRC NUTRIENT REQUIREMENTS

for  
puppies

## Essential nutrients

amount per 1,000 kcal fed

PUPPIES 4-14 WEEKS REQUIRE A HIGHER PROTEIN INTAKE

Crude Protein (g)	56.3
Arginine (g)	1.98
Histidine (g)	0.98
Isoleucine (g)	1.63
Methionine (g)	0.88
Methionine & Cystine (g)	1.75
Leucine (g)	3.22
Lysine (g)	2.20
Phenylalanine (g)	1.63
Phenylalanine & Tyrosine (g)	3.25
Threonine (g)	2.03
Tryptophan (g)	0.58
Valine (g)	1.70

PUPPIES 14+ WEEKS

Crude Protein (g)	43.8
Arginine (g)	1.65
Histidine (g)	0.63
Isoleucine (g)	1.25
Methionine (g)	0.65
Methionine & Cystine (g)	1.33
Leucine (g)	2.05
Lysine (g)	1.75
Phenylalanine (g)	1.25
Phenylalanine & Tyrosine (g)	2.50
Threonine (g)	1.58
Tryptophan (g)	0.45
Valine (g)	1.40
Total Fat (g)	21.3

Linoleic Acid (g)	3.3
$\alpha$ -Linoleic Acid (g)	0.2
Arachidonic Acid (g)	0.08

EPA+DHA (g)	0.13
Calcium (g)	3.0
Phosphorus (g)	2.5

Magnesium (mg)	100
Sodium (mg)	550
Potassium (g)	1.1

Chloride (mg)	720
Iron (mg)	22
Copper (mg)	2.7

Zinc (mg)	2.5
Manganese (mg)	1.4
Selenium (mcg)	87.5

Iodine (mcg)	220
Vitamin A (Retinol) (mcg)	379
Cholecalciferol (D3) (mcg)	3.4

Vitamin E ( $\alpha$ -tocopherol) (mg)	7.5
Vitamin K (Menadione) (mg)	0.41
Thiamin (mg)	0.34

Riboflavin (mg)	1.32
Pyridoxine (mg)	0.375
Niacin (mg)	4.25

Pantothenic Acid (mg)	3.75
Cobalamin (mcg)	8.75
Folic Acid (mcg)	68

Choline (mg)	425
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Vitamin A:  
1 RE = 1 mcg retinol  
1 IU = 0.3 mcg retinol

Vitamin E:  
1 IU = 0.67 mg of  
d-alpha-tocopherol

Vitamin D:  
1 IU = 0.025 mcg

Nutrient ratio  
relationships

Ca:P  
1.1:1-1.2:1

LA:ALA  
16:1

Zinc:Copper  
9:1

Zinc:Iron  
1.1:1

Vit D:A  
9.3:1

Na:K  
1:2

\*These can range & don't need to be perfect