

FEEDING PUPPIES & ADULT  
DOGS A RAW DIET

**THE 101 ESSENTIAL GUIDE**



## adult dogs 9 months +

### BONELESS MEAT MAKES UP 50% RDI

Beef, Venison, Chicken, Pork, Lamb, Kangaroo, Rabbit, Goat, Quail, Turkey, Water Buffalo, Camel, Horse, Fish, Shellfish, Mollusks.

50%

### BONELESS MUSCULAR ORGANS MAKES UP 20% RDI

Heart, Lungs, Tongue, Tendons, Trachea, Green Tripe, Pizzle, Uterus, Intestines

20%

### OFFAL (SECRETING ORGANS) - LIVER MAKES UP 2% RDI

Liver is a nutrient dense powerhouse. Choose Liver from the Boneless Meat Proteins listed. Feed a variety as every animal Liver has different nutrient values.

2%

### OFFAL (SECRETING & NON-SECRETING ORGANS) MAKES UP 8% RDI

Kidney, Brain, Pancreas, Spleen, Eyeballs, Testicles, Ovaries. Feed one organ a day or feed a combination up to 8% of the daily food intake.

8%

### RAW MEATY BONES (RMB) MAKES UP 10% RDI

The approximate Bone Percentage of each cut is listed. This varies due to many factors such as the age the animal was at the time of slaughter - the younger the animal the lower the percentage. Weigh the bone to calculate the percentage amount  
**eg: Chicken Neck weighing 20 grams @ 50% = 10 grams of Bone Matter.**

10%

Chicken Foot 60%  
Chicken Wing 45%  
Chicken Neck 40%  
Chicken Head 75%  
Chicken Drumstick 30%  
Chicken Maryland 27%  
Chicken Frame 25%

Duck Foot 60%  
Duck Wing 39%  
Duck Maryland 28%  
Duck Frame 75%  
Duck Head 75%  
Whole Quail 10%  
Turkey Neck 42%

Turkey Wing 35%  
Lamb Ribs 27%  
Lamb Vertebrae 50%  
Pork Trotter 30%  
Pork Tail 30%  
Beef Brisket 45%-60%  
Whole Raw Sardine  
Head on 15%

### VEGETABLES, FRUITS & SEEDS MAKES UP 10% RDI

Avoid all Starchy White Vegetables. If you do not cook the Vegetables, Dogs can not break down the cellular structure of plants. Cooked enables nutrition absorption.

Avoid all Citrus Fruits such as Oranges or Grapefruit. Grapes are toxic to dogs.

Seeds such as Flax or Chica should be soaked and then ground to enable absorption.

10%

### TOTAL DAILY FOOD INTAKE

Feed One or Two meals per day to make up the entire 100% required for an adult dog. **The amount of food per weight required varies from 2% up to 4% of their current body weight. Make sure foods are varied from day to day, mix up the Liver & Secreting Organs, as well as the RMB & Vegetable Matter. Complete & Balanced Diets happen over time, it's never achievable in a single meal!**

100%

## feeding guide adult dogs 9 months +

AGE	AMOUNT TO FEED
9 months	4% - 6% of Current Body Weight
12 Months	3% - 4% of Current Body Weight
18 Months	2% - 3% of Current Body Weight

**Feeding Reference Guide:**  
**Monitor the weight & condition of the dog & adjust accordingly.**

**NOTE:** These weights are a guide only. Please consider your dog's level of activity, exercise, desired weight & age when planning the percentage of food they will need. This can change on a daily basis. Monitor the weight & condition of the dog and adjust accordingly.

**ADULT DOGS:** feed between 2-4% of your adult dog's body weight per day. Smaller dogs can need up to 4% of their body weight, medium dogs usually 2-3% & larger dogs often only need 2% of their body weight per day depending on their level of activity.

AGE	CURRENT WEIGHT	DAILY AMOUNT OF FOOD		AGE	CURRENT WEIGHT	DAILY AMOUNT OF FOOD	
		3%	4%			3%	4%
12 Months	3kg	90gm	120gm	12 Months	29kg	870gm	1160gm
	4kg	120gm	160gm		31kg	930gm	1240gm
	5kg	150gm	200gm		33kg	990gm	1320gm
	6kg	180gm	240gm		35kg	1050gm	1400gm
	7kg	210gm	280gm		37kg	1110gm	1480gm
	8kg	240gm	320gm		39kg	1170gm	1560gm
	9kg	270gm	360gm		41kg	1230gm	1640gm
	10kg	300gm	400gm		43kg	1290gm	1720gm
	11kg	330gm	440gm		45kg	1350gm	1800gm
	13kg	390gm	520gm		47kg	1410gm	1880gm
	15kg	450gm	600gm		49kg	1770gm	1960gm
	17kg	510gm	680gm		51kg	1530gm	2040gm
	19kg	570gm	760gm		53kg	1590gm	2120gm
	21kg	630gm	840gm		55kg	1650gm	2200gm
23kg	690gm	920gm	57kg	1710gm	2280gm		
25kg	750gm	1000gm	59kg	1770gm	2360gm		
27kg	810gm	1080gm	61kg	1830gm	2440gm		

## puppies from 8 weeks to 6 months

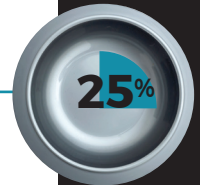
### BONELESS MEAT UP 45% RDI

Beef, Venison, Chicken, Pork, Lamb, Kangaroo, Rabbit, Goat, Quail, Turkey, Water Buffalo, Camel, Horse, Fish, Shellfish, Mollusks.



### BONELESS MUSCULAR ORGANS UP 25% RDI

Heart, Lungs, Tongue, Tendons, Trachea, Green Tripe, Pizzle, Uterus, Intestines



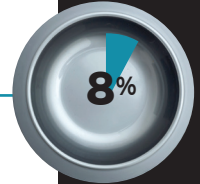
### OFFAL (SECRETING ORGANS) - LIVER UP 2% RDI

Liver is a nutrient dense powerhouse. Choose different Liver from the Boneless Meat Proteins listed... Feed a variety as every animal Liver has different nutrient values.



### OFFAL (SECRETING ORGANS) UP 8% RDI

Kidney, Brain, Pancreas, Spleen, Eyeballs, Testicles, Ovaries. Feed one organ a day or feed a combination up to 8% of the daily food intake.



### RAW MEATY BONES (RMB) UP 15% RDI

The approximate Bone Percentage of each cut is listed. This varies due to many factors such as the age the animal was at the time of slaughter - the younger the animal the lower the percentage. Weigh the bone to calculate the percentage amount  
**eg: Chicken Neck weighing 20 grams @ 40% = 8 grams of Bone Matter.**



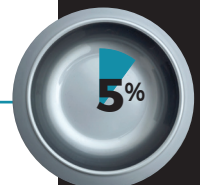
Chicken Foot 60%	Duck Foot 60%	Turkey Wing 35%
Chicken Wing 45%	Duck Wing 39%	Lamb Ribs 27%
Chicken Neck 40%	Duck Maryland 28%	Lamb Vertebrae 50%
Chicken Head 75%	Duck Frame 75%	Pork Trotter 30%
Chicken Drumstick 30%	Duck Head 75%	Pork Tail 30%
Chicken Maryland 27%	Whole Quail 10%	Beef Brisket 45%-60%
Chicken Frame 25%	Turkey Neck 42%	

### VEGETABLES, FRUITS & SEEDS UP 5% RDI

Avoid all Starchy White Vegetables. If you do not cook the Vegetables, Dogs can not break down the cellular structure of plants. Cooked enables nutrition absorption.

Avoid all Citrus Fruits such as Oranges or Grapefruit. Grapes are toxic to dogs.

Seeds such as Flax or Chica should be soaked and then ground to enable absorption.



### TOTAL DAILY FOOD INTAKE

Feed Three Or Four meals per day to make up the entire 100% required for an puppy under Six Months. **The amount of food per weight required varies from 10% to 6% of their current body weight, this decreases as they get older.** Make sure foods are varied from day to day, mix up the Liver & Secreting Organs, as well as the RMB & Vegetable Matter. Complete & Balanced Diets happen over time, it's never achievable in a single meal!



# raw feeding essential guide

## feeding guide from 8 weeks to 6 months

AGE	Amount to Feed
8 Weeks	9% - 10% of Current Body Weight
16 Weeks	7% - 8% of Current Body Weight
6 Months	6% -8% of Current Body Weight

**Feeding Reference Guide:**  
**Monitor the weight weekly of the puppy & adjust accordingly.**

**NOTE:** These weights are a guide only. Please consider your puppy's level of activity, exercise, desired weight & age when planning the percentage of food they will need. This can change on a daily basis. Monitor the weight & condition of the dog and adjust accordingly.

AGE	CURRENT WEIGHT	DAILY AMOUNT OF FOOD		AGE	CURRENT WEIGHT	DAILY AMOUNT OF FOOD	
		7%	8%			7%	8%
<b>16 Weeks to 6 Months</b>	3kg	210gm	240gm	<b>16 Weeks to 6 Months</b>	29kg	2030gm	2320gm
	4kg	280gm	320gm		31kg	2170gm	2480gm
	5kg	350gm	400gm		33kg	2310gm	2640gm
	6kg	420gm	480gm		35kg	2450gm	2800gm
	7kg	490gm	560gm		37kg	2590gm	2960gm
	8kg	560gm	640gm		39kg	2730gm	3120gm
	9kg	630gm	720gm		41kg	2870gm	3280gm
	10kg	700gm	800gm		43kg	3000gm	3440gm
	11kg	770gm	880gm		45kg	3150gm	3600gm
	13kg	910gm	1040gm		47kg	3290gm	3760gm
	15kg	1050gm	1200gm		49kg	3430gm	3920gm
	17kg	1190gm	1360gm		51kg	3570gm	4080gm
	19kg	1330gm	1520gm		53kg	3710gm	4240gm
	21kg	1470gm	1680gm		55kg	3850gm	4400gm
23kg	1610gm	1840gm	57kg	4000gm	4560gm		
25kg	1750gm	2000gm	59kg	4130gm	4720gm		
27kg	1890gm	2160gm	61kg	4270gm	4880gm		

## what else can Puppies & Dogs eat?

It is very important to rotate & offer a wide variety of vegetables. Ensure all are lightly cooked to ensure digestibility. Adult Dogs should eat vegetable matter up to 10% of their RDI, Puppies under Six months should eat up to 5% of their RDI.

Carrots	Pumpkin	Zucchini
Beans	Sweet Potato	Red Capsicum
Broccoli	Eggplant/Aubergine	(in moderation)
Kale	Ripe Tomatoes	All Leafy Asian
Spinach	(in moderation,	Vegetables
Brussels Sprouts	green are toxic)	Squash
Cauliflower	Wheat Grass	

Although not dangerous, avoid or minimize high starch vegetables like White Potatoes, Sweet Corn, Peas, Taro. Avoid all Spicy or Hot vegetables or Herbs like Chilli, Coriander or Peppers.

### Offer a wide variety of fruits in very small quantities

Avocado Flesh	Any type of Melon	Raspberries
Bananas	Blueberries	Dates
Apples (no pips)	Strawberries	Figs

Although not dangerous, avoid or minimize all citrus fruits like Oranges, Grapefruit, Lemons as they can cause diarrhea or bloat. Never feed Grapes as they are toxic.

**Offer Seeds in small quantities. Make sure they are ground & soaked overnight to enable maximum absorption.**

Hemp Seeds	Flax Seeds
Chia Seeds	Pepita Seeds

### Additional Proteins to be included in the Boneless Meat RDI for Adults & Puppies:

All types of Seafood including Fish, Shellfish & Mollusks. All types of Eggs including the Yolk, White & the Shell. Include these as part of the 45% RDI for Puppies or 50% RDI for Adult Dogs.

### Quality Oils can be added in moderation

Coconut Oil	Fish Oil
Olive Oil	Krill Oil
Hemp Seed Oil	
Flax Seed Oil	

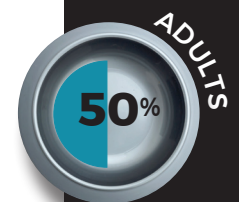
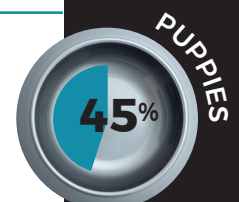
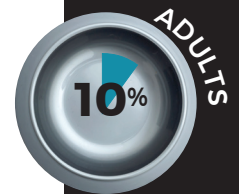
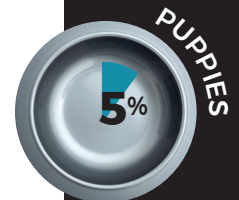
### Carbohydrates, although not toxic are NOT beneficial in your dog's diet

Rice	Corn
Pasta	Legumes Chickpeas,
Wheat	Broad beans
Maize	Sorghum
Tapioca	Barley
Oats	

**Although not dangerous, avoid or minimize as these foods are not digestible.**

### Toxic foods to Avoid

Onions	Dehydrated Bones	Raisins
Chocolate	Rhubarb Leaves	Grapes
Xylitol	Avocado Skin and Pip	Fat Trimmings
Macadamia Nuts	Green (unripe) Tomatoes	Ham, Bacon & Deli Meats
Cooked Bones	Sultanas	Baking Powder & Soda



# NUTRITION COURSES

learn how to feed your dog for optimal health & wellbeing

**Learn Online at your own pace**

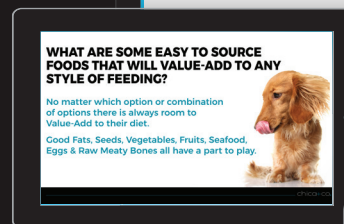
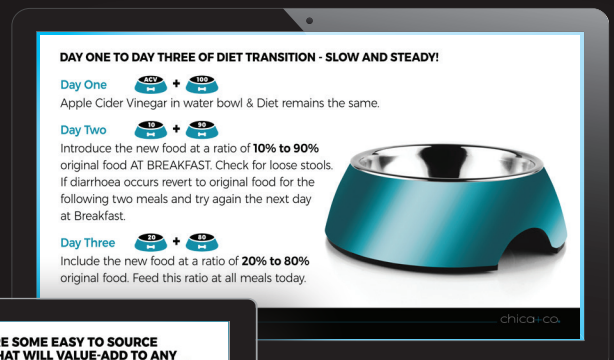
Easy to digest short modules

Downloadable resource guides, feeding ratios, recipes & formulas

Learn to use foods to heal common health issues like itchy skin or allergies

How to optimise Kibble, Raw & Hybrid Diets

Inclusive of all styles of feeding



5.0 ★★★★★

[Click here to learn more!](#)