



# Raw Feeding

## An Introduction

Barefoot Paws  
[Barefootpaws.com.au](http://Barefootpaws.com.au)



# Raw Feeding

## THE POWER TO DEVOUR

This is an introductory guide to feeding your dog a diet of whole foods based on meat, fat, digestible bone, supplemented with offal, fruits, vegetables and other foods.

This information sheet is to allow you to explore the possibilities of the benefits of raw feeding and how easy it can be.

It is not a comprehensive guide, it is a platform from which you can sample the ease of food preparation and the benefits for your pupper!

The ultimate purpose of this book is to highlight how easy it is to feed your dog a nutritious diet, keep money in your pocket and improve your dog's lifestyle and potential.



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# Sourcing Food

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Find a good source of meat, fat and bone. Your local butcher will have a supply of foods which will be available specifically for your dog.

You can use human grade food as well as non-human grade foods.

Keeping your kitchen hygiene standards as good as they always have been will ensure that the meat and meat based products will not spoil or otherwise negatively affect your dog.

I advise finding a source of at least three types of meat. Chicken, beef and lamb are generally easily sourceable, since these comprise the bulk of our own diets.



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# Starting Food

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Chicken frames, chicken with the breast, wings and drumsticks removed, are a great start. There is a large amount of cartilage and bone, skin and fat and plenty of meat on the frame. Chicken necks and wings are also good starters. Chicken is a great source to introduce your dog on.

Offal can often be purchased as pet mince and butchers will provide it already frozen. You can also buy hearts, kidney, liver, lung and tripe for example.

Carbohydrates are important for our dogs also. We can supply those by blending leafy greens from your crisper, or boiling or steaming fruits and vegetables. You could also steep them in vinegar. This is an important source of fibre. Preparing the carbohydrate source simulates the stomach contents of a prey animal. Dogs do not possess the same digestive system as us and they are not able to digest carbohydrates as efficiently as we can. Preparing the foods, makes the digestion more efficient for them.





# Choosing Food

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Chicken is a great starter as it appears easily digestible, minimally irritant and nutritious. For the protein source, choose muscle over product (claw etc).

Any muscle meat can be used for the protein, the same can be said for fat. Which can also be found in skin. Eggs are also a very nutritious protein and fat source.

Offal can be made up from most organs. Be that heart, liver, lung, kidney etc.

Carbohydrates can take the form of fruits and vegetables. A mix of either or even both can be used in the same meal. Oats and rice can also be used.

It is suggested to research the staples you use for yourself. Much of the frozen veggies and fruits can be given to our puppies aswell!





# Portion Sizing

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Portion size is critical for feeding whole foods. Since Fat has more calories than Carbohydrates we can feed a smaller quantity. The rule of thumb is to feed 2% of your dogs ideal weight.

That 2% is made up of 80% meat, 10% fat & 5% offal and 5% carbohydrates.

A portion could look like this for a 10kg dog:

Total Portion weight: 200gm

Meat content: 160gm

Fat content: 20gm

Offal content: 10gms

Carbohydrate content: 10gms

Calorically, Protein and Carbohydrates have 4Calories per gram and Fat has 9Calories per gram. Meaning that a starting diet for the above 10kg pupper is supplying 900 Calories.





# Portion Sizing

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Ohio State Univeristy in the US has a great article on caloric needs of a pupper. You can find it [here](#).

To cut to the point, they recommend that a 10kg dog requires 400calories to survive. That is the minimum requirement to keep the body and organs ticking over.

There is also a nice table which you can use to adjust the calories your dog requries based on a variety of lifestages.

Ultimately, it is best to look at your dogs ribs and compare them to your knuckles.

If the ribs feel like the palm side of your knuckles, your dog is too fat, if they feel like clenched fist knuckles, your pupper is too skinny. If they feel like flat hand knuckles your dog is in good shape.

Not too dissimilar to us!



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# Meal Preparation

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As in any food preparation, kitchen hygiene is important. If kitchen hygiene is not kept to a healthy human standard, neither will the food be that is prepared within it. This will lead to meal contamination, rotting and can cause illness.

Portion your meals into sizes as per Portion Sizing and bag them in freezer or snap-lock bags. Making an attempt to remove the residual air from within them. Freeze the meals and serve them frozen. If you are providing multiple feeds per day, bag accordingly.

Be sure to leave some buffer for training food!

Immature raw eaters may benefit from having their introductory bone pre-crushed for them. Chicken bones such as drumsticks and wings provide ample nutrition and these bones are digestible.

Pre-crushed bones should be fed raw and unfrozen.

Weight bearing bones are not recommended!



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# Making the switch

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Some dogs will be sensitive to whole foods as their digestive system takes time to adjust. Diarrhea is a common complaint and often comes from changing diets too quickly.

Fade out the previous and fade in the whole foods proportionally. If you are concerned with this, weigh your dog at weekly intervals. If they are retaining weight, relative to their meal size, they are OK.

Switching from processed to raw foods takes time. Start small and build incrementally. 90% previous meal and 10% raw meal for example.

Your pupper may need time to adjust to the new diet. I recommend giving your pupper 6-8 weeks within which to adjust themselves. Monitor weight, luster and stool.



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# Commit

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The biggest barrier to entry into raw feeding is the notion that it is gross, stinks and unhealthy.

There are even puppy classes that teach abstinence from meat as it is unhealthy for your dogs! There is also a great amount of misinformation, such as red meat makes your dog dominant...

Using this booklet as a primer, you can start your journey into optimal nutrition for your pupper. As soon as your pup can eat solids, they can eat raw!

Stick the first phase through! Some pups are resistant to change and have taught their caregivers to be very particular about what food they eat.

Nourish the savage predator within and your pupper will love you for it!



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