



## *Nutrition for your Dogs!*

**(Revised 2021)**

*Are you sure What you're feeding your dog is beneficial for them??*

*Issue 1*

*By Mithun*

*Canine Nutritionist  
Krypto's Kanine Nutrition*

## Disclaimer:

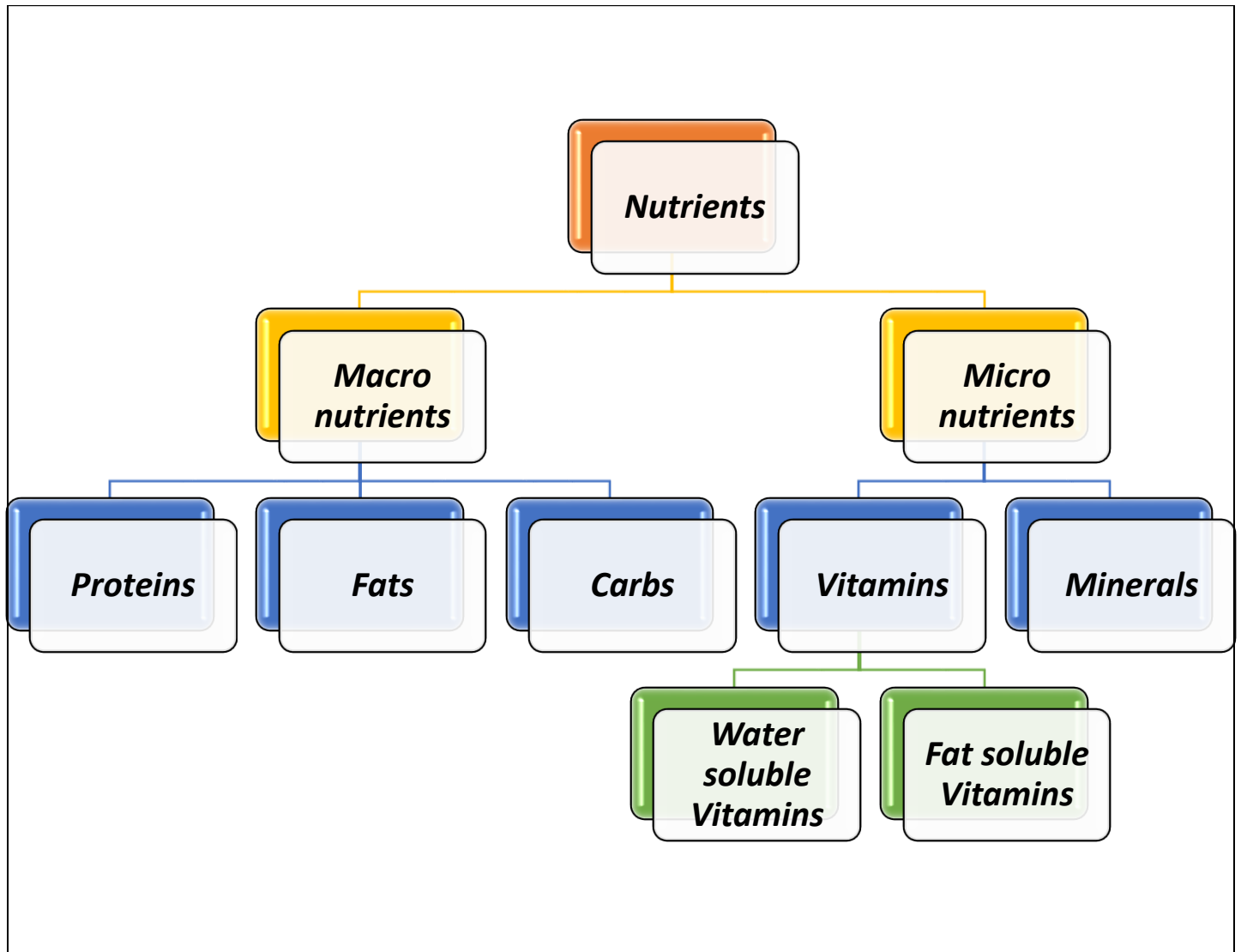
The information in any of our handouts, e-books, written material, whether provided in hardcopy or digitally (together 'Material') is for general information purposes. It does not take into account the individual health, medical, physical needs of your pet. It is not a substitute for medical attention, treatment, examination, advice, treatment of existing conditions or diagnosis and is not intended to provide a clinical diagnosis nor take the place of proper medical advice from a fully qualified medical practitioner. You should, before you act or use any of this information, consider the appropriateness of this information having regard to your own personal situation and needs. You are responsible for consulting a suitable medical professional before using any of the information or materials contained in our Material or accessed through our website, before trying any treatment or taking any course of action that may directly or indirectly affect your health or wellbeing.

You may not share, copy or redistribute this Material in any medium or format at any time. Our materials are for your individual personal use only and may not be used for commercial purposes. You are not permitted to make any derivative material, including but not limited to copying, reproducing, transforming, sharing or building upon the material in whole or any part thereof.

For any other use or distribution, you must have express written consent from **Krypto's Kanine Nutrition at [kaninenutrition@gmail.com](mailto:kaninenutrition@gmail.com)**.

© 2020. All rights reserved.

# CLASSIFICATION OF NUTRIENTS



1. **Proteins**: Protein is a macronutrient that is essential to building muscle mass. It is commonly found in animal products. Protein helps to grow and maintain the body tissues. It helps to build immunity; it maintains the fluid balance between the tissues. Since dogs have shorter and less complex gut, they digest animal protein easily than the protein from the plant sources.

The sources of protein are...

- a) Poultry
- b) Red Meat
- c) Fish
- d) Eggs
- e) Dairy products
- f) Vegetables such as Beans, Spinach, Broccoli, etc.
- g) Legumes such as Lentils, Chickpea, etc.

### **IMPORTANCE OF PROTEIN ROTATION-**

The basic rule when it comes to feeding fresh food is ***Protein Rotation***, Each meat is different and has its own unique nutrients, the dog will benefit from different kinds of meats, rotating the proteins decreases the chances of allergies in dogs.

2. **Fats**: Fats are substances that help the body use some vitamins and keep the skin healthy; they are also the main way the body stores energy. In food, there are many types of fats -- saturated, unsaturated, polyunsaturated, monounsaturated, and trans fats.

Fats are an important part of a balanced diet, Fats break into fatty acids which includes Omega 3 (present in Fish) and Omega 6 (present in Meat) and is necessary for a healthy skin and coat.

The sources of fats are...

- a) Fish (choose smaller fishes like sardines, anchovies, mackerels only, because large fishes are more likely to contain toxins)
- b) Eggs
- c) Animal Fat (in small quantities)
- d) Coconut Oil, Olive Oil, Hempseed Oil, Flaxseed Oil.

3. **Carbohydrates/ Carbs**: In easy words, Carbohydrates are mainly sugars and starches that the body breaks down into glucose (a simple sugar that the body can use to feed its cells). Even though dogs don't require carbohydrates in their diets it can be extremely beneficial for them in moderation. Dietary fibers in carbohydrates helps to solidify the stools and prevent certain heart diseases and cancers. The carbs should not be more than 5% in a dog's daily bowl.

Sources of carbohydrates are...

- a) Vegetables- Carrot, Beans, Beetroot, Pumpkin, Zucchini, Broccoli, Beans, Cabbage, Lettuce.
- b) Fruits- Apple, Banana, Papaya, Melons etc.

### **WHAT CARBOHYDRATES TO AVOID AND WHY?**

Kibbles (DOG FOOD found at your local pet store), Refined Sugar products, and basically all grains & things which are fried which you give to your pet as a harmless snack.

E.g. MARIE BISCUIT.

All the above mentioned are nothing but starches loaded with sugary content. If a dog is fed the above products on a regular basis, It leads to long term health issues.

The above listed carbohydrates are linked directly to rapid blood sugar hike immediately after the consumption, it is almost the same like having a spoonful of sugar. This can cause the dog to develop severe yeast infection, obesity, poor skin and coat quality and finally diabetes.

**Water soluble vitamins:** Water soluble vitamins are those which are dissolved in water. It cannot be stored in the dog's body like Fat soluble vitamins. It is important that the water-soluble vitamins are added to your dog's bowl regularly.

The sources and vitamins which WSV have are...

1. Niacin (Vitamin B3)- Fish, Beef, Chicken, Turkey.
2. Folate (Vitamin B9)- Broccoli, Spinach, Eggs.
3. Choline (Vitamin B4)- Liver, Fish, Eggs, Green peas.
4. Thiamine (Vitamin B1)- Organ meats, Beetroot, Flaxseed.
5. Riboflavin (Vitamin B2)- Beans, Liver, Cheese, Lean Meat.
6. Pantothenic Acid (Vitamin B5)- Turkey, Quail, Sweet potato, Sunflower seed.
7. Pyridoxine (Vitamin B6)- Wheatgerm, Green leafy vegetables, Banana.
8. Inositol (Vitamin B8)- Strawberry, Cabbage, Beans.
9. Biotin (Vitamin B7)- Egg yolks, Sweet Potato, Raspberry, Liver.
10. Cobalamin (Vitamin B12)- Fish, Meat, Cheese, Eggs.
11. Vitamin C- Cranberry, Spinach, Spleen, Pineapple, Cabbage.

**Fat soluble vitamins:** Fat soluble vitamins are absorbed along with fats and are stored in the body's fatty tissues and in the liver.

The sources and vitamins which FSV have are...

1. Vitamin A- Carrot, Spinach, Meat, Fish, Eggs, Cheese.
2. Vitamin D- Fish, Eggs, Raw Milk.
3. Vitamin E- Pomegranate, Olive Oil, Sunflower seeds, Broccoli, Spinach.
4. Vitamin K- Cabbage, Alfalfa, Meat, Liver, Egg yolk.

### **MINERALS ESSENTIAL FOR DOGS:**

<b><i>MINERALS</i></b>	<b><i>FUNCTION</i></b>	<b><i>SOURCES</i></b>
Calcium and Phosphorous	Healthy nails, Teeth, Coat, Digestion, Proper nerve function	Bones, Eggshell powder, Chicken and Fish, Yogurt
Potassium	Muscle Function and maintain fluid balance	Banana, Potato, Carrot, Flaxseed, Blueberries
Magnesium	Bone health, Energy, Healthy nervous system	Spinach, Legumes, Pumpkin, Meats
Iron	Carry oxygen, maintain hemoglobin levels, Healthy immune system	Meat, Liver, Egg yolks, Green leafy vegetables
Zinc	Healthy skin and coat, Healthy reproductive function	Red meat, Chickpeas, Poultry
Copper	Help the body form red blood cells. It also helps keep the blood vessels, nerves, immune system, and bones healthy	Lamb, Pork, Poultry
Sulphur	Healthy skin and coat	Fish, Meat, Eggs
Iodine	Produce and regulate thyroid hormone and promote healthy metabolism	Dairy, Seafood, Kelp
Selenium	Strengthen the immune system	Meat, Seafood, Brown rice, Vegetables

**Nutrient dense foods which are often discarded:**

1. **Feet, Horns, Hoofs, Trotters and Antlers:** The feet, horns, hoofs, trotters and antlers are long lasting recreational chews which keep your dog mentally simulated.

The natural chews prevent tartar buildup. It is a rich source of keratin which helps in skin health, and bone strength.

The feet (chicken, duck, turkey, quail) are rich in glucosamine and chondroitin which helps maintain good joint health.

The trotters (lamb, beef, pork) are rich in calcium, phosphorous and magnesium which are helpful in managing bone and joint health.

2. **Heads, Feathers and Fur:** The skull bone present in heads are rich in calcium and phosphorous, it contains important nutrients like Zinc, Copper, Manganese and Magnesium. The beaks are rich in keratin which helps in skin and bone health.

Chicken, Duck, Quail, Turkey, Lamb, Fish heads can make up great chews or an excellent addition to your dog's bowl.

Feathers and Fur are rich in fiber and manganese which helps to eliminate/cleanse the intestines, and the excretory system of the dog.

Lamb skin twist, Rabbit skin twist, Beef skin twist are the furs.

Duck wings, Quail feathers, turkey wingtips are the feathers.

TIP- You can notice some unusual poop after feeding the feathers or fur, please don't get alarmed, your dog's intestine have just been cleaned from the inside.

3. **Myoglobin:** The red liquid which is present when the meat is stored, it is called myoglobin, whose purpose is to help ship oxygen to muscle cells. Myoglobin is deeply pigmented, which is why the more myoglobin a meat contains, the darker (or redder) the meat will be. The myoglobin can be fed directly.



### **Probiotics and Prebiotics:**

Probiotics are live bacteria which are extremely beneficial for the gut. It helps to enhance the immunity in the dog and also fights against pathogens in the body.

Prebiotics are a source of food for your gut's live bacteria, they're carbs which the body cannot digest so they go to the lower digestive tract, where they act like food to the probiotic and help it to grow.

Sources of probiotics and prebiotics:

1. Kefir
2. Fermented Vegetables
3. Kimchi
4. Yogurt

**Superfoods:**

1. Berries- Blueberry, Blackberry, Raspberry, Cranberry.
2. Cruciferous Vegetables- Broccoli, Brussel sprouts, Cabbage, Kale, Cauliflower.
3. Bee pollen/ Honey- **LOCAL BEE PRODUCTS ONLY (For Dogs 1+ years)**
4. Omega 3 Fatty Acids- Fatty fishes like Sardines, Anchovies, Mackerels.
5. Green unprocessed tripe- Lamb Tripe, Beef Tripe.
6. Turmeric
7. Coconut Oil
8. Milk Thistle
9. Moringa Powder
10. Spirulina Powder
11. Wheatgrass Powder
12. Herbs- *Basil, Rosemary, Thyme, Parsley, Oregano, Mint, Ginger, Cinnamon*  
**DO NOT USE ROSEMARY IF YOUR DOG IS PRONE TO SEIZURES**
13. *Medicinal Mushrooms*

# Thank you

*Hope It helps you with your dog!!*

