



FAQ's - 1



Issue 6



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Frequently Asked Questions

1 So, you just throw raw meat in a bowl and feed it to your dog?

Ans. No. We don't throw raw meat in a bowl and feed it to our dogs. We clean, prep, freeze to eliminate or neutralize the pathogens and then feed it.

2 Is Raw Feeding Dangerous?

Ans. Raw Feeding or Cooked Feeding is less dangerous than feeding a diet of dry food i.e. KIBBLE to your dogs. You will know exactly each and every ingredient which goes into his/ her bowl.

3 Why can't we feed kibble?

Ans. You can! If that is what works for you, your dog, your budget and your lifestyle. Having said that, Any amount of fresh food is better than none. I recommend you to add as much as fresh food as possible, like meat chunks, eggs, fish, mashed vegetables, raw goat milk, fermented vegetables, bone broth and most importantly WATER. Always soak the kibble before feeding.

Again I'm NOT pro-kibble or Kibble shaming. But please avoid it, For more information on kibble,

Please visit www.linktr.ee/kaninenutrition ISSUE 2

4 Your meat-based diet is making my dog itch!

Ans. 1. Your dog is having a detox because he is getting adjusted to a healthier diet.

2. He / She maybe reacting to the environmental factors

3. Your dog could be reacting to a protein or any other ingredient in his diet, which you were not aware of before making a switch.

PRO TIP- Take a notebook; start writing down each and every thing your dog eats in his new diet to figure out any allergies/intolerances.

You can track the food intake of any day when noted down.

5 How long should I freeze fish and other meats?

Ans. Chicken, Lamb, Goat, Beef, Buffalo, Duck, Quail, Turkey-
24 to 48 hours
All fishes- 2 weeks

Pork and Other game meats (wild meats such as Pheasant, Wild Fowl, Venison, Geese, Kangaroo)- 3 weeks

6 How much fish and what kinds of fish can I feed?

Ans. The fish intake per dog depends on his individual requirements. The best fishes to feed are the small fishes with shorter lifespan such as Sardines, Anchovies, Mackerels, Trout, Herring, Salmon, Tuna are the fishes you can feed; always purchase the smallest fishes.

7 What all supplements should I add to my dog's meals?
Cooked or RAW.

Ans. In a homemade- meat based diet; a lot of nutrients are fulfilled using whole foods and natural options. Supplements such as Vitamin E, Zinc, Manganese are usually deficient hence they are added because the homemade diets lack these nutrients and are crucial for a dog's healthy immune system and overall development.

Golden paste, Kefir and many more are considered as Functional Foods and Not supplements.

8 My dog has diarrhea whenever I feed liver and organ meat.

Ans. Liver and Other organ meats are very rich in nutrients and it may overwhelm the dog's digestive system. Hence it's important to go slow in the transition period to make sure your dog can tolerate the new items in the diet. The transition period varies from dog to dog.

9 What is the difference between B.A.R.F and PMR diet?

Ans. BARF (Biologically appropriate raw food) and PMR (Prey Model Raw) are the two primary models of raw feeding. The main differences are the addition of vegetables, fruits to BARF. In PMR vegetables and fruits are not added as the regular part of the dog's diet.

10 What is hybrid diet?

Ans. A hybrid diet is a mix of two different diets. Some times it can cause an imbalance in nutrients. Feeding kibble in the morning and feeding a meat-based diet in the evening is an example of hybrid diet.

11 Are grains beneficial for dogs?

Ans. Grains can be added to a dog's diet for the benefits they offer. Grains which are best suited for dogs are brown rice and quinoa. Grains shouldn't be added unless required or as told by the nutritionist.

1. High in protein and fiber.

2. Low glycemic index.

Please consult your nutritionist for the amounts to be fed as per your dog's individual requirements.

12 What are the benefits of a meat-based diet especially a raw diet?

Ans. 1. Healthy gut and Improved immune system.

2. Reduced allergies.

3. Healthier skin and coat.

4. Healthy joints and bones.

5. Shiny and Clean teeth.

6. Fresh breath and less doggy odor.

7. Lean and better physique.

8. Smaller and less stinky poop.

13 Won't feeding meat make my dog a blood thirsty vampire and want to kill and eat me? (believe me I have got his question)

Ans. No. A dog on a meat-based diet won't become aggressive or have any behavioral issues. A dog who is fed an appropriate diet will less likely to be aggressive or have any behavioral issues.

Please get in touch with Ms. Ragini Bhandari or Ms. Kirti Tripathi for proper training guidance.

Ragini Bhandari- www.instagram.com/justpawsible

Kirti Tripathi- www.instagram.com/praisethepup

14 What about E.Coli and Salmonella bacteria?

Ans. Your dog will lick himself, roll in leaves and dead animals, drink from the any water body, and will he get sick by eating a meat based diet? NO. He will not get sick. He will be fine. If you worry about E.Coli and Salmonella bacteria, you should worry about yourself.

Always wear gloves, maintain hygiene guidelines before and after handling raw meat, disinfect the area after prepping, if you do all these, relax... You will be alright.

15 Blood reports are confusing after feeding a meat-based diet.

Ans. Blood reports vary from dog to dog, it depends on their diet, their lifestyle and health.

The normal blood values which you have to look out for are

Source: DNM Website

Test result	Normal Values	Kibble Fed Dogs	Raw Fed Dogs
Hematocrit	37 – 55%	47.6 ± 6.1%	51.0 ± 6.6 – 53.5 ± 5.6%
Blood urea nitrogen (BUN)	6 – 24mg/dL	15.5 ± 4.7mg/dL	18.8 ± 6.9 – 22.0 ± 8.7mg/dL
Creatinine	0.4 – 1.4mg/dL	1.07 ± 0.28mg/dL	1.20 ± 0.34mg/dL*

** Individual test results may vary depending upon the intake, protein and lifestyle.

** The references provided only in dogs fed a Volhard diet.

- Hematocrit

Hematocrit is the measurement of the percentage of red blood cells in whole blood. Decreased Hematocrit (anemia) can be caused by poor nutrition, parasites or chronic disease including cancer and liver disease. Increased values (dehydration) are more of a concern with the dry kibble fed dog than the raw fed dog because of the lack of moisture of the diet. Raw fed dogs are also more likely to get adequate iron and vitamin B from their higher quality protein diets.

- BUN

Blood Urea Nitrogen is a waste product derived from protein breakdown in the liver. Low levels are most commonly due to inadequate protein intake, malabsorption, or liver damage. Increased levels can be caused by kidney damage, certain drugs, low fluid intake, intestinal bleeding, exercise, heart failure or decreased digestive enzyme production by the pancreas. Raw fed dogs typically have higher BUN levels because they consume more protein.

- Creatinine

Creatinine is also a protein breakdown product. Its level is a reflection of the body's muscle mass. Low levels are commonly seen with inadequate protein intake, liver disease, kidney damage or pregnancy. Elevated levels are generally reflective of kidney damage and need to be monitored carefully.

THE ABOVE-MENTIONED DATA IS FROM RESEARCH, ALL DOGS ARE DIFFERENT, IF ANY HEPATIC / RENAL DAMAGE IS PRESENT; PLEASE CONTACT YOUR VET.

16 What are Green Lipped Mussels (GLM)? What are the benefits of it?
Can we use the ones available on Fresh to Home?

Ans. Green Lipped Mussels are a kind of shellfish usually found in New Zealand. GLMs are rich in glucosamine and chondroitin, contains Omega 3 fatty acids and is proven to reduce inflammation. Usually aids in treatment of dogs with arthritis, hip and elbow dysplasia. Direct consumption of green lipped mussels are not advisable due to the presence of toxins, always purchase the extract of the same. My recommendation – Green Lipped Mussel from Swanson (available on Amazon) and Green Eggs from Four Leaf Rover.

The ones available on Fresh to Home are Green Mussels, not green lipped mussels; these are found in the coastal areas of India and is not advisable to use these.

17 Deworming in Puppies and Dogs?

Ans. Deworming is usually done by the vet upon the first vaccination of the puppy. More than medicinal deworming, I suggest a holistic deworming.

- Pumpkin seeds are natural dewormers, Add finely ground pumpkin seeds to their meals as required.
- Diatomaceous Earth (Food Grade) is helpful to eliminate parasites. DE Powder from Casa De Amor and Urban Platter are suggested.
- Garlic is proven to eliminate parasites in the digestive system and intestines.
- Adding parsley to the dog's diet helps to remove parasites and also flush out toxins from the kidneys.
- Homeopathic medicine R56 helps with deworming too. Please contact a homeopath for appropriate dosage.
- SkyEC and Drontal are some dewormers used by the vets for deworming.

18 Can I continue to follow ratio diets which is available on the internet?

Ans. Ratio diets such as 80/10/5/5 or 80/10/10 are deficient in certain nutrients which can cause problems in the long run. Ratio diets are usually deficient in Vitamin E, D, Iron, Zinc, Manganese, Selenium, Iodine and Magnesium. Ratio diets are great when entering the fresh food journey but its not advisable in the long run. Deficiencies in any of these nutrients will cause a compromised immune system, thyroid irregularities, muscle weakness, growth retardation, and irregular calcium & phosphorous balance.

19 My dog has gotten aggressive after feeding RMBs (Raw Meaty Bones)

Ans. Dogs don't get aggressive after eating a bone. They really love the taste of the bones and like to defend their property, feeding the right diet can cause the dog to be calmer and more composed. If your dog is aggressive with bones, it can be a sign of resource guarding, please contact a trainer or behaviorist.

20 When can I start feeding my pup a meat-based diet?

Ans. A pup can be transitioned to a meat-based diet as young as 8 weeks or as soon as he is weaned off the mother's milk. Puppies require a lot more calories and proper balanced meals for optimum growth and a better immune system.

21 Balancing the meals in dogs. How is it done and who determines these values for balancing their meals?

Ans. There are 2 ways of balancing meals for dogs.

1. Daily Balance- In this method, we provide recipes with balances in each and every meal. NRC, AAFCO and FEDIAF guidelines help us to balance meals every day. For pet parents who want their dogs to eat a balanced diet every day, this is what you have to opt for.

In recipes, Each and every meat, organ and supplement will be mentioned to provide daily balance in meals.

2. Balance over a period of time- This is the most convenient, but if certain meats, organs and supplement are not provided in the given time frame like a week, i.e., balance over a week, it will cause imbalances in the diet. In this method the meats, organs and supplements are rotated and will fulfill the nutritional requirements over a period of time.

The balancing values are laid out by NRC, AAFCO and FEDIAF.

22 How can we be sure we are truly meeting all our pets' nutritional needs?

Ans. 1. You have to do a lot of research.

2. You can create a spreadsheet to track your dog's food intake and to balance the meals. This has to be adjusted as per your dog's age, breed, activity level, MER, RER and various parameters.

3. You can seek professional help from a nutritionist to help with your pet's nutritional requirements.

23 What bones can be used for bone broth? What are the benefits of Bone Broth? Is bone broth a substitute for raw meaty bones?

Ans. Any bone can be used to prepare bone broth. E.g., Chicken feet, Lamb Marrow bones, Duck bones, Turkey bones, Beef/ Buff Bones and Shanks.

Benefits of Bone Broths...

- Detoxifies the liver.
- Joint rejuvenation.
- Protects the gut lining and prevent leaky gut.
- Enhanced immune system.
- Increases appetite.
- Improves skin and coat health.

Bone broth can not be a substitute for raw meaty bones. You can use bone meal, egg shell powder, bone paste to meet the calcium requirements of your dog, but raw meaty bones should always be a priority.

24 How can we feed seeds?

Ans. Seeds can be fed in the ground form, seed oils can be used, and fermented seeds.

Seeds such as Sunflower seeds, Flax seeds, Pumpkin seeds, Chia seeds, Hemp seeds. Seeds can be really beneficial when included in your dog's daily diet. Many seeds and nuts provide essential fatty acids such as ALA (Alpha- Linoleic Acid), GLA (Gamma Linoleic Acid), and LA (Linoleic Acid) in addition to their fat-soluble vitamin and mineral content.

Store ground and soaked seeds in the refrigerator to prevent unnecessary spoilage.

25 Allergies and Intolerances in Dogs?

Ans. Allergies and Intolerances are completely different even though they share the common symptoms;

A True Allergy is an immune system response to certain elements & can be serious and life threatening, it includes symptoms such as elevated heart rate, palpitations and breathlessness.

Intolerances on the other hand are not life threatening and are limited to rashes, itching and increased shedding.

Intolerances are often misdiagnosed as allergies.

E.g.,

Scenario 1: A dog eats chicken, in around 20 to 60 minutes, he starts panting heavily, gets anxious and palpitations occur, at this point of time an emergency vet visit or hospitalization is required, this is considered as a true food allergy.

Scenario 2: A dog eats chicken, after a few hours, he starts itching himself, biting the paws, etc. this is considered as a food intolerance.

Food intolerances can be built over time. Hence, it's important to diagnose the condition properly.

26 My dog eats cow dung! YUCK!

Ans. Poop eating habits can be handled as a behavioral, nutritional or a medical concern.

Nutritional View- The dog's diet could be imbalanced, lacking digestive enzymes, or vegetation, hence the natural instinct pushes the dog to eat cow dung. Certain studies show that the scent is appealing to the dog.

Medical View- Parasites, Diabetes, Cushing's, and Thyroid diseases might cause an increase in appetite and can cause the dogs to eat poop.

Behavioral View- Dogs who are isolated from the family, are prone to anxiety, and improper association with food also eat feces as a trigger mechanism, hence it's important to make sure all the above aspects are taken care of.

How to prevent poop eating habits-

- Transition your dog to a balanced diet, a high quality, fresh, meat based diet. (Balance, being the keyword)
- Keep the dog's living area clean.
- Supervise the dog on walks and correct him immediately for doing something wrong, and also praise him accordingly.
- Consistency in training- Work hard on cues such as Drop, Leave it.

27 Why should we rotate meats?

Ans. Rotating meats provide a variety in the diet, it makes sure that your dog is always excited for meal time. Rotating meats also helps to balance the nutritional requirements for those who balance over time. (Refer question. 21 for balancing). Rotating meats ensures the dog gets different variety, flavour and textures of meats. I suggest to use atleast 3 proteins a month.

Example-

Week 1- Chicken and Quail

Week 2- Quail and Turkey

Week 3- Goat and Duck

Week 4- Rabbit and Duck

28 Should we throw away the blood left after thawing the meat?

Ans. NO, that's not blood, that's myoglobin.

Myoglobin is an oxygen-rich and iron carrying protein pigment that is found in muscles. If the muscle meat is more, the more myoglobin it contains and the darker in color it will be. Example- Goat myoglobin is much darker than Chicken Myoglobin.

Feeding myoglobin provides trace nutrients and is very appealing to dogs.

29 Nutrients which are usually missing in diets and their problems?

Ans. (Refer to question.18 for more information)

1. **Iodine**- Iodine is important for the thyroid functions and prevent hypothyroidism or hyperthyroidism.
Sources of Iodine- Kelp, Seaweed.
2. **Zinc**- Zinc plays an important role in immune function, protein synthesis, DNA synthesis and cell division. Zinc supports the healthy growth and development in dogs.
Sources of Zinc- Oysters, Pork, Turkey, Lamb Liver, and Zinc Supplement.
3. **Vitamin E**- Vitamin E modulates the function of the immune system, supports the body's ability to form red blood cells, and reduces the risk of infection.
Sources of Vitamin E- Wheat germ Oil, Hempseed Oil, and Supplement such as NOW E Oil etc.
4. **Manganese**- Manganese is used to produce energy, metabolize protein and carbohydrates, and to make fatty acids. Manganese is an important part of many enzymes and plays a role in the health and maintenance of bone and cartilage in joints.
Sources of Manganese- Oysters, Mussels, Leafy vegetables and Supplement such as Chelated Manganese.

Just because you feed a small quantity of the above foods doesn't mean that the meal is balanced, the quantity has to be adjusted as per the dog's RA (Recommended Allowances).

30 Healthy Microbiome= Healthy Gut= Healthy and Happy Dog.

Ans. 90% of a dog's immunity is present in the gut. A healthy microbiome is required for a healthy dog. When bacteria become out of balance, disorders such as inflammatory bowel disease (IBD), digestive issues, and immune system reactions can occur.

1. Feed a high quality meat based diet.
2. Detox your dog.
3. Improve digestion and hydration through plenty of broths and liquids in the diet.
4. Include leafy greens, phytoplankton, and spirulina in the diet.
5. Add good quality probiotics.
6. Avoid unnecessary vaccinations and antibiotics.

Detox Procedure-

1. **Day 1:** Fast your dog for a day. Keep water accessible at all times.
(Skip this step if, puppies or dogs with gastroenteritis)
2. **Day 2:** Feed broths in all meals of the day with milk thistle, probiotics and diuretics.
3. **Day 3:** Feed 50% Normal Food and 50% Broth with milk thistle, probiotics and diuretics.
4. Continue with regular meals from Day 4.

Detox the Liver- Add milk thistle with the broths.

Detox the GI System- Add probiotics.

Detox the Kidneys- Include diuretics such as parsley.

Detox the Skin- A warm bath with good scrubbing.

Detox the Environment- A cool place with fresh air.

Please go through our previous e-books for more
information

www.linktr.ee/kaninenutrition

Make the change and see the difference
Help your dog to thrive; not survive!

Thank You

Hope It helps you with your dog!!

