

# The Raw Food Diet



Here at The Celia Cross Greyhound Trust we provide our hounds with a natural raw food diet, also known as a BARF diet (Biologically Appropriate Raw Food). This diet is all about providing your dog with healthy food that is appropriate for their digestive system.

As carnivores, a dog's digestive system is perfectly designed for processing and breaking down raw meat. The stomach PH level in dogs is lower than in humans, this means it is more acidic and therefore more efficient at breaking down raw meat and killing off bacteria.

## Benefits of the diet

- Fresher breath and cleaner teeth
- Easier to digest – good for sensitive stomachs
- Less flatulence
- Smaller, well-formed faeces with less odour
- Dog will go to the toilet less often
- Healthier skin and shinier coat
- Helps make immune system stronger
- Easy to prepare, gets rid of your leftovers!

## How much to feed?

When feeding a raw diet you should provide your dog a minimum of 3% of its overall body weight each day. For example, if your dog weighs 30kg it should be fed approximately 900grams daily. However this amount will depend on your dog's metabolism!

Each meal should contain approximately 70% raw minced meat, whilst the remaining 30% should be made up of carbohydrates such as cooked rice or pasta and raw or cooked nutritional fruits/vegetables. Make sure to cut the fruit/veg into small pieces so that your dog can digest it properly.

Raw minced meat can be purchased from all good pet stores and then kept in your freezer at home until needed. Pasta/rice and any fruits or veg can be bought from your normal supermarket.

## Allowed Fruits and Veg

- Carrots
- Cauliflower
- Broccoli
- Cabbage
- Tomatoes
- Sprouts
- Berries
- Apples

## NOT allowed Fruits and Veg

- Mushrooms
- Onions
- Grapes
- Sultanas
- Raisins

To help keep your dog's teeth strong you should also provide your dog with treats or dental chews.

We have seen big improvements in the dogs at Celia Cross since switching to the raw meat diet. It is easy to prepare, doesn't contain additives or colourings (which many kibble foods contain) plus the dogs absolutely love it!