



# Adult Dog – Basic Raw Diet

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### Raw Diet – BASE Mix

| Ingredient    | Amount  |
|---------------|---|
| Ground Meat   | 1 pound   |
| Liver         | 2 ounces  |
| Carbohydrates | 4 ounces  |
| Oysters       | ½ ounce   |
| Egg           | 2 (see note below on shells) This amount is without shell |

- *This mix can be made in any size batch and frozen. At this point; however, the mix is NOT balanced. It does need additional supplementation.*
- *This is the portion of the diet that provides calories from fat, protein and carbohydrates. Increase or decrease the amount you feed your dog to maintain body condition/weight. Every dog has a different metabolism so it is difficult to estimate how much to feed. Generally, a good rule of thumb is 3.0% of body weight to start, then adjust up or down to maintain ideal body condition/weight.*
- *Ratios should always be kept the same but larger batches can be made and frozen. For example, you could mix 3 pounds of meat + 6 ounces liver + 12 ounces carbohydrates and 1 ½ ounces oysters.*

### Notes regarding ingredients of BASE mix

|                      |  |
|----------------------|--|
| <b>Meats</b>         | <p>I recommend alternating meat/protein sources. I use neutral or cool proteins such as pork, beef, turkey. I seldom use chicken but you can (it is a hot protein). I use hot proteins (chicken, lamb, venison) in deep winter months because all but one of dogs runs “hot”. A holistic veterinarian can help you determine if your dog is “hot”, “cool” or “neutral” in relation to diet.</p>  |
| <b>Carbohydrates</b> | <p>I include carbohydrates for many reasons including gut health and stool quality. I recommend a mixture of fruits, vegetables and grains (yes, I use grains all the time. I don’t have issues with grains, nor do my dogs. If your dogs do, then don’t use them and replace with fruits and vegetables).</p> <p><b>Fruits</b> should be pureed and could include: berries, bananas, peaches, apples and pineapple. This is not an exhaustive list.</p> <p><b>Vegetables</b> should be steamed and pureed and could include: sweet potato, greens, green beans, beets, carrots, broccoli, cauliflower (this is not an exhaustive list. I give my dogs the same fruits/grains/vegetables I’m eating that week).</p> <p><b>Grains</b> are excellent for stool quality and gut health. I do not avoid grains with my dogs as my dogs tolerate them well. I typically use oatmeal (cooked) but also use cooked barley, rice or quinoa.</p> <p><b>NOTE:</b> I use 4 different carbohydrates for each week in equal portions. For example, I might include 1 oz each of cooked oatmeal, spinach, sweet potato, banana. There are few rules to this. If you know your dog can’t tolerate something then don’t feed it. I do not feed grapes or onions.</p> |

|                |   |
|----------------|---|
| <b>Oysters</b> | Oysters are excellent sources of lean protein and zinc. I am very particular about the copper to zinc ratio in my diets as often these are out of balance. Oysters can be fresh or canned but ideally not smoked. |
|----------------|---|

**At time of feeding each dog will need proper supplementation to balance vitamins and minerals. The above “mix” is not a complete diet. The following supplements are required in my opinion and do a good job of balancing key nutrients and ensuring that all vitamins/minerals are met without being excessive. I prefer to use human grade supplements opposed to canine supplements. That being said, supplements are also where things get a bit tricky.**

| <b>SUPPLEMENT SHOPPING LIST</b>   |
|---|
| <b>Thorne Research IV with Copper and Iron – This is a human product</b>  |
| <b>Kelp powder</b> – I use NOW Foods Kelp Powder but there are many similar products (this provides iodine)   |
| <b>Calcium carbonate</b> – I use the egg shells from the eggs I use in the base mix. They can be dried under low heat in an oven and then ground in a coffee grinder and stored in the freezer. |
| <b>Dicalcium phosphate or Bone Meal</b> – If using bone meal, make sure to buy a high quality human grade bone meal product.  |
| <b>Cod Liver Oil with Vitamin D</b>   |

Minerals are quite stable; however, vitamins are not. They are very sensitive to moisture and freezing; therefore, should not be added until time of feeding. Kelp can be added to the mix above as can calcium carbonate (egg shells) and dicalcium phosphate. ***The Thorne vitamin and Cod Liver Oil should be added at feeding time specifically.***

For every **pound of BASE mix** fed, the following are needed to balance the nutrients:

- 2 scoops of NOW Foods Kelp Powder (this products comes with a 100 mg scoop that works great)
- ¼ tsp ground egg shells or calcium carbonate
- AND
- ¼ tsp bone meal or dicalcium phosphate
  - If you prefer to feed bone-in meats or raw meaty bones, if a minimum of 3-5 meals per week are raw meaty bone meals, you can eliminate both calcium supplements above. These must be raw meaty bone meals that are completely consumed by the dog such as chicken or turkey necks.
- 3 ml (1/2 tsp) cod liver oil (vitamin A and D)
- 1 Thorne IV with copper and iron
- *Note for very small dogs = I have dogs that are less than 10 lb and it takes a week for them to eat 1 pound of BASE mix. I add the Kelp, egg shells and bone meal to the BASE Mix as indicated above and freeze. I then give each dog their amount daily and add ½ ml cod liver oil (using a dosing syringe) and about ¼ Thorne IV daily. You could also give them ½ Thorne twice per week. You can also use a product called Opti Pet in place of Thorne IV. 1 mL per day works well for dogs less than 15 lb body weight. I also add a liquid vitamin E (I use NOW liquid vitamin E drops 1 drop = 30 IU). I drop every other day will meet the vitamin E requirements.*

**Diet contains approximately 50 Kcal/ounce or 800 Kcal/pound**

| <b>Nutrient</b>          | <b>Diet Concentration</b> | <b>Recommendation (2006 NRC*)</b> |
|--------------------------|---------------------------|-----------------------------------|
| <b>Crude fat, %</b>      | 24.40                     | 7.69                              |
| <b>Protein, %</b>        | 44.00                     | 13.93                             |
| Tryptophan, %            | 0.53                      | 0.19                              |
| Lysine, %                | 3.62                      | 0.49                              |
| SAA, %                   | 1.77                      | 0.91                              |
| BCAA, %                  | 8.03                      | 2.17                              |
| Arginine, %              | 2.78                      | 0.49                              |
| <b>Vitamins</b>          |                           |                                   |
| Folate (mg/kg)           | 1.70                      | 0.38                              |
| Pantothenic acid (mg/kg) | 272.98                    | 20.89                             |
| Vitamin B12 (ug/g)       | 0.45                      | 0.05                              |
| Vitamin D3 (IU/g)        | 2.62                      | 0.76 - 4.46                       |
| Niacin (mg/kg)           | 204.15                    | 23.67                             |
| Riboflavin (mg/kg)       | 19.00                     | 7.24                              |
| Thiamin (mg/kg)          | 28.40                     | 3.12                              |
| Vitamin A (IU/g)         | 117.37                    | 7.03 - 296                        |
| Vitamin B6 (mg/kg)       | 15.07                     | 2.09                              |
| Vitamin E (mg/kg)        | 284.79                    | 41.78                             |
| <b>Minerals</b>          |                           |                                   |
| Calcium (%)              | 0.78                      | 0.56                              |
| Phosphorus (%)           | 0.64                      | 0.42                              |
| Ca:P ratio               | 1.22                      | 1-2                               |
| Magnesium (%)            | 0.08                      | 0.08                              |
| Selenium (mg/kg)         | 0.58                      | 0.49                              |
| Iron (mg/kg)             | 68.15                     | 41.78                             |
| Potassium (%)            | 0.68                      | 0.56                              |
| Sodium (%)               | 0.25                      | 0.11                              |
| Copper (mg/kg)           | 13.14                     | 8.36                              |
| Iodine (mg/kg)           | 1.97                      | 1.23                              |
| Manganese (mg/kg)        | 7.38                      | 6.68                              |
| Zinc (mg/kg)             | 128.35                    | 83.55                             |

Freezing and storage will reduce the concentration of many of the vitamins that are indicated in the above table. None of the concentrations are at excessive concentrations, considering storage losses will occur. SAA = sulfur amino acids, including methionine and cysteine are important for maintaining urine pH. BCAA are branched chain amino acids including valine, leucine isoleucine and are important for maintaining lean tissue particularly for seniors.