



for a raw & home cooked diet
Supplements, good and simple

11/2018

Tips

on feeding
your puppy



→ For a puppy to grow up healthy it is crucial to provide them with the recommended amount of calories, amino acids, minerals and vitamins.

If your puppy gets too many calories it usually does not lead to obesity, but your puppy will most likely grow too fast. This is a burden on the skeleton, which is still insufficiently mineralized. In our following recipes for your puppy, we have paid attention to a moderate **energy supply**.

According to breed, age and activity levels your puppy might need more or less than suggested in our recipes. It is therefore advisable to check the weight of your young dog at regular intervals and compare it to a **growth chart**.

The simplest way to regulate the energy supply is by regulating the intake of oil and treats. If your puppy is too light, you increase both by 10%, is he too heavy, you give 50% less of each.

With the help of **Vitamin Optimix Puppy & Junior** you can supplement all meals with the optimal amount of minerals and vitamins.

MEAT

- e.g. beef, lamb, chicken, turkey; possibly horse, goat, kangaroo
- low nutrient losses due to cooking or frying
- increased risk of infection with raw meat
- never feed raw pork meat
- it is acceptable to feed a variety, if well digested
- restrict at least two kinds of meat, to have alternative sources of protein in reserve when needed

FISH

- do not give more than once a week raw, or they may develop a vitamin B1 deficiency
- variety is acceptable, if well digested

INNARDS

- rumen, leaftripe, spleen, heart, udder, lungs, kidney
- do not have to be included in a ration
- they have more connective tissue, which can cause a change in faeces consistency when given in large amounts; our recommendation: innards not more than 25% of the meat content

Liver

- high amount of vitamin A
- therefore, refrain from feeding liver when supplementing the food with Vitamin Optimix Puppy & Junior

Maw meat

- may contain thyroid glands
- when feeding large quantities regularly, it may have effects on the hormone balance



BONES

- feeding bones is not necessary
- the following feeding plans supply a sufficient amount of calcium and phosphorus with the mineral powder.
- therefore up to 5% of the meat can be swapped with meaty bones, such as chicken, turkey or duck necks, meaty oxtail, lamb ribs; provided bone feeding is desired.

CARBOHYDRATES

- e.g. noodles, rice, millet, amaranth or potatoes
- cook until very soft, in order for your dog to utilize the starch
- not a component of a typical raw meal
- easily digestible and well available energy source
- recommended for older dogs which should get a protein-reduced feeding; therefore you should get the puppy familiar with the taste of carbohydrates at an early age
- variety is acceptable, if well digested
- alternatively, soak different types of flakes in three times the amount of water before feeding
- 100g of cooked carbohydrates is comparable to 25–35g of dried flakes

DAIRY PRODUCTS

- e.g. cottage cheese, cream cheese, curd yoghurt, buttermilk
- highly digestible protein
- provides lactic acid bacteria for the intestinal function
- contain milk sugar (lactose), which can lead to changes in faeces consistency
- test tolerance in varying quantities, one product at a time

EGGS

- only feed cooked egg or raw egg yolk, too many egg whites can cause a biotin deficiency
- do not feed eggshells as they may result in calcium oversupply

VEGETABLES & FRUIT

- provide fiber for the intestinal function
- crushed, shredded, pureed or cooked for better nutrient absorbability
- alternatively, use flakes and soak them in three times the amount of water before feeding
- no onions, garlic, avocado, grapes, raisins
- do not feed fruit kernels and stones
- do not puree fruit kernels (they contain toxic cyanide!)
- the ratio of fruits and vegetables can be individually chosen according to compatibility



Cooked vegetables

broccoli, cauliflower, green beans, chinese cabbage, pumpkin, celery, spinach, beetroot; calorie rich varieties are peas, red/white beans, corn; cooked vegetables in the glas (so-called baby food) or frozen vegetables (heated up!) are also acceptable

Raw vegetables

carrots, lettuce, ripe tomatoes, cucumber, fennel, turnip cabbage, zucchini, etc.

Fruit

apples, oranges, pears, strawberries, blueberries, raspberries, kiwis, nectarines, melons, peaches, plums



OILS

- to cover the essential fatty acids one should use sunflower oil (or safflower oil) and salmon oil
- ratio: 80% sunflower oil and 20% salmon oil

MINERAL POWDERS

- please do not heat up
- mix into the food
- during the first 4 – 5 days mix small portions into the food

Please see reverse to discover

recipes for your puppy:

- classic raw meals
- cooked meals with rice, noodles or potatoes
- you can find recipes for other weight classes (from 5–70 kg fully grown) on www.futtermedicus.com

If you have any questions

you can reach us at
info@futtermedicus.de

Feeding plans

for growing dogs with a final weight of 15kg, 25kg, 35kg & 60kg.

→ all quantity specifications refer to the daily amount in gram.

daily meal ration with carbohydrates (15kg fully grown)

AGE body weight	8th – 12th wk. approx. 3.5–5 kg	12th – 18th wk. approx. 5–8 kg	18th – 52th wk. approx. 8–15 kg	from 12th mo. adult 15 kg
meat/fish (gross weight)	200–240	240–300	300–320	210–250
cooked carbohydrates	60–75	75–90	90–100	85–100
vegetables	50–65	65–80	80–90	100–130
oils*	3.5–4	4–5.5	5.5–6	7–8
chews + treats	30	35	40	14–17
Vit. Opt. Puppy & Junior	7	8.5	7.5	–
Vitamin Optimix Cooking	–	–	–	5

daily meal ration with carbohydrates (25kg fully grown)

AGE body weight	8th – 12th wk. approx. 5–8 kg	12th – 18th wk. approx. 8–13 kg	18th – 52th wk. approx. 13–25 kg	from 12th mo. adult 25 kg
meat/fish (gross weight)	290–370	370–440	440–470	300–370
cooked carbohydrates	90–120	120–140	140–150	130–150
vegetables	80–100	100–120	120–130	160–180
oils*	5–6	6.5–8	8–8.5	11–14
chews + treats	45	55	60	18–20
Vit. Opt. Puppy & Junior	11	15	14	–
Vitamin Optimix Cooking	–	–	–	7.5

daily meal ration with carbohydrates (35kg fully grown)

AGE body weight	8th – 12th wk. approx. 7–11 kg	12th – 18th wk. approx. 11–17 kg	18th – 65th wk. approx. 17–35 kg	from 15th mo. adult 35 kg
meat/fish (gross weight)	330–440	440–540	540–600	390–470
cooked carbohydrates	110–140	140–175	175–190	170–190
vegetables	90–120	120–150	150–160	210–230
oils*	6–8	8–10	10–11	16–19
chews + treats	50	65	75	20–22
Vit. Opt. Puppy & Junior	17	21	19	–
Vitamin Optimix Cooking	–	–	–	9.5

daily meal ration with carbohydrates (60kg fully grown)

AGE body weight	8th – 12th wk. approx. 10–16 kg	12th – 18th wk. approx. 16–27 kg	18th – 78th wk. approx. 27–60 kg	from 18th mo. adult 60 kg
meat/fish (gross weight)	450–600	600–780	780–900	650–800
cooked carbohydrates	150–190	190–250	250–290	240–290
vegetables	120–160	160–210	210–240	300–360
oils*	8–11	11–14	14–16	27–33
chews + treats	70	90	110	22–27
Vit. Opt. Puppy & Junior	24	32	30	–
Vitamin Optimix Cooking	–	–	–	14

* 1 Tsp. **OIL** = 3–4g, 1 Tbsp. **OIL** = 8–12g, of it 20% salmon and 80% sunflower oil.

FEEDING BONES is possible but not necessary. 5% of the meat amount can be replaced. At 400g of meat, 5% correspond to approx. 20g of bones a day or 40g every other day or 60g every 3 days or 140g a week.

For further recipes (5–70kg fully grown) see www.futtermedicus.com

daily meal ration without carbohydrates (15kg fully grown)

AGE body weight	8th – 12th wk. approx. 3.5–5 kg	12th – 18th wk. approx. 5–8 kg	18th – 52th wk. approx. 8–15 kg	from 12th mo. adult 15 kg
meat/fish (gross weight)	240–300	300–370	370–400	290–350
vegetables	65–80	80–100	100–110	140–170
oils*	3.5–4	4–5	5–5.5	7–8
chews + treats	30	35	40	14–17
Vit. Opt. Puppy & Junior	7	8.5	7.5	–
Vitamin Optimix BARF plus Calcium	–	–	–	5.5

daily meal ration without carbohydrates (25kg fully grown)

AGE body weight	8th – 12th wk. approx. 5–8 kg	12th – 18th wk. approx. 8–13 kg	18th – 52th wk. approx. 13–25 kg	from 12th mo. adult 25 kg
meat/fish (gross weight)	320–420	420–530	530–580	410–480
vegetables	90–120	120–140	140–160	200–250
oils*	5–6	6–8	8–8.5	11–14
chews + treats	45	55	60	18–20
Vit. Opt. Puppy & Junior	11	15	14	–
Vitamin Optimix BARF plus Calcium	–	–	–	8

daily meal ration without carbohydrates (35kg fully grown)

AGE body weight	8th – 12th wk. approx. 7–11 kg	12th – 18th wk. approx. 11–17 kg	18th – 65th wk. approx. 17–35 kg	from 15th mo. adult 35 kg
meat/fish (gross weight)	410–540	540–660	660–740	540–620
vegetables	110–150	150–180	180–200	270–310
oils*	6–8	8–10	10–11	16–19
chews + treats	50	65	75	20–22
Vit. Opt. Puppy & Junior	17	21	19	–
Vitamin Optimix BARF plus Calcium	–	–	–	10.5

daily meal ration without carbohydrates (60kg fully grown)

AGE body weight	8th – 12th wk. approx. 10–16 kg	12th – 18th wk. approx. 16–27 kg	18th – 78th wk. approx. 27–60 kg	from 18th mo. adult 60 kg
meat/fish (gross weight)	550–730	730–960	960–1,100	820–1,000
vegetables	150–200	200–260	260–300	400–480
oils*	8–11	11–14	14–16	27–33
chews + treats	70	90	110	22–27
Vit. Opt. Puppy & Junior	24	32	30	–
Vitamin Optimix BARF plus Calcium	–	–	–	15.5

DAIRY PRODUCTS and **EGGS** can replace 25 % of the meat amount. Treats are not consider to be bones or mineralized snacks.