



## BARF (Bones and Raw Food) DIET

Good nutrition is first and foremost in helping your pet to stay healthy as it provides the basic building blocks that the body needs to function optimally. After changing to this diet many animals show a remarkable improvement in their condition and often, chronic ongoing health problems begin to resolve.

### **DOGS :**

1/3 good quality raw meat like chicken, mutton, lamb, fish or eggs.

1/3 vegetables (and fruit), variety is best. These can be lightly steamed.

1/3 carbohydrate like pasta, rice (brown ideally), whole-wheat bread and muesli.

And **RAW** chicken necks or **RAW** marrow bones to chew on at least 3 times a week.

### **CATS :**

1/3 vegetables - yes, most cats eat vegetables! They can be steamed and mashed up.

2/3 good quality raw meat, ideally **RAW** chicken wings/neck, whole fish, heart or eggs .

- **Organic and Free Range** products are best wherever possible.
- **RAW** bones are very important to provide important minerals (especially calcium) and vitamins as well as keep animals' teeth clean.
- **Egg** yolk should be fed raw to preserve vitamins and important fatty acids. Egg white is more easily digested when cooked.
- **Organ meats** such as liver and kidney can be fed as about 1/5 of the meat component. Heart mince is very important, especially for cats as it contains high amounts of taurine (essential for cats) as well as other valuable nutrients.
- High quality **vitamin, mineral and essential fatty acid (EFA) supplements** are recommended for optimal health. A good all-rounder is "Mybeau" which is high in vitamins and EFA's together with whole green foods such as Spirulina, Barley Grass, Wheat Grass and Chlorella supply valuable minerals and phytonutrients.
- Other supplements can be very valuable aids in many health conditions eg. Glucosamine for arthritis, co-enzyme Q10 for heart conditions, etc.
- Good quality **commercial foods** can be used to supplement the above good diet but in some cases may need to be avoided altogether. Cheaper commercial foods are generally deficient in valuable essential fats and vitamins and often have poor quality ingredients as well as preservatives and other chemical components.
- **Beef** muscle meat may need to be avoided, as it is occasionally associated with allergies and other health problems.

**P.T.O.**



---

Some issues concerning the BARF diet are :

- The safety of feeding bones – these are usually OK as long as the bones are **raw** (cooked bones splinter) but for those animals who tend to gulp down their food it is recommended that the bones be either too big for them to swallow (only chewed) or that they be crushed up in the food. Occasionally some dogs don't seem to tolerate bones (they can vomit or get a sore tummy), in these cases bones may need to be crushed up and introduced to the diet gradually.
- Bugs like E.coli and Salmonella, which are not a problem if the meat is fresh or frozen. Cats and dogs also have a greater tolerance for these organisms than us humans.
- Parasites such as hydatids are killed after freezing raw meat for 3 days at -20 degrees Celsius or -10°C for 7 days. **It is illegal to feed raw offal to dogs otherwise.** Hydatids can be avoided altogether by feeding chicken, which don't harbor hydatids.

Some further points:

- Heat destroys vitamins, and antioxidants contained in raw food, which are very important for good health as well as essential fatty acids, which can be transformed into substances that can damage the body.
- Cooked foods take longer to digest as they're not the natural way their gastrointestinal tract has evolved to digest them, thus requiring more of the animal's energy.

### ***Nature knows best!***

\*\*\* **Pet Essentials** (Tauranga shop is 1339 Cameron Rd, Greerton Tel. 07 541-1536) stocks a great variety of good quality raw food options for your pet. They'll also make a plan to courier your pet food out to you.

\*\*\* <http://www.drianbillinghamst.com/> has some more information on raw food diets. An excellent read is "**Give Your Dog a Bone**" by Ian Billinghamst.