

~ WHAT & HOW TO FEED YOUR NEW PUPPY ~

"Remember, it is half the breeding & half the feeding!"

Quite simply, an exceptional, well-bred animal can be ruined with poor feeding practices!

We hope you have taken time to research the nutrition articles we have provided, as well as joining a natural-rearing forum - but if not, now would be a great time! Unless you are resistant to "peer-pressure", over the next few months, you will likely need the encouragement and support of knowledgeable raw-feeders to help allay doubts tossed your way by well-meaning but *misinformed* family, friends, and even veterinarians.

You can proudly claim the elite title "naturally-reared" for your special puppy! Few breeders take the time or effort to raise their puppies in this way, so you can be confident, knowing your little one is from a privileged group; cared for - far above that of the average puppy!

What do RunAmok puppies eat?

Mother's milk, raw meat, bones and organ meats provide complete nutrition for puppies. By the time your little one comes home at 8 weeks of age, raw chicken, turkey, venison, pork, rabbit & even lamb will have been part of its menu-selection! Surprisingly, your puppy will be able to completely consume small, soft bones such as chicken and rabbit, and will be making "progress" on larger bones as well!

This is as it should be! Your puppy is a *carnivore*; as such, it is befitting to continue feeding a species-appropriate raw diet which will provide the adequate building blocks necessary for your puppy to mature into an extraordinarily healthy adult.

A variety of muscle meat, meaty bones, as well as organ meat is necessary for proper, healthy development. The addition of an occasional whole, raw egg, fish oil capsule and daily puppy supplement you will help provide any nutrients that might be lacking in your pup's diet...

Where to purchase "species-appropriate raw foods"?

- Many owners simply purchase their puppy's foods from the meat aisle at the grocery store. If you stock up on a variety of sale meats when they are on sale, you will be able to "splurge" occasionally on really special cuts of meat - Lamb comes to mind!
- Others will find a wide variety of reasonably-priced meats directly from their local butcher shops, ranches, farms, or even hobby farms. Do yourself a big favor and be kind to your local butchers; a person can get the "trim" (a variety of "odds and end" scrap meat and bone) from a butcher shop for a very reasonable price. If fresh, the "trim" is VERY good for your puppy, and inexpensive compared to "prime cuts".
- Some families hunt or fish, or know people who do...
- As people become more knowledgeable concerning food choices for their pets, Natural-rearing is rapidly increasing in popularity. There are many "food co-ops" all around the country, allowing people to purchase meats in "bulk", splitting larger cases and sharing the cost benefits.

- A few companies are now producing “commercial” raw products. This can be “convenient”, however, compared to feeding a real species-appropriate diet, the cost is very high. Furthermore, these foods are “ground” and mixed with vegetables. Feeding prepackaged raw foods will result in a dog that is healthier than the typical commercially-fed animal, yet many health benefits are lost when the bones are ground and vegetables are added. Please ask if you have questions about this.

“Whole prey” or “Franken-prey” ?

"Franken-prey" is another term coined on a raw-feeding forum! We think is absolutely perfect! Like Dr. Frankenstein, over the period of a week or two, we “build” a prey-animal from various parts... This week, perhaps, we will feed our dogs the hindquarters of a chicken, pork ribs, lamb breast, beef steak, and turkey neck - this along with a small amount of organ meats, such as chicken liver, beef liver, kidney, or “?” -- By week's end, we have "built" an amusing, albeit it macabre, "prey animal".

With even less thought or work, the same, fabulous results can be achieved by feeding "whole prey" and then rotating the different meats. For instance, one could feed whole chicken, cut into smaller pieces and fed over the course of 4 days; follow with whole rabbit, cut into smaller pieces and fed over the course of 4-6 days; followed by whole turkey, cut into smaller pieces and fed over the course of a week... etc.

Either feeding schedule results in an amazingly healthy, happy dog with little risk of the myriads of common ailments flooding the vet clinics.

What to feed, and how much?

Young puppies should be fed 2X daily, though as they get a bit older, between 6 months and a year, you can and *should* drop to one, larger feeding per day. If you have a question as to why, please let us know and we will be happy to explain further.

Your puppy should consume 2-4% of its estimated adult body weight in meat and bones each day; for simplicity, the amounts listed on our “menu” below are for a 30 - 35 pound adult. Each puppy will be slightly different - perhaps larger or smaller than their littermates, so this will need to be taken into account when feeding your individual puppy. As an adult, your puppy will likely consume 2-3% of its ideal body weight in meat and bones each day.

WE DO NOT MEASURE amounts... at least not meticulously. Some days we "overfeed" and some days we "underfeed" – it is more natural this way – and actually better for their digestive systems. As your puppy matures, and during growth spurts, you may need to increase portions accordingly.

*The below weekly "plan" contains more variety than most, and is merely an example of different, acceptable meals. To provide a great deal of flexibility, you may safely feed the same type of meat 3-4 days in a row with no worries, as long as you rotate between several different meats. For instance, feed chicken 4 days in a row, followed by 3 days of beef, followed by 4 days of rabbit, followed by 3 days of chicken, followed by 1 day of pork, followed by... well, you get the idea! If you prefer, you may feed a different meat source each day.

The key is in providing variety & nutrition over *time*, not all in one day!

SUNDAY: Approximately 1 pound of raw chicken, including bone.

Morning feeding: Hand your puppy a raw chicken quarter, including bone.

Evening feeding: Feed the leftover chicken from breakfast; adding a chicken liver.

- HINT: Most whole chickens average 4 pounds; a "chicken quarter" is ¼ of a whole chicken which has been cut into 4, semi-equal pieces – each approximately 1 pound.
- HINT: A young pup will not likely finish their daily food amount in one setting, so you may put the rest in the fridge.
- HINT: Avoid "enhanced" chicken. Many companies add a salt solution to make the meat more "tender" - not good for you or your puppy!
- HINT: All chicken "organs" are great; liver, gizzard, heart. *Caution about gizzards and hearts are tough and chewy: just like human toddlers can choke on chunks of carrots, etc, a young puppy could potentially choke on a gizzard or heart. Until puppies are large enough to can chew them, or swallow them whole, we cut gizzards and hearts into smaller pieces.

MONDAY: Approximately 1 pound of raw pork, including bone.

Morning feeding: Hand your puppy a piece of raw pork.

Evening feeding: Feed the remaining pork for the evening meal.

- HINT: "Pork" includes pork roast with bone in; pork ribs; pork hocks; pork neck; pork shank; pork loin, etc.
- HINT: Avoid very small, irregularly-shaped bones, such as those found in Pork Chops - because of the machinery used to cut them, they can be unnaturally sharp. If feeding Pork neck bones, you will also want to inspect because of this same issue.
- HINT: Avoid "enhanced" pork. As with chicken, the injected "solution" is not healthy.
- HINT: Avoid "smoked" pork; it is not healthy for your puppy.

TUESDAY: Approximately 1 pound of raw beef, including bone.

Morning feeding: Hand your puppy a piece of raw beef, including bone.

Evening feeding: Feed the leftovers from breakfast, and a small bite of beef liver or kidney.

- HINT: "Beef" includes beef roast with bone in; meaty beef ribs; beef brisket; beef loin; beef shoulder; beef tongue; beef neck, round steak, even "ox tail"! Other odds and ends cuts are also great, just watch for sharp edges on sliced bones.

WEDNESDAY: Approximately 1 pound of raw goat meat, including bone.

Morning feeding: Hand your puppy a piece of raw goat, including bone.

Evening feeding: Breakfast leftovers, of course... and a chicken heart for a treat.

- HINT: "Goat" includes goat shoulder roast with bone in; goat ribs; meaty goat leg; goat brisket; or goat neck; or ?

THURSDAY: Approximately 1 pound of raw lamb or mutton, including bone.

Morning feeding: Hand your puppy a piece of raw lamb or mutton, including bone.

Evening feeding: Breakfast leftovers... plus a chicken heart and liver.

- HINT: Goats and sheep are very similar in their cuts, so “Lamb” or “Mutton” could be a lamb shoulder roast with bone in; lamb ribs; meaty leg of lamb; lamb brisket; or ?

FRIDAY: Approximately 1 pound of raw turkey, including bone.

Morning feeding: Hand your puppy a piece of raw turkey, including bone.

Evening feeding: We don't really *need* to tell you what's for dinner, do we?!

- HINT: It probably goes without saying, but generally, turkeys are much larger than chickens; a ¼ of a turkey is going to weigh considerably more than a ¼ of a chicken.
- HINT: Turkey wings; necks; breasts; legs; backs - the whole thing! To give you an idea on weight, depending upon the size of the bird, an entire wing section may weigh 1-2 pounds, or even more.
- HINT: Avoid "enhanced" turkey.

SATURDAY: Approximately 1 pound of raw elk or venison, including bone.

Morning feeding: Hand your puppy a piece of raw elk or venison, including bone!

Evening feeding: Leftovers...

- HINT: Obviously, deer and elk are physically similar to goats and sheep. Similar cuts can be found, albeit on the larger side.

OTHER FEEDING IDEAS

You may also add raw fish, such as trout, salmon or ? Salmon is especially high in Omega 3, very *good* for your puppy; just make sure it has been frozen for 3 weeks in a regular freezer, or “deep frozen” for at least 48 hours.

If fresh fish is not readily available, canned fish, such as mackerel, tuna fish, etc may also be fed, but in moderation. We recommend fish at least a couple times per month, but even once per week would not be "overdoing" it.

If you have any questions, please let us know ~

Happy feeding & have a tail-waggin' g'day!

Dan, Jaque & tribe

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