



Sarvoham

Dog Diet Chart

FOCUS ON FEEDING GUIDELINES

BREED SIZE	2-3 MONTHS	4-6 MONTHS	6-9 MONTHS	9-12 MONTHS	1-2 YEARS
Small breeds (1- 10 kg)	40g 	60g 	100g 	150g 	120g 
Medium breeds (10-25 kg)	175 g 	240 g 	325 g 	375 g 	300 g 
Large breeds (25-45 kg)	200 g 	325 g 	425 g 	475 g 	500 g 
Large breeds (45-80 kg)	275 g 	475 g 	600 g 	800 g 	850 g 

For a moment, picture yourself eating the same food everyday day in and day out! Apart from being ultra-boring, you may also question if you are getting all the required nutrients. Your pet may go through similar feelings. There is a reason why dogs always look so longingly towards what we eat. They desire variety too, even if it means table scraps! Homemade dog food recipes may not only ensure your pet's health but can also come in handy if you find yourself cleaned out of commercial dog food. But then again, do remember to be mindful of any food allergies or dietary restrictions your pet may have.

Nutrition Guidelines to Create Balanced Homemade Dog Food

Serving sizes usually vary according to your pet's size, weight, and activity level. Some nutrition guidelines you may like to keep in mind:

- 10% carbohydrates – beans and grains
- 40% protein – seafood, animal meat, dairy, eggs
- 50% fresh vegetables
- Fat from meat or oil
- Calcium – powdered or crushed eggshells, supplements
- Fatty acids – oatmeal, cooked egg yolks, plant oils

Super Healthy and Cheap Homemade Dog Food Recipes

One way to guarantee that your beloved pet is getting super healthy food is by making dog food at home. But for most people with their busy lives and packed schedules, taking time out to cook for their pet can seem challenging. The answer lies in opting for simple recipes both in respect to the ingredients available and timewise. Most pet lovers may wish to know how to make homemade dog food. So here are some easy-to-make nutritious homemade dog food recipes:



Puppy Feeding Schedule

By Age

2-3 MONTHS



Let your puppy graze at food or 4 meals/day

Use part of the daily portion to socialize and potty train your puppy. Every time he/she encounters a new thing, pair it with food to create a positive association. Also use it to reward for going potty in the right place!



Important socialization exercises

-  When greeting new people, let them hand feed your puppy.
-  Every time there is a loud noise, give your puppy a few morsels.
-  Leave yummy food inside interactive toys, every time your puppy is left alone.
-  Use food to teach your puppy to be handled. For example, for fingernail trimming, hair brushing, bath time and regular body checks.
-  Reward your puppy for greeting other dogs or animals in a calm way.

4-6 MONTHS



Divide daily portion into 3 meals

The socialization period starts closing between 3-4 months of age, you can still keep working on it with part of the daily portion. You may also start teaching your pooch basic manners, like sitting politely to eat, sitting politely for greeting people and other obedience commands.

Monitor your puppy's weight

Underweight

Ribs, spine and pelvic bones are visible.



Ideal weight

Outline of the ribs can be seen. You can also see a waist from above.



Overweight

Ribs and waist are not visible, stomach appears rounded.



> 6 MONTHS



Your dog can now have 2 meals/day

Ditch the common dog food bowls! I recommend interactive dog toys and slow feeding bowls to enrich your dog's life and help him burn more physical and mental energy.

1. Salmon Treat

This is an eco-friendly recipe as it uses the things that people often tend to discard, like broccoli stems, peelings etc. to make a delicious meal for your four-legged friend.

Serves – Makes about 2 cups

Preparation Time – 5 minutes

Cooking Time – Approximately 15 to 20 minutes

Ingredients:

- Two carrots
- Two potatoes
- A broccoli head (with stem)
- A squash
- Two salmon portions (with skin)
- Olive oil

Method:

- Chop the broccoli stem and the squash into pieces.
- Peel the carrots, potatoes and keep the peelings.
- Put broccoli stem, squash, carrot, and potato peelings into a pressure cooker and give it a few whistles.
- Pour oil into a wok or saucepan and put it on medium heat.
- Place the salmon pieces and pan fry them.
- Pull off the salmon skin when it turns crisp and place it in the dog bowl.
- Transfer the cooked contents of the pressure cooker into the dog bowl.
- Give everything a good mix for your dog to enjoy.



2. Pumpkin Dog Biscuits

You can make these yummy pumpkin biscuits as vegetarian dog food. These digestive biscuits are great for your dog's stomach and can assist in tackling any digestive issues.

Serves – Yields about 24 fluid ounces

Preparation Time – 5 minutes

Cooking Time – About an hour

Ingredients:

- 2/3 cup pumpkin puree
- Two cups rice flour
- An egg
- 1/3 cup cold water
- Olive oil

Method:

- Heat the oven to 350 degrees.
- In a bowl, mix rice flour and oil.
- Whisk the pumpkin puree and egg together until smooth.
- Next, add the pumpkin mix to the rice flour mixture.
- Slowly pour water and keep stirring.
- You can hand mix all the ingredients as well to make a smooth dough.
- Line the baking tray with baking paper and smear the dough to desired thickness.
- Allow it to bake for 40 to 45 minutes, or till cracks appear on the top.
- Cut to preferred sizes.
- Cool and stock in an airtight glass container.

3. Chicken Casserole

If you wish to make dog food with chicken, this tasty chicken casserole is just the thing you need to try! The ingredients are also readily available.

Serves – Yields about 2 cups

Preparation Time – 5 minutes

Cooking Time – About 20 minutes

Ingredients:

- Two chicken breasts
- ¼ cup rolled oats
- A cup of mixed vegetables (green beans, carrots, potatoes, broccoli)
- Two cups chicken broth
- Olive oil

Method:

- Cut the chicken breast pieces into desired sizes.
- Take a pan and pour some oil.
- Put it on medium heat and transfer the chicken pieces into it.
- Sauté them until cooked.
- Pour the chicken broth, mixed vegetables, and rolled oats.
- Cover the pan and allow the ingredients to simmer for about 15-20 minutes.
- Let it cool down before serving.



4. Vegetable Delight

You may want to bookmark this beautiful dish with all the goodness of vegetables under dog food recipes for dogs with allergies. It is easy-to-cook and contains wholesome ingredients.

Serves – Makes about 4 cups

Preparation Time – 10 minutes

Cooking Time – About 30 minutes

Ingredients:

- A sweet potato
- A cup of mixed vegetables (carrots, green peas, broccoli, cauliflower)
- A can of black beans (drained and rinsed)
- 2/3 cups brown rice (uncooked)
- 1 ½ cups water
- Six kale leaf stems

Method:

- Chop the veggies into bite-sized pieces.
- Add all the chopped vegetables in a pressure cooker along with some water.
- Lower the temperature and allow ingredients to simmer for some time.
- Combine rice and water in a slow cooker and bring them to a boil.
- Mix the cooked rice, beans, and vegetables before serving.

5. Frozen Banana Delight

After a long and exhausting walk, your dog is sure going to love you even more for giving him this refreshing and fantastic treat.

Serves – Makes about 10 cups

Preparation Time – 5 minutes

Cooking Time – About 10 minutes

Ingredients:

- Four cups plain, unsweetened yoghurt
- Three ripe bananas (peeled and mashed)
- Two tablespoons of peanut butter

Method:

- Combine the ingredients in a blender to get a smooth consistency.
- Pour the smoothie into cups of preferred sizes.
- Place them in the freezer until firm.



6. Turkey Veggie Mix

This can be a wonderful recipe for dogs as it has the right balance of healthy carbs, vegetables and lean animal protein.

Serves – Makes about 12 cups

Preparation Time – 10 minutes

Cooking Time – About 30 to 40 minutes

Ingredients:

- A pound of turkey
- Two cups brown rice (uncooked)
- Six cups water
- A cup of mixed vegetables (carrots, cauliflower, broccoli)

Method:

- Combine the turkey, rice, and water in a large pot.
- Turn the stove on high heat and bring it to a boil.
- Reduce the heat and allow the ingredients to simmer.
- Add all the vegetables after chopping them.
- Cook for 10 more minutes.
- Turn off your stove and allow it to cool.

FAQ's

Some of the frequently asked questions about dog food are answered below:

1. Which Foods Should You Avoid Feeding a Pet?

Some of the principal foods that you may want to avoid feeding your pet include the following:

• Cherries	• Onions
• Raisins/grapes	• Avocado
• Garlic	• Alcohol
• Brewer's yeast	• Uncooked spinach
• Chocolate	• Coffee/caffeine
• Citrus	• Nuts

2. What Homemade Food Can I Feed to My Puppy?

It may not be wise to feed your puppy all that you eat yourself. Your endeavor should be to offer him a balanced mix of proteins which can come from turkey, chicken, organ meats (liver, gizzards, hearts), eggs, tuna, salmon, beef, lamb, pork and vegetables like Brussels sprouts, broccoli, celery, carrots, green beans, peas, cucumbers, sweet potatoes. Speak to your vet before including them to your dog's menu. In case your dog is allergic to grain, you may opt for a grain-free diet. But if your dog has no issues with grains, rice and oatmeal can be great choices.

3. Is It Ok to Feed Dog Chicken and Rice Every Day?

It is safe to feed dogs chicken and rice daily. But a meal of chicken and rice alone cannot be called a balanced diet as it lacks so many important nutrients. A dog that is served chicken and rice every day may become susceptible to a greater number of medical complications.

4. What Is the Most Common Food Allergy in Dogs?

The most common food allergens in dogs are dairy, beef, egg, wheat, pork, rabbit, lamb, soy. Dogs may sometimes be intolerant to certain foods. Most dogs are allergic to usually more than one food item.

5. How Can I Store Homemade Dog Food?

Proper storage of homemade dog food is essential to ensure nutrient retention, best flavor, and quality. Homemade wet foods generally require refrigeration. Be mindful of factors like moisture, temperature, and packaging so that the dog food can last for a longer time.

6. How Much Cooked Meat Should a Dog Eat Per Day?

Every dog's requirement for meat can be different. Meat rations may vary depending on the breed of your dog, his exercise levels, weight, size, the caloric content of other foods. However, in general, an average dog can consume approximately 2 to 3 per cent of his body weight every day.

7. Which Food Is Good for Weight Loss in Dogs?

Obese dogs are more disposed to health issues. Therefore, it is vital to keep their weight in check. Lean meats must form a part of your dog's diet along with plenty of vegetables. You may want to avoid foods like unhealthy snacks, soy, corn, sugars, and excessive commercial products which contain lots of preservatives. Portion control is another way to maintain their weight.

Balanced home-based dog food can immensely benefit your furry friend, particularly if he is prone to gastrointestinal troubles or allergies. It can also improve behavioral glitches that ensue from dietary deficiencies. However, it may be sensible to consult a vet before switching over to homemade meals to avoid any likely issues. It is only right to treat your trusted canine companions like a family member by preparing wholesome food for them.



WHAT HUMAN FOODS DOG CAN & CAN'T EAT

SURE



Blueberries

full of antioxidants and vitamins and low in sugar compared to most fruit.



Sweet Potato

full of vitamins like vitamin A and easy on the stomach.



Chicken Breast

feed as an enticing treat during training or as a healthy addition to meals.



Peanut Butter

spread inside a Kong and freeze for a time consuming treat.



Apples

skin and flesh are fine, but make sure to remove the seeds and stems.



Green Beans

tons of fiber to help your pup feel full and plenty of vitamins.



Beef Liver

high in bioavailable protein and vitamins A, B, and iron.



Sardines

only feed fresh or canned in water with no added salt.



Spinach

steam and blend handfuls and add to food or homemade treats.



Cooked Pumpkin

great for upset stomachs and very easy to digest.



Eggs

add cooked scrambled to meals or use as an enticing training treat.



Ground Turkey

high in bioavailable protein and nutrients.



Carrots

feed whole for a tasty teeth scrubbing chew.

IN MODERATION



Bananas

provide lots of nutrients but contains a lot of sugar and potassium.



Cashews

salt-free varieties make a good snack, but they are high in fat.



Shrimp

ok as an occasional snack with shells and tails removed.



Popcorn

feed plain, unbuttered, unsalted varieties as an occasional treat.



Pineapple

cut into small pieces and feed as a unique and tasty snack.



Bread

little nutritional value and high in carbs but harmless as an occasional snack



Cheese

high in protein and calcium, but can cause digestive issues.



Honey

raw versions contain vitamins, minerals, and phytonutrients but also a lot of sugar.



Tomatoes

green ones contain toxic tomatine that can make dogs sick so only feed when ripe.



Cottage Cheese

high in protein but too much dairy can cause an upset stomach.



Tuna

full of healthy fats and protein but contains some mercury.



Coconut Oil

high in fats to help energize while supporting a healthy coat.



Potatoes

always cook before serving and keep the skins intact for an extra nutrient boost.



Yogurt

full of beneficial bacteria, but feed sparingly to avoid upset stomach.

NOT RECOMMENDED



Oranges

dogs lack the enzyme to digest orange pulp so it can cause stomach upset.



Garlic

safer than onion, but still a chance it can cause anemia.



Ice Cream

too high in sugar and dairy.



Cinnamon

can cause stomach upset and irritate the lungs if inhaled.



Lemons

skins contain psoralen which is toxic and the acidic fruit can cause stomach upset.



Corn

raw or cooked kernels are indigestible for dogs and can cause stomach upset.



Cooked Bones

too hard and brittle and may splinter in the stomach or break teeth.



Baked Goods

too high in fat and sugar and some contain toxic xylitol.



Limes

also contain toxic psoralen and should be avoided.



Cherries

cherry pits contain toxic cyanide.



Bacon

too high in fat and can contribute to pancreatitis.



Salty Snacks

large amounts of salt can cause vomiting, diarrhea, and even death.



Fruit Pits

many contain toxic substances and all pose a choking hazard.



Almonds

difficult to digest and pose a choking hazard

NOPE



Grapes/Raisins

unknown toxin causes renal failure.



Chocolate

toxic methylxanthines can cause dehydration, heart attack, and even death.



Coffee

caffeine causes vomiting, seizures, and arrhythmia.



Raw Yeast Dough

contains ethanol which is toxic.



Onions

can cause anemia.



Macadamia Nuts

unknown chemical causes neurological symptoms and vomiting.



Caffeinated Tea

can cause heart, neurological, and digestive issues.



Sugar-Free Gum

contains xylitol which is highly toxic and can cause death.



Avocados

contains persin toxin that can cause respiratory and cardiac distress.



Nutmeg

contains myristicin, which can cause seizures when ingested in large amounts.



Beer

alcohol and hops are toxic.



Candy

Many are high in sugar or contain xylitol.

THINGS YOU SHOULD KNOW WHEN FEEDING HUMAN FOOD TO DOGS

- 🐾 Avoid foods with too much oil or sugar
- 🐾 Don't feed carb-heavy foods like bread and fruit too often
- 🐾 Always check ingredient labels before feeding anything to your dog
- 🐾 Always remove the backbones from fish before offering to your dog
- 🐾 Always use all-natural peanut butter with no added sugar or additional oils
- 🐾 Always keep treats of any kind to a minimum to avoid excess weight gain



WHAT TO DO IF YOUR PET EATS SOMETHING TOXIC

- 🐾 Call your vet
- 🐾 If you can't reach your vet, call the Pet Poison Helpline
- 🐾 Do not induce vomiting unless instructed to do so
- 🐾 Be prepared to take your dog to the vet immediately

USE HEALTHY HUMAN FOODS AS TREATS AND SAVE MONEY

- 🐾 Boil chicken or turkey breast and cut into small pieces
- 🐾 Bake your own treats using peanut butter, liver, or sweet potato and flour
- 🐾 Use blueberries as a bite-sized snack
- 🐾 Give carrots in place of expensive dental chew treats



ADD MEAT TO YOUR DOG'S FOOD FOR A PROTEIN BOOST

- 🐾 Add chicken or turkey breast for a simple protein boost
- 🐾 Add sardines (canned in water) for healthy fats
- 🐾 Add chicken gizzards and hearts for an inexpensive nutrient boost



We already consider you an amazing and responsible pet parent to be concerned about your pet's dietary needs and nutrition requirements. Here, we have compiled in detail, all information that you may want to have, especially after adopting a new pet. For any more questions regarding this, don't hesitate to write to us at adoption@sarvoham.org

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Information and graphics credits:

<https://parenting.firstcry.com/articles/homemade-dog-food-easy-recipes-that-your-pet-will-surely-love/>

<https://www.petmate.in/things-to-note-down-for-your-dog-2>

<https://www.rapidrivermagazine.com/2019/50-human-food-your-dogs-can-and-can-not-eat/>