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Why Should You Be Concerned About What You Feed Your Pup/Dog?

A dog's gut health is essential to their overall health. It is responsible for over 70% of your dog's immune system, so keeping it thriving is a good way to keep your dog healthy. Hence, it is crucial for every dog parent to look into what kind of food you feed them.









Do Dogs Need Meat?

The simple answer is yes. If you have been wondering whether a vegetarian diet is an option for your pup/dog, here is a short summary why feeding only vegetarian food to your dog can cause a lot of harm in the long run:

O1 Often people think meat is heavy while veggies are a light meal. While this may be true for humans, it is absolutely not so for dogs or other carnivores. Dogs digest very differently from us humans. Starting with the fact that we begin breaking down food with digestive enzymes in our saliva while dogs have a much shorter digestive phase that starts and ends in the body.

Your dog's teeth, jaw structure and the length of the bowel are made to tear flesh and meat apart and the strong jaw is able to crush bones. A dogs jaw doesn't move sideways and there are no flat teeth, so they are unable to grind food.

The inside of a dog's stomach is highly acidic which helps break down and digest any food and kills bacteria and the likes. What they cannot break down and digest in the short span of time that food is in their stomach is Cellulose aka plant matter. That is why raw vegetables usually come out looking the same way they did when they went in. However, feeding small amounts of boiled/steamed vegetables with every meal is absolutely okay but a purely vegetarian diet will cause harm to your dog's health.

Most vegetarian dog parents feed grains (mostly, rice) or other starchy foods like breads or potatoes to fill them up. Grains and Starches are highly damaging to your dogs intestinal lining if fed continuously over a period of time. Grain-based diets lead to obesity and obesity related health issues such as inflammation of the heart, fluid accumulation in lungs, breathlessness, kidney and liver malfunctioning. To sum it up, feeding pure vegetarian food amounts to nutritionally abusing your dog.



The best way to enable your dog to live a happy, healthy and long life without medication is simply feeding what their bodies are made to eat - which is **ANIMAL-MEAT PROTEIN** like chicken, mutton, beef or fish be it Home-cooked or Processed – because, this is what is biologically appropriate food for our dogs. Meat is an excellent source of protein which is the building block of your dog's body. Try it and you'll soon be dropping your jaw when you see how happy and healthy your pup will be.

General : :



Do not add sugar/salt to your dog's food. A pinch of turmeric and a drop of edible coconut oil/cold pressed coconut oil added into your dog's food will ensure that their skin and fur are glossy!



Feeding meat is crucial for your dog's health.



If you opt to feed your dog packaged commercial food (For example pedigree kibble dry food pellets), make sure to alternate it with wet food and other home-cooked foods. This is because kibble does not have any moisture content and can cause dehydration or other health issues if kibble is fed continuously over long periods of time.



Please do your OWN research on the pet brand and the ingredients before opting for a brand of packaged food. Do not go by a vet's advice blindly – remember, dogs are dependent on us and it is our responsibility as their parents to feed them healthy, nourishing food!



Pet parents who are not okay with cooking meat but want to feed their dogs fresh food may opt for subscription meals by SLURPup, Oscar Daisy, etc.(Pet food companies based in Chennai) who home-deliver freshly cooked, nutritious food with fresh ingredients. All you have to do is pour the food into your dog's bowl and watch them happily slurp away- it doesn't get as easy as that! Their contact details can be found in the recommendations section of this brochure.



Make sure not to over-feed your dog. Feed them at fixed times and make a routine!





Avoid feeding the following items to your dog/pup: Sugary items (such as biscuits for human consumption, bread, sweets, etc.), chocolates, candy, gum, Salted items – such as chips and other junk food, Onions, Nuts and raisins of any kind, Grapes, Caffeine Coffee, Tea, etc

Resource materials for Pet parents on **Pet Nutrition**



https://www.instagram.com/chinthanagopinath/
(check out her doggy bowl series for exciting recipes and general nutritional advice)

https://www.youtube.com/watch?v=U4OIBGm5hHg

(Pet-Fooled, a documentary about dog food)

https://www.doggiliciouus.com/blog

https://doggiedabbas.com/blogs/doggie-dabbas-meow-chow-blog





AGE OF THE PUP

25 Days - 40 Days



HOME-MADE

Vegeterian

- 1. Cerelac/Petlac/Any vet-advised formula feed
- 2. Curd mixed with water
- 3. Boiled carrots, disco pumpkin, potato mashed
- 4. Ragi Porridge

(Pedigree puppy gravy can be added to all of the above)

Note: Strictly vegetarian diets are not advisable, it should be alternated with home-made non-vegetarian food or processed food like kibble/gravy.

Non-Vegeterian

- 1. Scrambled eggs in milk/plain scrambled eggs
- 2. Boiled eggs diced up
- 3. Boneless Chicken Broth with vegetables
- 4. Chicken liver broth

Note: 1-2 chicken eggs/day is advisable.







AGE OF THE PUP

25 Days - 40 Days



PROCESSED/PACKAGED FOOD

- 1. Dry Food (Kibble) Eg: Royal Canin, Pedigree Puppy [Chicken and Milk] or Pedigree Puppy Pro, etc.
- 2. Wet Food (Gravy) Eg: Pedigree Puppy Gravy with Chicken Chunks, Royal Canin Puppy Gravy, etc.

Note: Please follow the feeding instructions given at the back of the packet.

Make sure to soak the kibble in warm milk/curd/warm water before feeding the pup so it is easier to chew.

Frequency of **Feed & Quantity**:

- Puppies of this age group need to be fed every 3-4 hours.
- Suggested quantity per meal is one small bowl/200-300ml.
- Please get a pet dietician/ nutritionist's advice to decide the right quantity for your pup according to the age and breed.

Note: Avoid giving human-biscuits/bread as they are high in sugar and can be lethal to your dog in the long run.









AGE OF THE PUP:

40 Days - 70 Days



HOME-MADE

Vegeterian

- 1. Cerelac/Petlac
- 2. Boiled veggies[carrots, cauliflower, beetroot, cabbage, beans, sweet potato, potato, disco pumpkin]
- 3. Ragi porridge
- 4. Rice porridge brown/white rice
- 5. Curd mixed with rice porridge.

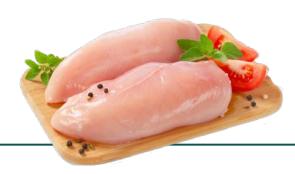
(Pedigree puppy gravy can be added to all of the above) (Use a combination of 2 vegetables per week and keep alternating it for better nutrition)

Note: Strictly vegetarian diets are not advisable, it should be alternated with home-made non-vegetarian food or processed food like kibble/gravy.

Non-Vegeterian

- 1. Scrambled eggs in milk
- 2. Boiled eggs mashed
- 3. Boneless Chicken Broth with vegetables mixed with rice-porridge
- 4. Chicken liver-gizzards broth mixed with rice-porridge.









AGE OF THE PUP:

40 Days - 70 Days



PROCESSED/PACKAGED FOOD

- 1. Dry Food (Kibble) Eg: Royal Canin, Pedigree Puppy Chicken and Milk Flavour, etc.
- 2. Wet Food (Gravy) Eg: Pedigree Puppy Gravy with Chicken Chunks, Royal Canin Puppy Gravy, etc.
- 3. Everyday Subscription Meals offered by SLURPup, Oscar Daisy and Bow Chow (Portioned home-cooked, custom meal packs of fresh dog food made with real ingredients) vegetarians may consider this option.

Note: Please follow the feeding instructions given at the back of the packet.

Frequency of Feed & Quantity:

- Puppies of this age group need to be fed around 4-5 times a day with regular intervals.
- Suggested quantity per meal: 300-600ml. Please get a pet dietician/nutritionist's advice to decide the exact quantity for your pup according to the age and breed.







AGE OF THE PUP:

70 Days - 150 Days (2.5 Months-5 Months)



HOME-MADE

Vegeterian

- 1. Boiled veggies[carrots, cauliflower, beetroot, cabbage, beans, broccoli, sweet potato, potato, disco pumpkin]
- 2. Ragi porridge.
- 3. Curd mixed with rice.
- 4. TurDal boiled with rice and vegetables with half tsp. of ghee.
- 5. Few bites of fruit such as Apples, Bananas, Watermelon, Muskmelon, Papaya, Strawberries, Blueberries & Pomegranate.

(Use a combination of 2 vegetables per week and keep alternating it for better nutrition)

Note: Strictly vegetarian diets are not advisable, it should be alternated with home-made non-vegetarian food or processed food like kibble/gravy.

Non-Vegeterian

- 1. Scrambled eggs in milk/ plain scrambled eggs.
- 2. Boiled eggs mashed.
- 3. Boneless Chicken Broth with vegetables mixed with rice-porridge.
- 4. Chicken liver broth mixed with rice.
- 5. Mutton meat broth.

Note:

- 1-2 chicken eggs/day is advisable.
- Keep alternating proteins(i.e.Meat) to increase absorption of nutrient.







70 Days - 150 Days (2.5 Months-5 Months)

PROCESSED/PACKAGED FOOD

- 1. Dry Food (Kibble) Eg: Royal Canin, Pedigree Puppy Chicken and Milk Flavour, etc.
- 2. Wet Food (Gravy) Eg: Pedigree Puppy Gravy with Chicken Chunks, Royal Canin Puppy Gravy, etc.
- 3. Everyday Subscription Meals offered by SLURPup, Oscar Daisy and Bow Chow (Portioned home-cooked, custom meal packs of fresh dog food made with real ingredients) vegetarians may consider this option.

Note: Please follow the feeding instructions given at the back of the packet.

Frequency of **Feed & Quantity**:

- Puppies of this age group need to be fed three to four times a day.
- Suggested quantity per meal: 700-900ml.

Please get a pet dietician/nutritionist's advice to decide the exact quantity for your pup according to the age and breed.







Above 5 Months

HOME-MADE







- 2. Curd mixed with rice
- 3. TurDal boiled with rice and vegetables with half tsp. of ghee
- 4. Boiled veggies carrots, cauliflower, beetroot, cabbage, broccoli, beans, sweet potato, potato, disco pumpkin]
- 5. Idli [in moderation]
- 6. Fruit bites, cottage cheese, sweet potato, curd can be given as snacks.

(Pedigree gravy can be added to all of the above) (Use a combination of 2 vegetables per week and keep alternating it for better nutrition)

Note: Strictly vegetarian diets are not advisable, it should be alternated with home-made non-vegetarian food or processed food like kibble/gravy.

Non-Vegeterian

- 1. Scrambled eggs in milk/ plain scrambled eggs
- 2. Boiled eggs mashed
- 3. Boneless Chicken Broth with vegetables mixed with rice-porridge
- 5. Mutton broth
- 6. Beef meal broth
- 7. Fish meal broth (Sardines "Mathi" or Anchovies "Nethili")

Note:

- 1-2 chicken eggs/day is advisable.
- Keep alternating proteins(i.e.Meat) to increase absorption of nutrients.
- Introducing meat should be done slowly with ample time for the puppy to adjust.





AGE OF THE PUP:

Above 5 Months



PROCESSED/PACKAGED FOOD

- 1. Dry Food (Kibble) Eg: Royal Canin, Pedigree Puppy Chicken and Milk Flavour, etc.
- 2. Wet Food (Gravy) Eg: Pedigree Puppy Gravy with Chicken Chunks, Royal Canin Puppy Gravy, etc.
- 3. Everyday Subscription Meals offered by SLURPup, Oscar Daisy and Bow Chow (Portioned home-cooked, custom meal packs of fresh dog food made with real ingredients) vegetarians may consider this option.

Note: Please follow the feeding instructions given at the back of the packet.

Frequency of Feed & Quantity:

- Dogs of this age group need to be fed twice or thrice a day.
- Suggested quantity per meal: Please get a pet dietician/nutritionist's advice to decide the exact quantity for your pup according to the age, weight and breed.







Scrambled Eggs in Milk

INGREDIENTS



Method of Cooking

- Place a pan on the stove on medium flame, add in 2 drops of edible coconut oil.
- Add in half cup of milk to the pan.
- Crack an egg directly into the milk and stir gently till you see the egg curds forming. (We are basically scrambling the eggs in milk)
- Take the pan off the stove and let it cool to room temperature before serving it to your pup!





Rice Porridge



Method of Cooking

- Add half a cup of cooked white/brown rice to the mixer.
- Sprinkle some water on it.
- 🔐 Grind it to make a paste.
- You can add boiled eggs, scrambled eggs, boiled and mashed vegetables (carrots/beans/cauliflower/cabbage/beetroot/discopumpkin) to this!







Ragi Porridge

INGREDIENTS



Method of Cooking

- Mix the ragi and water well in a bowl without any lumps.
- Transfer to a pot.
- Begin cooking on medium flame.
- Stir constantly to avoid burning and lumping.
- In a few minutes, ragi will turn into a thick consistency.
- Turn off the heat and let it cool before serving to your pup!



Tur Dal with Rice and Vegetables



Method of Cooking

- Wash and cut all vegetables to medium pieces.
- Add the rice and dal in the cooker along with the cut veggies, and water.
- 盤 Cook as per usual rice & dal.
- ktilicool before serving before serving to your pup!



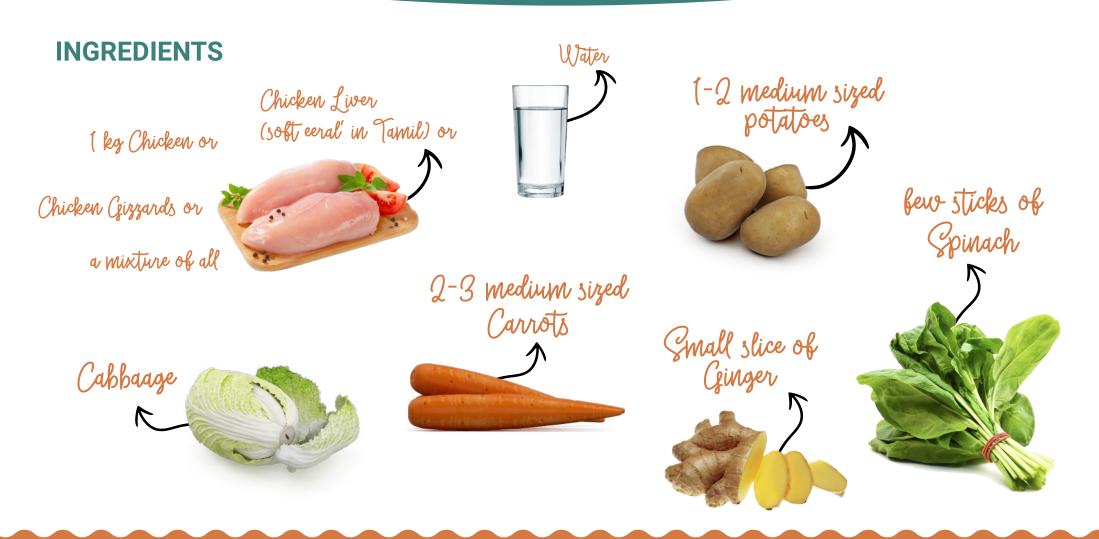




Home Made Recipes

Boneless Chicken Broth/Chicken Liver-Chicken Gizzard Broth (Batch cooking for 3-4 days)

Dogs of Age Group 30 Days-120 Days(1 Month - 4 Months)



Home Made Recipes

Boneless Chicken Broth/Chicken Liver-Chicken Gizzard Broth (Batch cooking for 3-4 days)

Dogs of Age Group 30 Days-120 Days(1 Month - 4 Months)

Method of Cooking



- Chop the chicken/chicken liver into tiny bite size pieces and double check for bones (Note: pups cannot be fed bones)
- Peel and chop the carrot and potatoes and cabbage into small pieces.
- Add a pinch of turmeric and a bit of minced ginger.
- Add all the ingredients to a pressure cooker.
- Add in a lot of water until it covers the chicken and vegetables completely.

- Bring the broth to a boil.
- When boiling, lower the flame and let the broth cook for 30-40 minutes (slow-cooking) or cook for 3-4 whistles and cook on low flame or 4-5 minutes.
- Take the broth off the stove and let it cool. Skim any fat off the top of the broth.
- Store this broth for over 3-4 days in the fridge and feed your pup at any meal of the day!
- This can also be added to any dry or rice kanji/curd.

*Substitute vegetables: carrot, beans, potatoes, sweet potatoes, broccoli, cauliflower, disco pumpkin, snake/bottle gourd, steamed spinach. Use a combination of 2 vegetables/week and keep alternating every week for better absorption.

Frozen Egg Treats



INGREDIENTS





- Take a raw egg, keep it in the freezer for 5-6hours.
- Get it out of the freezer, run it under water for a few seconds and peel.
- Chop the egg into slices, crush the shells and add it into the food bowl.
- These can be given as a snack or added to their food bowls!

Recipe credits

Georgina's Kitchen

https://www.instagram.com/p/B0aKallFM2a/

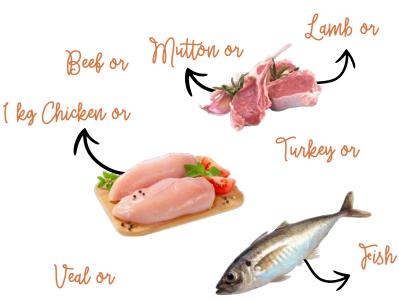
Home Made Recipes

Mutton/Fish/Trukey/Duck/Beef/Chicken Broth (Batch cooking for 3-4 days for ONE dog)

For dogs above 5 months

INGREDIENTS

200g of vegetables





400g of organ meat (liver, heart or kidney)



Small pinch of Cinnamon Powder





1/2 clove of Garlic



1 small piece of ginger finely chopped



1/4tsp turmeric powder



a pinch of rosemary/thyme/ parsley or basil



3 sticks of chopped spinach/fenugreek/coriander



Home Made Recipes

Mutton/Fish/Trukey/Duck/Beef/Chicken Broth (Batch cooking for 3-4 days for ONE dog)

For dogs above 5 months

Method of Cooking



- All ingredients in a pressure cooker with lot of water.
- Don't use the whistle, let it steam without pressure cooking for 20-30 min on medium flame. *Beef, mutton, lamb and veal will take longer to cook.
- For fish, boil the fish, cool, grind with bones and make a paste. Add all other cooked ingredients and mix.
- Let cool and before storing in fridge!
- Reheat/pour hot water to it before serving can be mixed with rice before being served! Add a tsp of edible coconut oil to your dog's bowl before serving for a shiny coat!

For other home-made recipes, natural supplements, meal recipes and home-remedies, visit

https://www.instagram.com/georginaskitchen.blr



Get Fresh Home-Cooked Dog Food in Nevvai

Kibble/ commercial packaged foods can be harmful if fed continuously. Some vegetarians may be queasy about cooking meat at home. Fresh home-cooked meals are a healthy, fun alternative to provide your dog with fresh home-cooked meat.

They're delivered to your doorstep and you just have to empty the sachet into your dog's bowl and watch them relish!





Get Fresh Home-Cooked Dog Food in Nerwai





SLURPup

We are a family owned, chennai based initiative that runs a small batch, sustainable kitchen for pets. We make human grade, home cooked meals with fresh, organic and wholesome ingredients. Our recipies are well proportioned with meat, grains, vegetables, herbs and spices. These meals provides pets with complete nutrition and satisfaction. Customers can choose from our daily menu or have a customised meal tailored to suit their pets health condition.

Instagram

https://www.instagram.com/slurpup_fordogs/

Contact

07550076776/ mail.slurpuo@gmail.com

Oscar Daisy

Website

https://www.oscardaisy.com/

Instagram

https://www.instagram.com/oscar.daisy/



BowChow

Website

https://bowchow.in/

Instagram

https://www.instagram.com/bowchow.in/

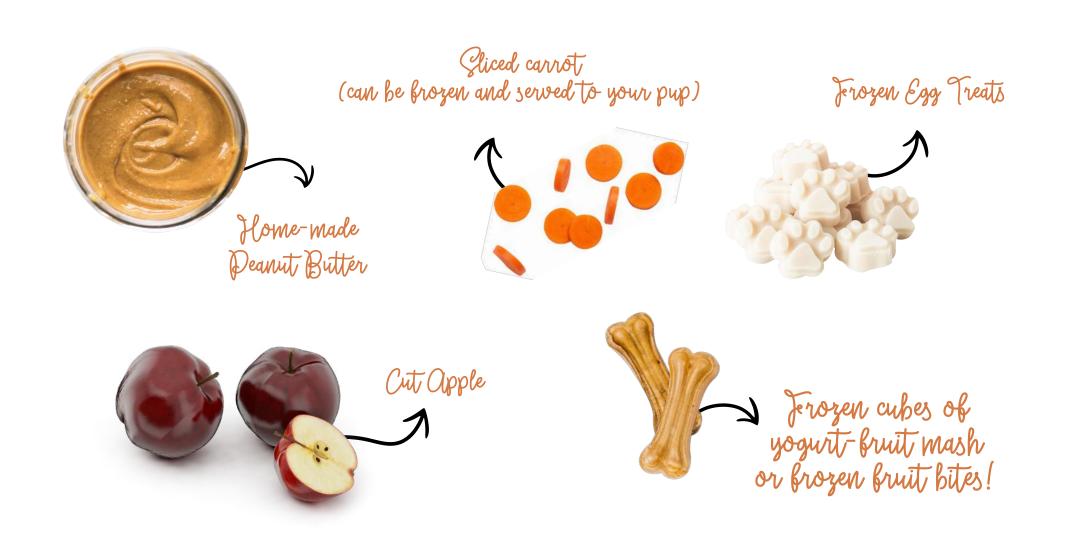


www.iadopt.in

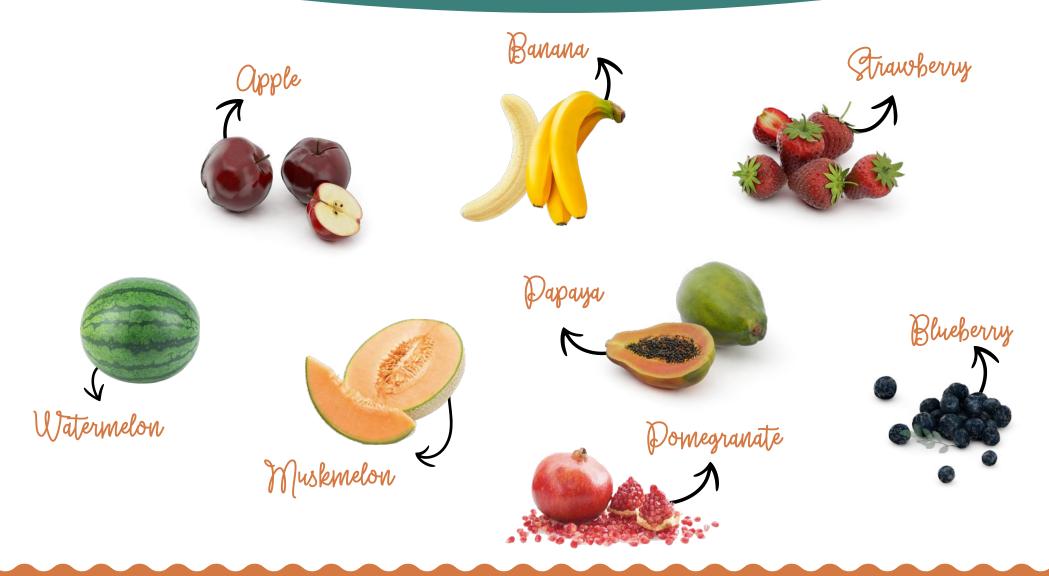
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Treat, Chews & Supplements



Fruits



Snacks



Treat, Chews & Supplements

Chews









Treat, Chews & Supplements

Healthy Dehydrated Chews & TREATS

(Recommended for Teething puppies and adult dogs!)



Instagram



Website

https://canineindia.in/

Canine Craving

Website

https://caninecraving.com/

Doggie Dabbas

Website

www.doggiedabbas.com



Instagram

https://www.instagram.com/doggiedabbas/

https://www.instagram.com/canine_india/









Dietician Recommendation Canine Mutritionists

Georgina's Kitchen

Ms. Lee Georgina is a holistic canine nutritionist who makes customized balanced meal plans and diet charts specific to your dog – she can be reached at:

Website

https://georginaskitchen.com/

Instagram

https://www.instagram.com/georginaskitchen.blr/



Doggiliciouus

Doggiliciouus is headed by Ms. Manssi SK Saha who is a canine nutritionist and a holistic wellness practitioner. Doggilicious has a wide range of natural products including snout butter, natural deworming powder, golden paste and other superfoods! Though based in Bangalore, she offers online consults for diet charts, meal plans via skype or other video calling apps for outstation pet parents. Ms.Manssi also offers specialized consultations for dogs with medical/health conditions.

To know more about consultations, head to https://www.doggiliciouus.com/personalized-consults

To know about their products, head to https://www.doggiliciouus.com/shop

To access their blog posts, head to https://www.doggiliciouus.com/blog - (this has vital resources for pet parents!)



