

The Pet Foodie Handbook

Pet Foodie \pet\ ˈfū-de\ n. Slang

A pet food consumer who has an enthusiastic and healthy interest in providing their pet real food as a complete diet or as a supplement to their commercial pet food.

Pet Foodie is an informal term for pet food consumers that provide their pet with health promoting and delicious foods rather than simply providing a pet food that meets basic nutritional needs.



Breaking the Rules
(and proud of it!).

For decades, they have told us...

**"Don't give your pet
people food!"**

Then one day someone asked

"Why?"

**"Why can't I give my pet a
piece of steak or chicken?"**

**"And what's wrong with
adding some fresh vegetables
to their pet food?"**

The nay-sayers thought and they thought...and they could not give us a valid reason. There is no reason dogs and cats can't eat real food.

**And the
Pet Foodie Revolution began!**

No boring brown-and-round only meals for a Pet Foodie pet!

These lucky (and healthy) dogs and cats dine on delicious fare
often shared right from the plate of the Pet Foodie!

Pet Foodie Q & A

What is a Pet Foodie?

A Pet Foodie is a person that provides their pet with real food as a supplement to commercial pet food or as a total replacement of commercial pet food. There are many types of Pet Foodies, actually being as diverse a group as food itself. However all Pet Foodies remain connected by the love of their pet and the appreciation of healthy food.

Why should you become a Pet Foodie?

Most commercial pet foods depend on supplements to provide your pet with the required nutrition. However any veterinarian or nutritionist will tell you natural, real foods are always a better source of nutrition than supplements. As example, in a single tablespoon of roasted chicken, your pet will be provided with 18 amino acids, 16 vitamins, 10 minerals, protein and healthy fat. Steamed broccoli provides your pet with Vitamin A, Niacin, Riboflavin, Vitamin C, Vitamin K and is a great fiber source. And the best part – all this nutrition is in its most recognizable form for your pet's body to utilize...it's food, not supplements.

By becoming a Pet Foodie, you are assuring your pet gets some real nutrition (from real food) every day. Some Pet Foodies feed real food exclusively, while others choose not to make drastic dietary changes and only supplement the diet with real food. **Note:** Pet Foodies that exclusively feed real food follow recipes or add supplements to balance the diet.

What Can I Feed My Pet?

Just about any food **excluding** the following...

Onions, Garlic raw*, Grapes, Raisins, Macadamia Nuts, Candy or Gum, Chocolate, Cooked bones, Fruit seeds and pits, Salty/Sugary foods, Yeast dough, Fat trimmings, alcohol or caffeinated beverages.

Do **NOT** Give your Pet

Onions.

Grapes or Raisins (one or two grapes or raisins could kill a pet).

Macadamia Nuts.

Candy or Gum (the artificial sweetener xylitol can kill a pet).

Chocolate.

Cooked bones.

Fruit seeds and pits (such as peach pits).

Salty/Sugary foods (nothing with heavy salt or sugar).

Yeast dough.

Fat trimmings.

Also, no **alcohol** or **caffeinated beverages.**

Safe in Small Amounts

Avocado (small amounts of the flesh only - do not allow a cat or dog access to the pit!).

Garlic (in small amounts ONLY as seasoning. Not recommended for cats or Japanese dog breeds, such as Akitas and Shiba Inus.)

Salt & Pepper (seasoning only)

Be a Pet Foodie!

Start slowly

Imagine if you ate nothing but a vitamin fortified cereal for every meal, every day, for years. Then consider how your tummy might feel if you ate a full meal of grilled meat and fresh vegetables. Well, that's how your pet's tummy might feel with a drastic shift in food too. We want you to become a Pet Foodie slowly.

Examples:

10 pound Dog - begin with approximately 1 teaspoon of meat/fish, 2 teaspoons of vegetables (lightly cooked vegetables), and/or 1 teaspoon fruit added to the regular diet daily. Increase weekly until 1/3 of the diet is a variety of real food.

30 pound Dog - begin with approximately 1 tablespoon of meat/fish, 2 tablespoons of vegetables (lightly cooked), and/or 1 tablespoon fruit added to the regular diet daily. Increase weekly until 1/3 of the diet is a variety of real food.

60+ pound Dog - begin with approximately 2 tablespoons of meat/fish, 4 tablespoons of vegetables (lightly cooked), and/or 2 tablespoons fruit added to the regular diet daily. Increase weekly until 1/3 of the diet is a variety of real food.

Cats - begin with approximately 1 tablespoon of meat/fish added to the regular diet daily. Experiment with fruits and lightly cooked vegetables - some cats love them. Increase weekly until 1/3 of the diet is real food.

Real Food =

Variety of real nutrition & Variety of real tastes

Share Your Dinner!

Meatloaf and green beans for your dinner tonight? Share your meal with your pet.

Pull some of the ground beef before you add seasoning. For raw simply feed to your pet. For cooked, make a small meatloaf of ground beef, green beans, and tomato paste. Bake until lightly done, cool and serve!

Your cat or dog can share some of almost any meal you prepare.

Share roasted chicken (don't like the dark meat?...your cat will love it!), share your baked sweet potato (cooled please), share a few bites of your steak!

A Pet Foodie makes sure that their pets have some real food every single day! Pet Foodie pets get a variety of real food added to their daily diet and benefit from the nutrition it provides!!!

Pet Foodie for Cats

For Cats

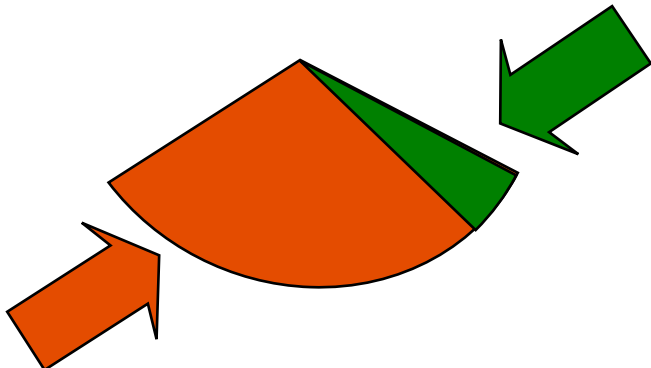
Replace up to 1/3 with real food.



Don't add...replace. Add real food to your pet's diet, but don't forget you are replacing some of the commercial food with real food. Remove up to 1/3 of the commercial food at each meal, replace with up to 1/3 real food.

Of the 1/3 real food...

5% vegetables and/or fruit



95% meat or fish

Some great foods to give your cat...

Meats can be given raw or cooked. Beef, chicken, eggs, turkey, duck, venison, rabbit, lamb, fish (cooked), shrimp (cooked), clams (cooked), oysters (cooked), sardines (in water or oil), pork.

Experiment to see what vegetables and fruits your cat will eat. Vegetables and fruits should be lightly cooked. Greens and pumpkin are accepted most frequently. Other possible vegetables are fruits...

Broccoli, cauliflower, sweet potatoes, squash, beans (green, red, black,...), white potatoes, greens (alfalfa sprouts,...).

Berries, apples, pears, peaches, bananas, melon (remember, no seeds!).

Refrigerate all unused Pet Foodie food; serve within 3 days of preparation.

Pet Foodie for Dogs

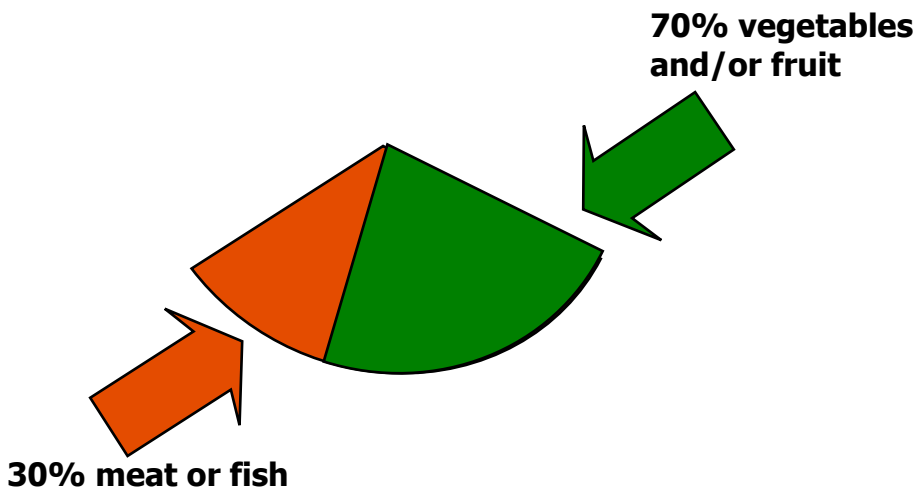
For Dogs

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Of the 1/3 real food...



Some great foods to give your dog...

Meats can be given raw or cooked. Beef, chicken, eggs, turkey, duck, venison, rabbit, lamb, fish (cooked), shrimp (cooked), clams (cooked), oysters (cooked), sardines (in water or oil), pork.

Most dogs will readily eat vegetables, but some experimentation might be needed. Vegetables should be lightly cooked. Suggestions of healthy vegetables are...

Broccoli, cauliflower, sweet potatoes, squash, beans (green, red, black,...), white potatoes, greens (alfalfa sprouts,...).

Fruits can be raw or lightly cooked. Health promoting fruits for your dog can be...

Berries, apples, pears, peaches, bananas, melon (remember, no seeds!).

Refrigerate all unused Pet Foodie food; serve within 3 days of preparation.

Pet Foodie. Pet Foodie. Pet Foodie

Couple more things...

Very, Very Important!

Before you transition your pet to a Pet Foodie pet, inform your veterinarian. Some pets might have diet restrictions that need to be addressed.

Don't give more than 1/3 of the diet as real food - unless you follow recipes or add supplements to balance the diet.

You can share or prepare.

Some Pet Foodies share their own meals with their pet. An example of sharing would be a couple of bites of scrambled egg with breakfast and/or a couple of bites of steak and broccoli with dinner.

And some Pet Foodies prepare meals in advance for their cat and/or dog.

Sample Recipe for Pet Foodie Food for Dogs

- 1 Cup cubed chicken (dark and/or light meat)
- 1 Cup steamed broccoli cut into bite size pieces
- 1 Cup black beans boiled until soft
- ½ Cup apple cubes lightly steamed peeling removed

Combine all ingredients. Store in BPA free container. Serve within 3 days of preparation. Freeze any portion not served within 3 days.

Sample Recipe for Pet Foodie Food for Cats

- 1 Cup finely chopped chicken (dark and/or light meat)
- 1 teaspoon finely chopped alfalfa sprouts

Combine ingredients. Store in BPA free container. Serve within 3 days of preparation. Freeze any portion not served within 3 days.

Note: The above recipes are for supplementing your pets diet only - they are not a complete diet.

It's food!

Real food (the best kind)!

What kind of Pet Foodie are You?

So many Pet Foodies...So Little Space to Write about them...

Duty Pet Foodie

(Play on words...tee, hee) Duty Pet Foodies feel an obligation to give their pets real food every single day. These Pet Foodies always add fresh fruit to their own breakfast cereal, and they do the same for their pets (add fresh food to kibble).

Nudie Pet Foodie

Noooo, the Pet Foodie isn't nude...the food they give their pets is nude...you know, raw! Nudie Pet Foodies believe 'Au Naturel' raw meats and lightly cooked fruits and vegetables are the best for their pet.

Snooty Pet Foodie

You know the type...they tell you about every real food they give their pet...every day...every meal. You love 'em, but wow these folks brag a lot!

Shrewdy Pet Foodie

Shrewdy Pet Foodies have pet foodying down to a science spending only pennies a day to feed their pets real food.

Moody Pet Foodie

It's not that they are moody...it's a timing thing. You know, when the mood allows Moody Pet Foodies share real food with their furry family.

Newbie Pet Foodie

Those just learning to be a Pet Foodie; still suffering from the brain washing of the brown and round. Don't worry, you won't be a newbie for long!

Trained Professional Pet Foodie

These Pet Foodies have been around the block a couple of times; they are very familiar with feeding their pet real food. Some feed raw, some feed cooked.

Doctor of Pet Foodie-ology

Veterinarians that 'get-it'. We love them!

Take Your Dog to Dinner!

Dine out with your pet! No kidding...pet friendly restaurant...take your pet to dinner. Share your own dinner or order some grilled chicken and steamed vegetables.

This is a great way to show others (soon to be Newbie Pet Foodies) that real food is perfectly safe.

And bring the leftovers home to your cat!