

# **Feeding and Nutrition Tips**

*By Jeff Coltenback*

*Below are some generic nutrition bullet points for you to consider!*

1. Minimize or eliminate starch/carbohydrates in your dog's diet. Starch, excess sugar and certain whole vegetables can contribute to health and/or behavioral issues in dogs.
2. Primary food source: A raw, meat-based diet is best. You can also opt for a dehydrated or freeze-dried raw ration. A pasteurized meat-based diet is next in rating as an appropriate food for your dog. If you can't feed raw or pasteurized, consider an all-canned diet (yes, all cans is better than dry kibble). If you must feed kibble, feed a kibble from a trusted dog food manufacturer. A high quality dry dog food is generally high in animal protein and low in multiple starch sources. And, any high quality kibble will have low fiber (less than 3% on the label).
3. Do not offer your dog any of the following treats: dry dog biscuits, rawhide, hooves, cooked bones, starchy veggies, heavily starched "dental" treats, any human food marinated for human consumption. Be careful of offering excess amounts of carrots, green beans or any kind of potato. And avoid giving your dog dehydrated fruit or veggie treats.
4. Some recommended training or general treat offerings: meat-based treats like jerky or chicken liver; freeze dried meat treats; beef or lamb lung, chicken breast, banana, apples (no skin if apple is not organic)
5. Some recommended recreational chews: raw beef knuckle bones or knee caps; cow ears; beef tendon; duck feet; chicken feet; stuffed chew toys like kongs filled with quality peanut butter or the dog's food (always supervise your dog when offering a recreational chew or bones)
6. Once your dog is an adult, consider switching to feeding once a day. Feeding once a day is healthier and less stressful on your dog's digestive system, specifically the pancreas. Puppies and dogs with health issues may require multiple feedings per day.

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