

-Cheap chicken and sardine recipe-

Background

- The **goal** of a meal plan for young adults is to maximize longevity and quality of life, and for this a basic premise is that food must be nutritious and provide the minimum requirements of all essential nutrients.
- Distribution of macronutrients according to what is recommended for the maintenance of healthy adult dogs (40% protein-30% fat- 20% carbohydrates).
- This recipe was balanced according to NRC standards, for a 15 kg dog consuming 1000 kcals, using the Raw Fed and Nerdy program.

Key nutritional Factors

- **Protein:** The amount of protein in a formulation for dogs can vary from 20-60% on a dry matter basis. Once amino acid requirements have been met, adding more protein does not provide physiological benefits, which is contrary to popular belief that more protein is better. An excess of dietary protein, above the amino acid requirement, is not stored as protein, but deaminated in the liver and the products of catabolism are excreted by the kidney. Ketoacids remnants are sometimes used for energy, fat or glycogen storage.
- **Phosphorus:** high levels of phosphorus are contraindicated, since up to 25% of young adult dogs have a subclinical decrease in renal function, so an excess of dietary phosphorus can accelerate the progression in susceptible puppies.
- **Sodium:** hypertension is not considered a common problem in dogs and the higher consumption of sodium and chlorine is not considered harmful in healthy young dogs, without exceeding the safe limit of inclusion in the diet.
- **Antioxidants:** the consequences of prolonged oxidative damage to cells and DNA can lead to several degenerative diseases such as cancer, diabetes, kidney, urinary, heart, intestinal (IBD) and liver diseases, cognitive dysfunction, among others, so a sufficient contribution of fruit, vegetable and vitamin E mode is indicated.



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Key nutritional factors in adult diet		
Nutrient	Recommended	Formulation
Energy density	3.5-4.5 Kcal/g of dry matter	5.36 Kcal/g
Raw protein	15-30%	42.2%
Fat	10-20%	29%
Sodium	0.02-0.4%	0.32%
Phosphorus	0.4-0.8%	0.79%
Vitamin E	≥400 UI	1657 UI
Vitamin C	≥100 mg	311 mg
Selenium	0.5-1.3 mg	0.67 mg

*All indicated per kilo of dry matter.

Important

- This mixture was thought to be completely grinded and mixed, to assure a constant supply of all the essential nutrients daily.
- Seeds must be soaked overnight and finely grinded before being added, otherwise dogs will not be able to use the nutrients.
- Always include liquid from frozen meats.
- All carbohydrates must be very well cooked and hydrated, even more than the human taste. Please, be sure to **WEIGHT THE CARBS ONCE THEY HAVE BEEN COOKED**, to ensure the estimated nutritional profile.
- Ensure a homogeneous distribution of ALL synthetic complements. This could be done by grinding the tablets and opening capsules in the mixture.
- Vitamin E is increased to provide antioxidant benefits to the food itself, plus the requirement of the dog.
- Choline could appear to be deficient in the formula, but this is due to the reports in the USDA food composition databases, which sometimes not include this nutrient.
- To calculate how much to feed to a specific Dog, first obtain her/his maintenance energy requirements, and then divide this into the energy density as fed of the food, which is: 1.356 Kcal/gram. The resultant value would give you how much of the mixture should be given daily.

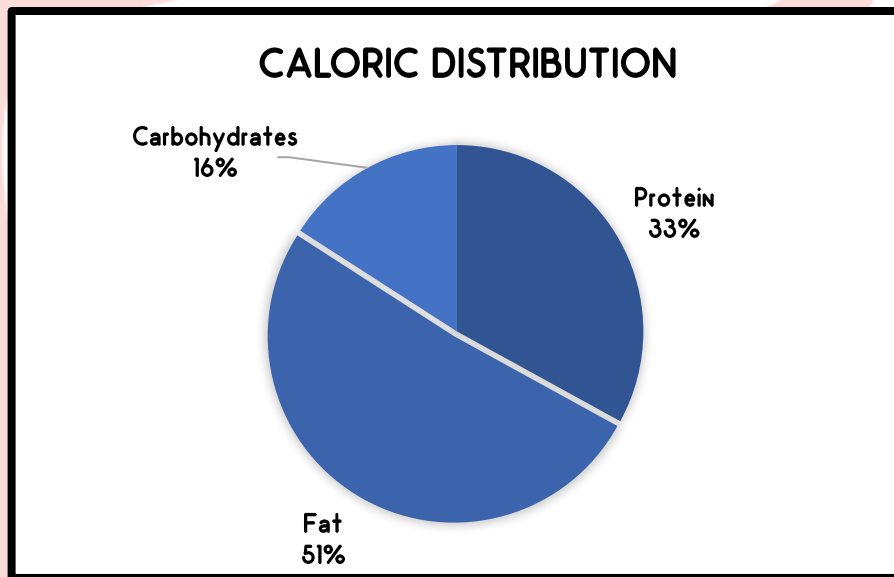
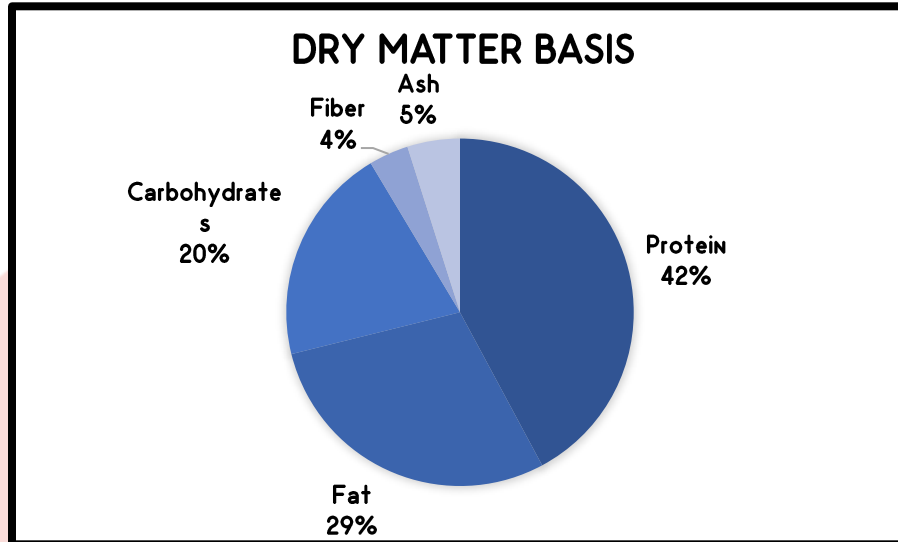


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Diet distribution



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Formula analysis

Profile of essential amino acids (g): are those that must be in sufficient quantities in the diet since the dog is unable to synthesize them at all or in sufficient amounts.

Amino acid	Compliance percentage
Tryptophan	138%
Threonine	180%
Isoleucine	218%
Leucine	207%
Lysine	404%
Methionine	132%
Methionine + Cysteine	105%
Phenylalanine	170%
Tyrosine	112%
Valine	188%
Arginine	345%
Histidine	286%

Profile of essential fatty acids: the ideal omega 6: 3 ratio should be between 5: 1-10: 1.

Fatty Acid	Compliance percentage
Linoleic acid (omega 6)	291%
Alpha-Linolenic acid	561%
20:5 n-3 (EPA)	330%
22:6 n-3 (DHA)	538%



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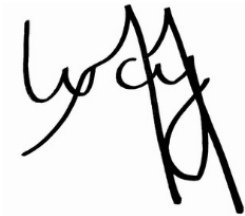
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EPA + DHA Total	434%
Omega 6 : Omega 3	5.26:1

Minerals

<i>Mineral</i>	<i>Unit</i>	<i>Compliance percentage</i>
Calcium	mg	165%
Iron	mg	157%
Magnesium	mg	128%
Phosphorus	mg	194%
Potassium	mg	159%
Sodium	mg	303%
Zinc	mg	126%
Copper	mg	128%
Manganese	mg	132%
Selenium	µg	139%
Iodine	µg	111%
Ca:P		1.1:1
Zn:Cu		9.9:1



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Vitamins

<i>Vitamin</i>	<i>Unit</i>	<i>Compliance percentage</i>
Thiamine	mg	104%
Riboflavin	mg	132%
Niacin	mg	489%
Pantothenic acid	mg	172%
Vitamin B6	mg	394%
Folate	µg	504%
Choline	mg	53%
Vitamin B12	µg	224%
Vitamin A	µg	360%
Vitamin E	mg	403%
Vitamin D3	µg	113%
Vitamin K	µg	47%



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Ingredients for 1 kilogram of food

Item	Quantity in grams
Chicken thighs and legs WITH SKIN AND BONE	156.03
Chicken gizzard	217.36
Beef liver	32.56
Chicken liver	32.56
Chicken heart	8.14
Sardines in tomatoe sauce without chili	94.98
Sweet potatoe cooked, weight without peel	122.11
Whole oatmeal cooked in water (weight cooked)	122.11
Sunflower seed	13.57
Banana (weight without peel)	27.14
Zucchini raw	40.70
Broccoli boiled and drained	40.70
Spinach	40.7
Pork lard	16.28
Now Zinc picolinate	0.20 capsule
Now Calcium carbonate	1.36 grams
Solgar Vitamin E 100 UI	6.11 softgel



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Kelp seaweed (Macrocystis
pyrifera)

0.68 capsule



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