

# Functional Canine

Recipe submission by Jackie Gowland

## **Recipe for sensitive tummies**

*Created for a 20kg adult dog with light daily activity - estimated energy requirement 800kcal / day*

- 200g Turkey breast, cooked with no added salt or fat
- 50g Sweet potato, steamed or roasted
- 50g Broccoli, steamed
- 35g Chicken egg, whole and boiled
- 15g Sardines, canned in spring water
- 15g Flaxseed meal
- 13g Sunflower seed kernels, soaked for 24hrs and ground
- 10g Beef liver, cooked with no added salt or fat
- 7g Oysters, canned in brine
- 5g Hempseed oil
- 2g Calcium carbonate

<b>Recipe for sensitive tummies</b>		<b>Target intake</b>	<b>Totals</b>
<i>Created for a 20kg adult dog with light daily activity</i>			
<b>Energy</b>	<b>kcal</b>	800	810.8
Protein	g	20	77.5181
Calcium, Ca	mg	800	1108.72
Iron, Fe	mg	6	5.8566
Magnesium, Mg	mg	120	192.23
Phosphorus, P	mg	600	930.37
Potassium, K	mg	800	1217.48
Sodium	mg	160	373.36
Zinc, Zn	mg	12	12.6732
Copper, Cu	mg	1.2	2.44518
Manganese, Mn	mg	0.96	1.4027
Selenium, Se	µg	70	97.688
<b>Vitamins</b>			
Thiamin	mg	0.448	0.64871
Riboflavin	mg	1.04	1.104
Niacin	mg	3.4	28.34234
Pantothenic acid	mg	3	4.25035
Vitamin B-6/Pyridoxine	mg	0.3	2.26561
Folic acid	µg	54	110.65
Choline, total	mg	340	353.118
Cobalamin (ug)/B12	ug	7	15.0143
Vitamin A, RAE	µg	303.2	1276.6
Vitamin A, IU	IU	0	11456.5
Vitamin E (alpha-tocopherol)	mg	6	6.1205
Vitamin D3 (cholecalciferol)	µg	2.72	6.79
Vitamin K (phylloquinone)	µg	0.328	2.587
<b>Lipids</b>			
	g		
LA 18:2 n-6	g	2.24	7.36356
ALA 18:3 undifferentiated	g	0.088	3.6546
DGLA 20:3 n-6	g	0	0.012
AA 20:4 undifferentiated	g	0	0.16533
EPA 20:5 + DHA 22:6	g	0.088	0.09055
DPA 22:5 n-3	g	0.08	0.03136
<b>Amino Acids</b>			
	g		
Tryptophan (g)	g	0.28	0.97724
Threonine (g)	g	0.864	3.36409
Isoleucine (g)	g	0.76	3.00597
Leucine (g)	g	1.36	6.31467
Lysine (g)	g	0.704	7.29781
Methionine (g)	g	0.664	2.11547
Phenylalanine	g	0.904	3.04867
Valine (g)	g	0.984	3.2775
Arginine (g)	g	0.704	5.12854
Histidine (g)	g	0.384	2.29921