



NUTRITIONAL INFORMATION

Serving Size: 8 oz. Servings per container: small: 1 medium: 2 large: 4



“Shepherd’s” Pie

Ingredients: beef, red potatoes, carrots, peas, yogurt, extra virgin olive oil, dill
Calories: 369 Fat: 20.1g Protein: 26.1g Fiber: 3.7g



Chicken Barley Stew

Ingredients: chicken, green beans, carrots, barley, extra virgin olive oil, parmesan cheese, dill
Calories: 359 Fat: 18.1g Protein: 32.2g Fiber: 4.6g



Turkey Muttloaf

Ingredients: turkey, yams, zucchini, eggs, extra virgin olive oil, parsley
Calories: 384 Fat: 20.5g Protein: 25.1g Fiber: 4.9g



Poochie Paté

Ingredients: chicken livers, brown rice, carrots, eggs, extra virgin olive oil, parsley
Calories: 395 Fat: 18.4g Protein: 33g Fiber: 3.1g

Parmesan Pieces

Ingredients: whole wheat flour, extra virgin olive oil, applesauce, parmesan cheese, egg, honey, nonfat powdered milk, garlic powder

Kipper’s Fish Sticks

Ingredients: whole wheat flour, nonfat powdered milk, salmon oil, cod liver oil, extra virgin olive oil

“Chocolate” Chip Cookies

Ingredients: whole wheat flour, vegetable oil, honey, carob chips

Peanut Butter Patties

Ingredients: whole wheat flour, rolled oats, brown sugar, peanut butter, nonfat powdered milk

HOW MUCH SHOULD I FEED MY DOG?

The number of calories required by individual dogs varies greatly depending on age, activity level, and metabolism. Your dog should eat a quantity of food that encourages the maintenance of a healthy weight as determined by your veterinarian. We provide the following guide to help you determine how much to feed your dog. You should adjust these quantities based on your dog’s individual needs.

CALORIES PER DAY

Activity Level	WEIGHT				
	10 lbs	30 lbs	50 lbs	70 lbs	90 lbs
Low activity level	296	674	989	1272	1540
High activity level	404	992	1353	1740	2100

*based on information from National Research Council of the National Academies: Committee on Nutrient Requirements of Dogs and Cats. (2006). Your Dog’s Nutritional Needs: A Science-Based Guide For Pet Owners. [Pamphlet]. Feuer, D: Author.

CALCIUM SUPPLEMENTS

Calcium supplements can be purchased online or at your local pet store. Homemade eggshell powder is also a popular option. Please feel free to contact us if you need help finding a supplier or a recipe for calcium supplements.

Instructions: Add 500 mg* of calcium per serving
Small: 500 mg medium: 1000 mg large: 2000 mg

*based on bone meal supplements that provide approximately 250 mg of phosphorous per 500 mg calcium.
When using eggshell powder or other supplements that provide little or no phosphorous, add only 325 mg of calcium per serving.



INSTRUCTIONS

1. Keep food frozen until ready to use.
2. Before serving, defrost in refrigerator or microwave and mix well. Our containers are microwave-safe.
3. Serve warm or cold as preferred by your dog.

CALCIUM SUPPLEMENTS

For a variety of reasons, it is virtually impossible for dogs to consume the amount of calcium they need without supplementation. Because opinions about which type of supplement is best varies greatly, Doggie Diner does NOT add calcium supplements to meals. However, we do HIGHLY recommend that you purchase and add a calcium supplement to each meal to achieve the healthy daily dose of calcium that your dog needs.

At present, Doggie Diner does not sell calcium supplements. As we grow, we hope to offer several types of calcium for purchase as a convenience to our customers.

Here are some tips and suggestions for calcium supplementation:

Bone Meal

Many pet nutritionists assert that “bone meal is the most natural source of calcium for carnivores and provides many trace minerals.” (*Pitcairn, 2005, p. 51) The powdered bone meal marketed for animal supplementation is of the same quality (not from US livestock) as that sold for humans. It is cheaper, and it comes in a powdered form making it easy to add to your dog’s meals.

Egg Shell Powder

Eggshell powder is commonly used as a calcium supplement in canine diets. It is inexpensive as it can be made at home and it is very high in calcium carbonate. Follow this recipe to make your own calcium supplement.

1. Wash a dozen eggshells right after cracking and let them dry (1 eggshell = approximately 1 tsp of powder = approximately 1800 milligrams of calcium)
2. Bake at 300 degrees for 10 minutes
3. Grind to a fine powder with a nut and seed grinder, blender, or mortar and pestle. Grind well enough to eliminate sharp, gritty pieces.

Seaweed

For those who prefer a non-animal source for calcium supplementation, seaweed powder by Animal Essentials provides a very pure form of calcium and many trace minerals.

Contact your local pet food store to find out if they carry the supplement of your choice or view a list of calcium products and suppliers here.

Solid Gold	800.364.4863	www.solidgoldhealth.com
Naturvet Bone Meal	888.628.8783	www.naturvet.com
Now Bone Meal Powder	877.342.5217	www.thecatalog.com
Solgar Bone-All	877.765.4274	www.solgar.com
Animal Essentials Calcium	888.463.7748	www.animalessentials.com

*Pitcairn, R., & Pitcairn, S. (2005). *Dr. Pitcairn's Complete Guide To Natural Health For Dogs & Cats*. Holtzbrink Publishers.