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## Dozer's natural food diet

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*This is just a draft post which I'm sharing in response to a reader request. I will write this up properly soon!*





## Dozer's Natural Food Diet – Overview

- 20% raw veg
- 20% soft cooked brown rice
- 50% raw offal, meat, fish
- 10% bones and treats

He gets 900g / 1.9 lb veg, rice and meat per day (split across 2 meals), plus a bone and treats. Note: Dozer is a rather large, highly active dog!

## Background

In recent months, I've moved Dozer to a natural food diet after a bad experience with a bad batch of dry dog food (a well known, pricey brand only sold at pet stores, not sold in supermarkets). He was very sick, throwing up daily, and I couldn't figure out what was wrong until he started getting better after I stopped feeding him that dry food.

It took him almost a month to fully recover – it was a very stressful time!!

I had been toying with the idea of moving him to a natural food diet for months and that incident gave me the motivation to dive right in. So I did a lot of reading and consulted with a dog nutritionist (Neil Barnsley from [Animal Holistic Therapies](#) in Western Sydney who has been a miracle worker with Dozer with his many physical injuries!), and that's how I've landed on this diet.

## In this post, I am sharing:

- The basis of this diet
- What his diet is
- The recipe, including how much I give him
- Dozer's weight statistics, for context

**IMPORTANT:** I am not a qualified dog nutritionist and am sharing this for information purposes only. I DO NOT recommend that you use Dozer's diet without consulting

*purposes only. I DO NOT recommend that you use Dozer's diet without consulting with your own specialist. But I can tell you is that Dozer means the world to me (as regular readers know!), and I would never do anything to risk his health by making uninformed decisions. I truly believe this natural diet to be the best choice for him after having done my own research and most importantly, consulted with a specialist.*



## Basis of Dozer's Natural Food Diet

The objective of this diet is to replicate the natural diet of a dog if it were in the wild, but using human grade food. Because that's what their bodily functions were built to digest!

The key concepts behind this diet is that:

- 1 dogs in the wild eat whole small animals;
- 2 small animals are only about 30% meat (muscle, fat), and the rest is bones and organs; and
- 3 the small animals dogs eat are *usually* vegetation eating animals, not carnivores.

With regards to the dog's diet, this means:

- no grain fed animals, only grass fed (because grains are man made and pumped with unnatural things that dogs in the wild would never get in their diet)
  - grass fed beef and pork
  - grass fed lamb only in winter (nightshades in summer)
  - wild rabbits, whole
  - no chickens or turkey (grain fed)
- raw meat and offal – because dogs in the wild don't cook their meat! 😂
- some fish – because dogs have to live near a source of fresh water which means dead fish on occasion
- some vegetables – because dogs in the wild eat whole small animals that eat vegetation, the nutrition from which is in the animal (mostly organs).





## Dozer's Natural Food Diet

### OVERVIEW

This is what I feed him:

- 20% raw veg
- 20% soft cooked brown rice
- 50% raw offal, meat, fish

- 10% bones and treats (can up the other items instead of this)
- Springwater from 1 small can low sodium sardines or tuna\* (not oil)

Finely blitzed raw veg mixed with rice and canned fish juice ("doggie Green Risotto") and served with raw meat / fish. Morning and night, plus treats throughout day and bone in the afternoon.

\* I have to use this to ensure Dozer scoffs down the Green Risotto!

## 1. VEGETABLES

- kale (tear off stem)
- spinach (baby and normal)
- green beans
- zucchini
- carrot
- cucumber
- celery

I tend to use a combination of 3 at a time, using either kale or spinach as one of them. I use more kale than spinach (because it's so packed with nutrition!).

Use food processor to blitz until very fine (like pesto) to ensure it's easily digestible.

## 2. BROWN RICE

1 part rice to 3 parts water, cook for 1 hr 15 min on low / medium low or until liquid is fully absorbed and rice is very soft and mushy.

*Brown rice is better than white rice because white rice has nutrition stripped from it. Some vets say to avoid brown rice because it's hard for dogs to digest. BUT if it's cooked until very soft, it's fine. Having kept a close eye on how Dozer is going with his new diet, I can assure you that he is most definitely digesting brown rice perfectly well!*

## 3. DOGGIE GREEN RISOTTO

Mix rice and veg with juice of canned fish. Keeps for 3 days in fridge in very airtight container, or freeze.

*Add fish from can into Meat quota.*

## 4. PROTEIN

Mix of raw offal, meat and fish of non grain eating meat, **human grade**. I rotate through the following:

- kidney, heart and liver of *grass fed* beef and pork, all year round
- kidney, heart and liver of *grass fed* lamb, *only in winter* (night shades in summer)
- kangaroo meat, mince or meat (excellent good value sustainable meat sold at supermarkets, grass eating animal)
- kangaroo kidney, heart and liver – *yet to find*
- wild rabbits, whole – *yet to find*
- fish meat\* – mainly salmon, because my fish shop sells minced offcuts at a discounted price
- sardines\* – whole, fresh

\* I have to sear or bake the outside of fish lightly (I keep the inside raw) because Dozer is not a fan of slimy raw fish 😬 But I really like to give him fish because it's got a lot of natural nutrition and heavily endorsed by the dog nutritionist!

### IMPORTANT – MUST FREEZE OFFAL:

Kidney, heart, liver and whole rabbits (if they have offal) must be frozen for at least 2 weeks before use, to ensure any parasites are killed.

### DO NOT FEED:

- chickens or turkey (these are grain fed)
- grain fed beef, pork, lamb or other\*
- lamb in summer (nightshades)

### CHECK ACCURACY OF "GRASS FED" CLAIMS

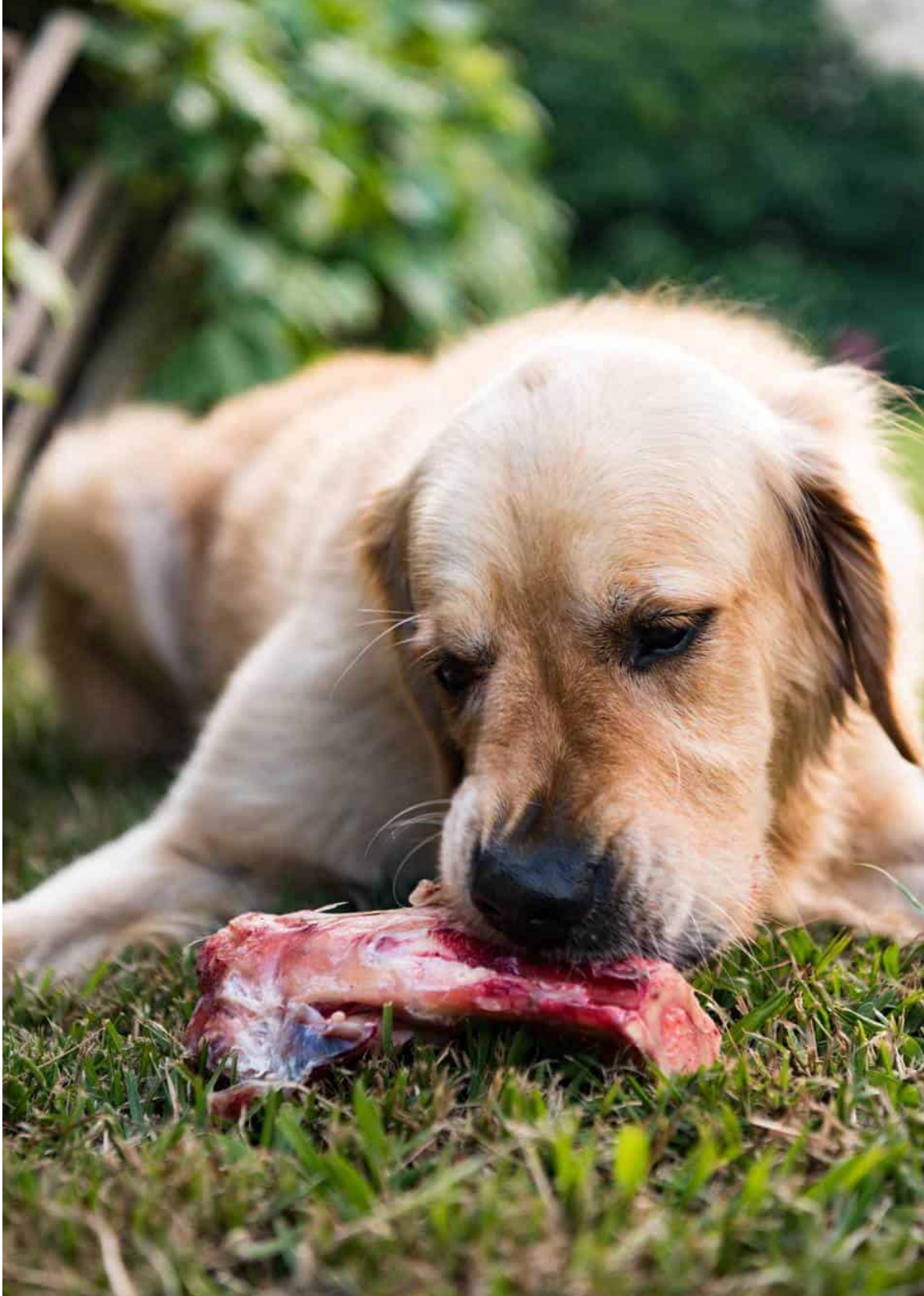
When buying meat, you should check whether they are in fact 100% grass fed for the entire life of the animal. Many butchers say their meat is grass fed but actually, most "grass fed" cattle is actually finished with grain in the last months of the animals life to fatten them up. In fact, *most* grass fed beef in Australia is finished with grain.

## 5. BONES

I feed Dozer meaty beef bones – so he gets some beef meat with his afternoon

bone treat along with all the nutrition inside the bones.

Sometimes he gets marrow bones ie the bones with no meat on them at all that are very thick so they have tons of marrow inside. These are high in fat so I don't give them to him very often. But they are good to treat them every now and then!



## How much Dozer eats



*Dozer eats a lot, but he's an active dog, see his stats below. Also bear in mind the veg/rice component is very low cal because the rice is very bloated and the veg is low carb vegetables.*

### **Meals – this is what he gets per day, split between 2 meals (morning and night)**

- Doggie Green Risotto (rice veg fish juice) – 400g / 14 oz
- Raw protein – 500g / 1 lb total
- **Total per day – 900g / 1.9 lb**

I make his food in batches and fridge some, freeze some. I briefly warm before serving (30 seconds in microwave) to bring out the smell and make it irresistible for him (because fridge cold food has no aroma).

### **Treats**

- 150 – 200g / 5 – 7 oz beef bone, once per day
- A bite of everything I eat / make throughout the day!
- Little dog treats





## Dozer's stats

- 36kg / 79 pounds
- He's on the lean side\*
- Highly active – gets out for a minimum 30 minutes every day for active exercise (running/swimming), usually it's 1 hour+ per day. Plus extra outings (because I take him everywhere!), and he's generally a naturally excitable dog so gets himself all worked up in situations and makes himself weary.

\* The reason for this is because he doesn't have a perfect build for a golden retriever, he is double jointed (which means his joints can go further than they should which makes him prone to injuries like torn ligaments) and he's a highly active, easily excitable dog. Hence very prone to injuries, so it's been recommended that I keep him on the lean side for injury prevention purposes.





## Conclusion

I'm not a dog nutrition expert but all the signs are pointing in the right direction:

- his weight is steady – it took a while to achieve this, he lost a couple of kilos in the first few weeks!
- never had vomiting issues
- his 🍌 is good, firm – not rock hard, not runny – and he's regular (sorry to gross you out, but this topic comes with dog ownership!)
- he has the same energy as he always has
- he's HAPPY. He loves his food as much as he always has!







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