



Quality, quantity, frequency

Let's take a look at the features of a healthy diet—the quality, quantity and frequency of feeding—necessary to maintain our dogs in top condition and minimize trips to the vet.

But before we begin let's focus on three key aspects. If we get these things right the rest should fall into place.

First, do no harm said the early physicians and so it is when feeding dogs. Stop feeding processed grain-based junk foods and already we are halfway to solving the problems of bad nutrition. Benefits are often immediate and lifelong. Resist the urge to provide a bowl of kibble in case your pet gets hungry—good health matters more.

Second, Nature is tolerant, perhaps too tolerant, and permits a range of feeding options. So when we talk about quality, quantity and frequency of feeding we don't have to be exact. Variations can occur and still provide a satisfactory outcome.

Third, if you are a beginner, you may worry about reading ideas written on paper and then converting those ideas into practical action. This is where a coach/mentor comes in handy. Do you have a friend or relative experienced in feeding raw food? Does your vet support raw feeding? Some of the best sources of help and encouragement can be found on the internet raw feeding discussion lists (see Information Resources page 99).