

## HOW VEGETABLES HELP YOUR DOG

**Digestion:** Dogs access the contents of the stomach of their prey first for the vegetable matter to prime their own digestive enzymes so they can digest meat and bones. Aids in digestion of other nutrients.

**Cancer Protection:** Can be an inhibitor of abnormal cell growth in the gut. Helps protect against some cancers by reducing formation of estrogen-like chemicals in the gut. May decrease susceptibility to lung and gastro-intestinal cancers (especially useful are yellow and green vegetables)

**Bowel & Anal Gland Health:** Assists in anal gland health by providing bulk in the faeces. Increases the water-holding capacity thereby assisting with good elimination. Normalises transit time through the gut minimizing chronic constipation and diarrhea. Maintains the structural integrity of the gut mucosa.

**Disease Management:** Fibre improves the control of blood sugar levels in diabetes through slowing the release of glucose; helps regulate plasma glucose in the diabetic dog.

Assists positive nutrient absorption and metabolism. May help with lowering cholesterol.

Carbs are alkalizing, thereby reducing the risk of a highly acidic diet (meat-only). Many diseases thrive in an acid environment, including arthritis and cancers, and some urinary stones

**Weight Control:** Promotes satiety, (feeling of fullness) therefore helps to control obesity.

**Food Bowl:** Vegetables add texture, flavor, odour and interest to your dog's food, make an economic addition to meaty meals and provides benefits throughout the lifetime of your pet.



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- Reiki & Bowen • Nutritional Advice

## ANIMAL NATUROPATH

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## WHY DOES MY DOG NEED VEGETABLES



**Ensures healthy digestion – needed to feed the dog's own microbiome**

**Protects against susceptibility to some cancers (lung and gi tract)**

**Promotes healthy anal gland function**

**Assists in fibre-responsive diseases such as diabetes, pancreatitis**

**Vital in weight control programmes**

**Balances acid / alkaline dietary levels, effective in preventing urolith formation**

**Adds colour, flavour and texture**

*“We notice that many dogs put on muscle mass when vegetables are introduced into the diet “ S.U.*

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## WHAT ARE CARBOHYDRATES (CHO'S) ?

Carbohydrates are food produced by plants.

There are THREE main groups:

1. Soluble simple sugars found in fruit, honey, sugar cane.
2. Insoluble or complex sugars and starch found in grains and vegetables.
3. Fibre.

**Sugars:** These can be in a simple form (ie glucose), or a combination (eg. sucrose - in fruit & veges & lactose - milk sugar). These encourage growth of healthy intestinal flora.

**Starch** is CHO's stored in plants. Sources include wheat, rice, corn, peas, beans and potatoes. Starch is made digestible through the enzyme amylase. Dogs do not have this enzyme in the saliva, so starch digestion does not occur in the mouth as it does with humans. Use starchy foods sparingly.

**Dietary Fibre:** In the wild carnivores eat all parts of the prey, which includes digestible and indigestible fibre. Fibre affects motility and the ecosystem of the gut. It is classified according to its solubility in water.

**Soluble Fibre:** Found in peas, oats, dried beans, lentils, barley, pasta and fruits. It delays gastric emptying and increases the viscosity of the contents of the small intestine. This influences the absorption of some nutrients. Soluble fibre reduces the glycemic response to carbohydrate foods, increases bile acid excretion and may reduce LDL cholesterol.

**Insoluble Fibre:** Found in cereals (especially bran) and vegetables. Insoluble fibre regulates and normalises stools and \*bowel transit time. It is therefore useful for reducing constipation and managing bowel diseases such as diverticular disease, irritable bowel syndrome and gall stones

### Cautionary Use of Fibre:

Diets high in insoluble fibre are inappropriate for dogs with high energy requirements (growth, stress work, late pregnancy), but appropriate for weight control or weight reduction because of the satiety effect (sense of fullness it produces).

Flatulence and borborygmi (rumbling stomach) may occur particularly when large amounts are introduced suddenly into the diet. This is why we recommend only pumpkin with tripe when initially changing to a 'real food' diet.

*\*Bowel transit time = this is how long it takes a particle to move through the digestive tract, from mouth to anus, to be excreted in the faeces.*

## FEEDING VEGETABLES

All vegetables should be cooked (al dente) before feeding to dogs and cats. Cooking emulates the partly digested vegetable contents in the gut of the pets natural prey (most of their prey were vegetarians). Dogs often enjoy a raw carrot or fruit to chew as a snack.

### Safe Vegetables / Fruits to feed:

pumpkin	squash	carrots
kumara	broccoli	spinach
silverbeet*	zucchini	bokchoy
parsnips	swedes	sweetcorn
prunes	peaches	pears
kiwifruit	banana	blueberries

Do not include the silverbeet juice, as it is high in oxalic acid and can exacerbate arthritic conditions.

Potatoes & rice can be too starchy; feed in small quantities. No onions, mushrooms or corn cobs.

Canned fruit – fruit in juice, not syrup.

Banana is high in potassium –heart conditions

A prune often if dog has anal gland problems or is constipated.

### Percentage of meat / vegetables

This may vary with any medical condition or lifestyle, lifestage, gender, individuality.

### Puppies / Working dogs / Pregnancy

meat/protein 70% – vegetables 30%

### Elderly Dogs

Meat/protein 65% – vegetables 35%

### Cats

Meat/protein 90% – vegetables 10%

- There is no such thing as a complete and balanced diet in the one meal; body requirements change with every day, every season, every year.
- A dietary plan must be simple, easily prepared, palatable and complementary to the goal of maintaining your pets' wellness.
- Food is the most important of all medicines.



NB: GARLIC Increases mineral absorption, supports beneficial bacteria in gut, helps eliminate pathogenic gut bacteria & yeast. Antifungal, antibacterial, antiviral properties. Feed sparingly. NB: The Flee Flea product has sufficient garlic so no extra needed.