

Susan Swanson



Homemade HEALTHY DOG FOOD GUIDE

Discover the Science Behind Nutritional
Solutions, Tailored to Your Dog's
Health at Every Stage of Life,
and for Chronic or
Pathological Conditions



**AudioBook
INSIDE**



HOMEMADE HEALTHY DOG FOOD GUIDE

Discover the science behind nutritional solutions, tailored to your dog's health at every stage of life, for chronic or pathological conditions, and for breed-specific needs

Susan Swanson

Copyright © 2024 by Susan Swanson

All rights reserved.

You may not reproduce any portion of this book in any form without written permission from the publisher or author, except as permitted by U.S. copyright law.

Susan Swanson © 123RF.com

Your Additional Content Is Waiting for You!

To request additional content or upcoming publications, contact the author directly at the following email address: *susan.dogfood@ltpublishing.net*

Here is what you will receive:

- The **AUDIOBOOK** of the book
- A **FULL-COLOR PDF** version of the book
- An introductory chapter on basic training and how to solve your dog's biggest behavior problems
- A table of all toxic foods for dogs
- A special, balanced, and nutritious recipe written by a veterinary nutritionist to try right away
- A **Q&A** with our authors
- Get early access to a preview of our other canine publications

Dedication

I dedicate this book to all my dogs.

If even a small part of what you have taught me is useful to our readers, then I will have done a good job.

Thank you, guys.



Contents

Warnings	VIII
Who Is This Book For?	IX
Introduction	1
References	9
PART 1. Toxic Ingredients in Dog Food: Exposing the Hidden Dangers	13
Understanding the Canine Digestive System	
Chapter 1. Toxic Ingredients in Dog Food	14
Safe Alternatives and Treatments	
Case Study 1: Max's Grape Misadventure	
Case Study 2: Bella's Xylitol Battle	
References	17
PART 2. Feeding for Dogs with Special Needs: Obesity, Diabetes, Old Age, and Renal Diseases	19
Chapter 2: Managing an Overweight Dog's Diet	20
Chapter 3: Managing the Diabetic Dog's Diet	21
Chapter 4. Nutritional Needs of Senior Dogs	22
Chapter 5. Nutritional Support for a Dog with Kidney Disease	23
References	25
PART 3. Feeding Dogs with Chronic Conditions: Osteoarthritis, Cancer, Skin and Coat Problems, Cardiovascular and Heart Disease	27
Chapter 6. Canine Osteoarthritis Nutritional Management	28
Chapter 7. Nutritional Support for Canine Cancer	30
Chapter 8. Nutrition for Canine Skin and Coat Problems	31
Chapter 9. Canine Cardiovascular and Heart Disease Nutritional Needs	32
References	34

PART 4. Nutrition Management for Puppy, Weaned, Pregnant, and Lactating Dogs	37
Chapter 10. Puppy Nutritional Requirements	38
Puppy Feeding Schedule	
Transitional Diet	
Chapter 11. Weaning the Puppy	40
Chapter 12. Nutrition for the Pregnant Dog	41
Important Considerations When Feeding a Pregnant Dog	
Chapter 13. The Nutritional Needs of the Feeding Dog	43
References	45
PART 5. Management of Breed-Specific Nutritional Disorders in Dogs	47
Chapter 14. Understanding Breed-Specific Nutritional Disorders	48
Larger Breeds and Joint Problems	
Smaller Breeds and Dental Diseases	
Lifestyle and Grooming Factors	
Chapter 15. Hip Dysplasia	50
Chapter 16. Intervertebral Disc Disease (IVDD)	53
Chapter 17. Dilated Cardiomyopathy (DCM)	56
Chapter 18. Obesity	59
Chapter 19. Pancreatitis	62
Chapter 20. Dental Diseases	65
Chapter 21. Urinary Stones (Urolithiasis)	69
Chapter 22. Diabetes Mellitus	72
Chapter 23. Skin and Coat Problems	75
Chapter 24. Management and Prevention Strategies for Canine Breed-Specific Nutritional Disorders	79
Preventive Measures	
References	81
PART 6. Balanced Recipes for Healthy and Happy Dogs	83
General Considerations	
The Importance of Estimating Daily Nutritional Needs	

Summary of Ingredients	86
General Notes	
Recipe No. 1: Chicken and Rice Delight	89
Recipe No. 2: Beef and Veggie Mix	91
Recipe No. 3: Salmon, Quinoa, and Vegetable Medley	93
Recipe No. 4: Turkey and Broccoli Bowl	95
Recipe No. 5: Chicken and Green Bean Delight	97
Recipe No. 6: Beef and Carrot Casserole	99
Recipe No. 7: Turkey and Sweet Potato Mash	101
Recipe No. 8: Salmon and Zucchini Quinoa Bowl	103
Recipe No. 9: Beef and Carrot Stew	105
Recipe No. 10: Fish and Sweet Potato Delight	107
Conclusion	109

Warnings

When it comes to pet food and homemade meals, it's important to provide warnings and recommendations to ensure the safety and well-being of our beloved pets.

Here are some precautions to consider:

- **Consult a Professional:** Before making any significant changes to your dog's diet, always consult a professional veterinarian or veterinary nutritionist. This is the first rule.
- **Gradual Introduction:** When introducing a new diet or food, do so gradually. Mixing the new food with the old in increasing proportions over a week can help with the transition from industrial to homemade meals.
- **Fresh Water Access:** Always ensure that your dog has access to fresh, clean water, especially when introducing new foods that may increase thirst.
- **Individual Needs:** Every dog is unique. What works for one may not work for another. Monitor your dog's response to any diet changes and adjust accordingly.
- **Storage and Freshness:** Homemade meals don't have the preservatives found in commercial dog foods, so they can deteriorate faster. Keep them in the fridge and consume them within a set time frame (usually 3–4 days) to ensure freshness.
- **Supplements:** If certain nutrients are difficult to include in homemade meals, consider adding dog-friendly supplements. This could include things like fish oil for Omega-3 fatty acids.
- **Portion Control:** Pay attention to portion sizes. Overfeeding can be just as harmful as underfeeding. Adjust the amount based on your dog's size, activity level, and specific nutritional needs.

The job of a veterinary nutritionist is to formulate individual prescriptions based on the patient's medical history and examination reports. Regular veterinary check-ups are essential to monitor overall health and meet your dog's nutritional needs, even if you're feeding what you believe to be a nutritious and healthy diet. Never forget this crucial step.

Who Is This Book For?

This book was born out of a love for dogs and a passion for understanding their nutritional needs. My personal experience with all my dogs, extensive documentation, and the advice of expert veterinary nutritionists I have met have guided the writing of this book. It is more than just a collection of recipes; it is a guide to feeding your dog at every meal, and it is your ally in making sure your furry friend gets the best.

As you read these words, know that you have already taken a step towards a healthier and happier life for your canine companion. Let's examine the target audience for this book:

- **Health-Conscious Dog Owners:** For those who know how important a dog's diet is to its well-being, here you will find advice for all aspects of your dog's health, from a shiny coat to strong bones, from energetic days to peaceful nights. You can adapt homemade meals for puppies, adults, and senior dogs, ensuring they receive the right nutrition at every stage of their lives.
- **New Dog Owners:** If you are a new dog parent and feel lost in the sea of commercial dog food choices, this book is your beacon of reference. Together, we will cover the basics of dog nutrition and make the process of preparing meals simple and enjoyable. We have designed all recipes to be both affordable and nutritious, making them ideal for initiating a rewarding and healthy journey for your dog.
- **Experienced Dog Owners:** For those who have been on this journey for some time, this book promises to bring new flavors to your dog's diet. Food boredom is not just a human problem; even our four-legged friends appreciate a change of pace! Here, you'll find tips that will breathe new life into their meals and ensure they're always excited about what's in their bowl.
- **Dog Owners with Special Dietary Requirements:** Dogs, like people, can have special health needs and allergies. This book pays special attention to these dogs. Whether it's low-fat diets for weight management, grain-free options for allergies, or nutrient-rich meals for specific health conditions, you'll find guidance to meet all these needs.
- **The Environmentally and Budget-Conscious:** Homemade dog food is not only good for your dog, but it is also good for the planet and your wallet. By choosing to prepare your dog's meals at home, you can reduce packaging waste and control the

quality of the ingredients. This book also provides tips on how to prepare the right amount of food for your dog's needs (based on age, energy expenditure, and health) while saving time and money and helping the environment.

I know some of the topics may seem boring or repetitive, but I wanted to explore all these questions thoroughly. Each section of this book contains a detailed bibliography for further reading. You can improve your pet's quality of life and strengthen your relationship with them by paying attention to their special needs, sourcing quality ingredients, and preparing balanced meals at home.

After all, no one likes to go to the doctor or a nutritionist, and dogs are no different. After reading this book, you will not only fully understand the impact of nutrition on your dog's health, but you will also have a useful scientific basis for better understanding your veterinarian's instructions.

Please do not hesitate to contact me at authors@ltpublishing.net. Your opinions and comments are not only welcome but greatly appreciated, as they help me to learn and improve. I look forward to hearing from you and your furry friends.

Enjoy your meal!

Introduction

When I faced the problem of how to feed my dogs properly, I found that there were no satisfactory books on the subject. I encountered books with lists of elaborate recipes that seemed more appropriate for humans than for dogs.

A book with a hundred or more dog recipes makes no sense; cooking for your dog should be simple, natural, and nutritious. I even found birthday cakes and Christmas recipes! This risks humanizing them and harming their health. Also, my dogs are all different, and what seemed to make one feel good or happy didn't work for another.

In short, I had a lot of confusion in my head and few clear ideas. I began studying, doing my own research, and talking to experienced breeders, veterinarians, and veterinary nutritionists. My research led to the creation of this book. I really hope it can help you get your dog healthy.

A Historical Perspective on Canine Nutrition

But let's start at the beginning, at the dawn of human history. It is important to remember that dogs were the first domesticated animals kept as pets by humans [1]. Because they were considered members of the tribe, they fed them the same food as their masters [2], both for convenience and because there was nothing else to eat. I can't imagine a caveman preparing two different meals, one for himself and one for his dog!

If a primitive man could get food, he would eat it that day, as would his dog; otherwise, they would both fast for days. Both, having experienced food shortages, were not too fussy. The history of the dog explains why it eats whatever comes its way, immediately and without being picky. Dogs can eat both animal and plant foods, but they prefer nutritious foods such as meat and fresh vegetables [3].

Of course, packaged treats and sweets did not exist in prehistoric times. If you get the impression that your dog is ready to dive into a treat instead of meat and vegetables, it's because he's learned it from us. In nature, dogs (and even humans) have no way of knowing the taste of refined sugar, ice cream, or chocolate!

After exploring the historical approach to canine nutrition, it's important to see how these practices have evolved with scientific advancement. Today, the science of canine nutrition provides us with opportunities to customize our dogs' diets like never before.

Canine Nutrition: Modern Challenges

Fortunately, we are not in prehistoric times, and in most countries, neither we nor our dogs have to endure hunger and deprivation. On the contrary, today there is an abundance of readily available food in the countries we call civilized. Today, we also know that this readily available food (primarily raw animal by-products) is the root cause of many of the world's most serious public health, animal welfare, and food safety problems.

Nowadays, it is well known that dog owners consider them family members and ideal companions for lonely people. They are also concerned about the health of their dogs and want to provide them with the best possible nutrition. We have also seen an increase in the demand for organic food in recent years, leading to a greater focus on this type of dog food.

Many dog owners are switching from buying commercial dog food to making homemade dog food that is organic, tasty, and nutritionally sound [4]. There is also a strong trend toward choosing food suitable for human consumption, as if human and dog food are interchangeable.

Setting the Record Straight

For all these reasons, I believe it's time to rectify the situation. Nutrition is one of the most important variables in a dog's overall health. Providing your dog with proper nutrition is essential for his development, vitality, and survival.

In this comprehensive guide, we will discuss the importance of proper nutrition for a dog's overall health, review the basic characteristics of dog food, and explore the benefits of making your own dog food, which every responsible dog owner should be aware of. While considering the broad spectrum of canine nutritional needs, let us now focus on the specific requirements of dogs based on their age, breed, and activity level.

An Overview of a Dog's Nutritional Needs

Before we discuss the importance of dog food, we must first understand the different nutritional needs of dogs. A proper dog diet must be rich in essential nutrients, but what does that mean? The diet must supply essential nutrients, substances that the dog's body cannot produce in sufficient amounts on its own. Dogs, like humans, need a variety of food groups to maintain optimal health. These include certain vitamins, minerals, fatty acids, and amino acids, all crucial for maintaining their health. There are six main categories into which these nutrients fall:

1. **Proteins:** Proteins are the basic building blocks of life. They are essential for development, maturation, and overall well-being. Dogs need high-quality animal-based proteins, such as those found in fish and meat [5].

- 2. Carbohydrates:** Carbohydrates provide energy for your dog. Although dogs are omnivores, they do not need as many carbohydrates as humans, but only a modest amount. A healthy dog diet may include carbohydrates from foods such as grains, vegetables, and fruits [6]. Dietary fibers, found in foods like vegetables and whole grains, play a critical role in regulating a dog's digestion. They help maintain regular bowel movements and support good intestinal microbiota health.
- 3. Fats:** Fats provide a rich source of energy and are necessary for fat-soluble vitamin absorption. They also promote the health of your dog's skin and coat. For dogs, healthy fats from sources such as beef and fish are good [7].
- 4. Vitamins:** Vitamins A, B, C, D, E, and K are essential for dogs. Each vitamin has a specific purpose, such as immune support, healthy skin, and overall vitality [8].
- 5. Minerals:** Minerals like calcium, phosphorus, potassium, and salt are essential for bones, teeth, and electrolyte balance [9].
- 6. Water:** Your dog needs water, the most important nutrient, for every biological process, from metabolism to temperature regulation.

The Science Behind Nutritional Needs

Dogs' nutritional requirements are not universal. Age, breed, size, exercise level, and underlying health concerns all impact their dietary demands. Scientific studies have shed light on these issues, allowing us to tailor meals to individual pets.

- 1. Nutrition for Every Stage of Life:** Dogs go through different stages of life, each with unique nutritional needs. For example, puppies need a high-protein, calcium-rich diet to support their rapid growth, while older dogs benefit from a lower-calorie diet to prevent obesity and joint problems [10].
- 2. Size and Breed Considerations:** Different breeds and sizes of dogs have different metabolisms and sensitivities to certain health conditions. For example, smaller breeds may be more susceptible to dental disease, while larger breeds may be more prone to joint problems [11]. It is important to tailor the diet to these unique needs.
- 3. Level of Activity:** A dog's level of activity has a significant impact on its caloric needs. To maintain their energy expenditure [12], energetic or athletic breeds require more calories.

The Benefits of a Balanced Dog Diet

Now that we know what elements dogs need. Let's look a little closer at why proper nutrition is so important for them:

- **Overall Well-Being:** A healthy diet is the cornerstone of your dog's health. It helps maintain a healthy body weight, promotes good physiology, and lowers the risk of chronic diseases.
- **Energy Levels:** Proper nutrition ensures dogs have the energy they need for fun, sports, and mental engagement. Dogs who are energetic are happy.
- **Healthy Weight Control:** Obesity is a major problem in the canine world, just as it is in humans. Feeding your dog the right portion sizes and nutritious foods will help maintain a healthy weight, reducing the risk of joint disease, diabetes, and heart problems.
- **Strong Immune System:** Proper nutrition helps boost your dog's immune response, making them more resistant to disease and infection.
- **Healthy Skin and Coat:** High-quality protein and essential fatty acids support both healthy skin and a shiny coat. This not only looks fantastic, but it also protects against environmental pollutants.
- **Digestive Health:** A well-balanced diet high in fiber helps reduce the risk of digestive problems such as diarrhea and constipation.
- **Longevity:** Well-nourished dogs live longer, healthier lives and enjoy a better quality of life in their golden years.

Avoiding Common Feeding Mistakes

While we have come to realize the benefits of proper dog nutrition, it is also important to be aware of common mistakes dog owners make. Let's look at them together:

- **The One-Size-Fits-All Diet:** Every dog is different, with varying nutritional needs based on characteristics such as age, breed, activity level, and health. Avoid using the same commercial diet for all dogs, and work with your veterinarian to find the optimal nutrition plan for your dog.
- **Overfeeding or Underfeeding:** Portion control is essential. Overeating can lead to obesity and other health problems, while underfeeding can lead to malnutrition and stunted growth.
- **Ignoring Ingredient Labels:** Always read dog food ingredient labels carefully. Look for high-quality ingredients and steer clear of those that are high in artificial ingredients or byproducts.
- **Inadequate Hydration:** Make sure your dog has access to clean, fresh water at all times. Dehydration can lead to a number of health problems.

- **Diet Inconsistency:** Frequently changing your dog's diet can disrupt their digestive system. Unless otherwise directed by your veterinarian, maintain a consistent diet with a regular brand.

Choosing the Best Dog Food

With so many choices, selecting the right dog food can be a challenging endeavor. Here are some tips to help you make an informed decision:

- **Consult a Veterinarian:** To determine your dog's exact nutritional needs, consult your veterinarian. They can suggest a diet based on your dog's age, breed, and overall health.
- **Check the Labels:** Look at the ingredient list. Seek out key ingredients, such as whole meats like chicken, beef, or fish. Avoid foods that contain a lot of additives and chemical preservatives.
- **Consider Your Dog's Age:** Newborn, adult, and senior dogs have different nutritional needs. Choose a food that is appropriate for your dog's stage of life.
- **Consider Special Needs:** If your dog has any special health concerns, such as allergies or sensitivities, consult your veterinarian to determine an appropriate diet.
- **Research Good Brands:** Not all dog food brands are equal. Choose reliable products that are known for their safety and quality.
- **Watch Your Dog's Reaction:** When introducing a new food, watch for any negative reactions or changes in behavior or well-being. This will help you determine if the food is a good fit.

The Influence of Diet on Canine Health

Now that we've covered the basics of canine nutrition, let's take a closer look at how proper nutrition affects the health and well-being of dogs.

1. Weight Control

Studies have linked obesity in dogs to a number of health issues, including diabetes, osteoarthritis, and heart disease [13]. Maintaining an ideal weight requires proper nutrition and portion control.

2. Dental Care

Dental health is primarily dependent on the type of food consumed. Feeding your dog dry food or oral chews to prevent tartar and plaque buildup can help maintain better teeth and gums [14].

3. Skin and Coat Care

A beautiful, healthy coat is often a sign of proper nutrition. Particularly, studies have shown that Omega-3 fatty acids improve skin and coat health by reducing irritation and flaking [15].

4. Digestive Wellness

Fibrous foods can help support gastrointestinal health by reducing constipation and diarrhea. In addition, probiotics and prebiotics can help maintain a healthy gut microbiota [16]. Probiotics are live microorganisms that, when administered in adequate amounts, confer health benefits on the host. In the context of canine nutrition, they help maintain the balance of the dog's intestinal flora, promoting healthy digestion.

5. Joint Care

Diets with added Glucosamine and Chondroitin can improve joint health and reduce the risk of osteoarthritis in larger breeds or dogs prone to joint problems [17].

An Owner's Perspective

Making their own food for their dogs gives owners a greater sense of involvement in taking care of their pets [18]. Some pet owners want to be actively engaged in all aspects of their pet's care, including meal preparation.

Whether justified or not, a growing number of pet owners have questioned or believed the pre-prepared pet food supply to be unsafe [19]. For example, avoiding preservatives and grains in commercial diets is believed to improve their condition. Others seek a more appetizing, pure, and natural food for their dog, whose appetite has diminished, to help with their care.

Whatever the reason, dog owners who want to prepare food for their dogs at home find that the information they get from the Internet and books is inadequate and limited, yet they rarely visit the veterinarian. Dog owners frequently show interest in homemade diets for various reasons, such as [20]:

1. **Health Concerns:** Due to contaminants, preservatives, and additives.
2. **Label Confusion:** The inability to comprehend the labels on food packages, which provide information about the food item, the serving amount, and any associated uncertainty.
3. **Specific Medical Conditions:** Dogs with specific medical conditions such as chronic kidney disease, heart disease, and cancer often lack appropriate commercial products.

Because of these factors, it is important to provide dogs with a well-balanced homemade meal when the pet owner chooses to cook for them, and this book will fulfill all of your

basic as well as advanced needs regarding cooking at home for your beloved dogs. When recommending natural foods, it's important to clarify that you cannot create a proper natural diet using hearsay and unsupported online articles [20]. Resources to meet this requirement should be based on scientific literature. It is possible to create a homemade diet for a healthy animal based on the dog's consumption rate and physiological condition.

Along with the diet, it is easy to alter the amount of nutrients, such as protein, fiber, and carbohydrates, to adapt to changing health conditions as the dog ages. In addition, homemade diets can be quite successful for dogs with food allergies. A veterinary nutritionist can guide you in diagnosing a food allergy or intolerance at home by separately testing one or two specific ingredients. As the allergic condition improves, you can introduce appropriate supplements one at a time to maintain the nutritional balance of the diet. Veterinarians and pet owners often prefer home cooking for the following reasons:

- **Individualized Nutrition:** Every dog is different, with specific nutritional needs that may change with age, breed, size, activity level, and underlying medical conditions. Home cooking allows pet owners to customize their dog's diet. Unlike commercial dog foods, which often have a "one size fits all" philosophy, homemade meals can tailor to provide the ideal ratio of proteins, carbohydrates, fats, vitamins, and minerals for each dog [21].
- **Quality Assurance:** Pet owners' main concern is the quality of the ingredients in their dog's food is one of the main concerns of pet owners. They have complete control over the source and selection of products when they prepare meals at home. As a result, they can choose premium, local, and fresh products to provide their dog with the best possible nutrition, free from questionable additives or preservatives [22]. Home-cooked meals, prepared and stored with care for cleanliness and freshness, encompass food safety as part of quality control.
- **Beneficial Ingredients:** Increased knowledge about the value of whole, natural foods has changed how we feed our dogs. Commercial dog foods commonly contain fillers, artificial flavors, and by-products, which may not be beneficial for your dog's health. When you cook at home, you can use natural products that provide essential nutrients without adding extraneous ingredients. This can help your pet to have better digestion, healthier skin and hair, and more stamina [23].
- **Allergen Management:** Dogs, like people, are susceptible to allergies or sensitivities to certain chemicals. When you prepare meals at home, it may be easier to identify and manage these allergies. Eliminate likely allergy triggers from your dog's food, such as grains, certain proteins, or artificial ingredients, and monitor the ingredients for any positive health improvements [24].
- **Weight Control:** Obesity in dogs is an evolving problem that can lead to several health issues [24]. Cooking at home can help you control your dog's weight more effectively.

You can portion meals based on their caloric needs to make sure they get enough to maintain a healthy weight. Providing fresh, balanced meals helps keep your dog in shape [25].

- **Care and Bonding:** In addition to nutrition, feeding your dog at home also focuses on your relationship. Preparing food for your pet builds a closer bond and demonstrates your concern for their well-being. Each portion of food you prepare for your dog shows how much love you put into it, making mealtime a special time of connection [26].
- **Understanding the Nutritional Facts:** Many pet owners find that cooking at home helps them better understand their dog's nutritional needs. They become increasingly concerned about their pet's well-being as they research, learn about appropriate foods, and develop dietary concerns. This empowerment can lead to better long-term health outcomes [27]. Of course, it takes time and effort to study this subject.

Switching to Homemade Meals

It's important to remember that transitioning your dog to a home-cooked meal should be done gradually and under professional supervision. To ensure that your dog's dietary needs are met, consultation with a veterinarian or veterinary nutritionist is strongly recommended. Veterinarians can help you prepare balanced meals that meet your dog's nutritional needs and monitor your dog's health as they adapt to the new diet.

Focus On

For vets and pet owners, home cooking for dogs has become the preferred option. This is due to their ability to provide a personalized diet, quality control, superior ingredients, allergy prevention, weight management, and a closer bond with their canine companions.

This homemade, healthy dog food guide allows you to take charge of your dog's diet at a time when society is increasingly acknowledging the need to provide the best possible care for our pets. This strategy demonstrates a desire to provide the highest quality care, which ultimately enriches the lives of our beloved pets. The time and effort you put into cooking fresh meals for your dog will pay off in health and happiness, and the process will be fun for both you and your pet.

Use this guide to embark on a culinary adventure that will have your dog appreciating the food you prepare and wagging their tail in delight.

References

1. Udell, M.A. and C.D. Wynne, A review of domestic dogs'(Canis familiaris) human-like behaviors: or why behavior analysts should stop worrying and love their dogs. *Journal of the experimental analysis of behavior*, 2008. 89(2): p. 247-261.
2. Miklösi, Á., et al., Use of experimenter-given cues in dogs. *Animal cognition*, 1998. 1: p. 113-121.
3. Pitcairn, R.H. and S.H. Pitcairn, Dr. Pitcairn's complete guide to natural health for dogs & cats. 2017: Rodale.
4. Connolly, K.M., C.R. Heinze, and L.M. Freeman, Feeding practices of dog breeders in the United States and Canada. *Journal of the American Veterinary Medical Association*, 2014. 245(6): p. 669-676.
5. Hewson-Hughes, A.K., et al., Geometric analysis of macronutrient selection in the adult domestic cat, *Felis catus*. *Journal of Experimental Biology*, 2011. 214(6): p. 1039-1051.
6. Holscher, H.D., Dietary fiber and prebiotics and the gastrointestinal microbiota. *Gut microbes*, 2017. 8(2): p. 172-184.
7. Beynen, A.C., Fat content in dog food. *Creature Companion*, 2017: p. 40-41.
8. Council, N.R., Nutrient requirements of dogs and cats. 2006: National Academies Press.
9. Kim, H.-t., et al., Evaluation of selected ultra-trace minerals in commercially available dry dog foods. *Veterinary Medicine: Research and Reports*, 2018: p. 43-51.
10. Forrest, R., et al., The diets of companion cats in Aotearoa New Zealand: Identification of obesity risk factors. *Animals*, 2021. 11(10): p. 2881.
11. Oberbauer, A., et al., Ten inherited disorders in purebred dogs by functional breed groupings. *Canine genetics and epidemiology*, 2015. 2(1): p. 1-12.
12. Pedrinelli, V., et al., Predictive equations of maintenance energy requirement for healthy and chronically ill adult dogs. *Journal of Animal Physiology and Animal*

Nutrition, 2021. 105: p. 63-69.

13. German, A.J., et al., Obesity, its associated disorders and the role of inflammatory adipokines in companion animals. *The Veterinary Journal*, 2010. 185(1): p. 4-9.
14. Bellows, J., et al., 2019 AAHA dental care guidelines for dogs and cats. *Journal of the American Animal Hospital Association*, 2019. 55(2): p. 49-69.
15. Marchegiani, A., et al., Impact of nutritional supplementation on canine dermatological disorders. *Veterinary Sciences*, 2020. 7(2): p. 38.
16. Jensen, A.P. and C.R. Bjørnvad, Clinical effect of probiotics in prevention or treatment of gastrointestinal disease in dogs: A systematic review. *Journal of veterinary internal medicine*, 2019. 33(5): p. 1849-1864.
17. Zhang, Z., et al., Curcumin slows osteoarthritis progression and relieves osteoarthritis-associated pain symptoms in a post-traumatic osteoarthritis mouse model. *Arthritis research & therapy*, 2016. 18(1): p. 1-12.
18. Remillard, R.L., Homemade diets: attributes, pitfalls, and a call for action. *Topics in companion animal medicine*, 2008. 23(3): p. 137-142.
19. Wakefield, L.A., F.S. Shofer, and K.E. Michel, Evaluation of cats fed vegetarian diets and attitudes of their caregivers. *Journal of the American Veterinary Medical Association*, 2006. 229(1): p. 70-73.
20. İnal, F., et al., P24-Köpekler İçin Doğal ve Dengeli Yemek Tariflerinin Test Edilmesi. 2022.
21. Dodds, W.J. and D. Laverdure, *Canine nutrigenomics: the new science of feeding your dog for optimum health*. 2014: Dogwise Publishing.
22. Kinnison, T. and R. Lumbis, Developing an interprofessional nutrition programme: Communication, in *An Interprofessional Approach to Veterinary Nutrition*. 2023, CABI GB. p. 71-94.
23. Wilson, S.A., et al., Evaluation of the nutritional adequacy of recipes for home-prepared maintenance diets for cats. *Journal of the American Veterinary Medical Association*, 2019. 254(10): p. 1172-1179.
24. Preet, G.S., et al., Dog obesity: Epidemiology, risk factors, diagnosis and management: A review paper. *J. Pharm. Innov*, 2021. 10: p. 698-705.
25. Gagne, J.W. and J.J. Wakshlag, Pathophysiology and clinical approach to malnutrition in dogs and cats. *Nutritional management of hospitalized small animals*, 2015: p. 117-127.

26. Deldalle, S. and F. Gaunet, Effects of 2 training methods on stress-related behaviors of the dog (*Canis familiaris*) and on the dog–owner relationship. *Journal of Veterinary Behavior*, 2014. 9(2): p. 58-65.
27. Laflamme, D., Nutritional care for aging cats and dogs. *Veterinary Clinics: Small Animal Practice*, 2012. 42(4): p. 769-791.