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**HOMEMADE DIETS**  
**Building a sound diet from staples and supplements ©**  
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**“Putting It All Together**

A basic recipe for a homemade diet is shown in Table 2.

It provides about 800 calories, with 17 percent of calories from protein, 31 percent from fat and 53 percent from carbohydrates. This recipe is suited for house pets and other healthy, sedentary dogs.

For dogs that are working, stressed or used for breeding, the amount of meat is

increased to 2/3 cup, and rice is decreased to 1/3 cup (before cooking). The recipe still provides 800 calories, but now protein provides 31 percent of calories, fat 41 percent and carbohydrates 28 percent.....

**Cooking:** Place rice, salt, oil, and bone meal in 1 1/2 cups boiling water. Cover and simmer 10 minutes. Add meat and liver. Cover and continue to simmer another 10 minutes. Cool.

**Storage:** Diet can be refrigerated for a few days or frozen.

**Feeding:** This recipe provides about 800 calories, enough for a 22-pound dog for one day. Meat can be exchanged for two eggs or 2/3 cup cottage cheese (2 percent fat). If the recipe is increased or decreased, all proportions must be maintained as above.

For dogs that are working, stressed, breeding or growing, increase meat to 2/3 cup and decrease rice to 1/3 cup.”

<b>Food</b>	<b>Amount</b>	<b>Weight (grams)</b>
<b>Rice, raw long-grain, white</b>	<b>2/3 cup</b>	<b>140</b>
<b>Meat, lean</b>	<b>1/3 cup</b>	<b>70</b>
<b>Liver</b>	<b>1/8 cup</b>	<b>30</b>
<b>Bone meal (available in health food stores)</b>	<b>3 teaspoons</b>	<b>11</b>
<b>Corn oil</b>	<b>1 teaspoon</b>	<b>5</b>
<b>Iodized salt</b>	<b>1/2 teaspoon</b>	<b>2</b>
<b>Chopped, cooked vegetables (optional)</b>	<b>1/4 cup</b>	<b>31</b>