



YOUR
START HERE
GUIDE

SACHA PACKER



Welcome

facebook.com/thebalancedcaninesydney

When you start learning about anything new, it can be overwhelming, you can question yourself and others, and this is all very understandable.

We recommend that when you're learning something new to just get your information from the one place, and then when you feel you have a good handle on it, start expanding your sources.

There are so many opinions on nutrition, and even Vets will disagree with one another on this topic - it can be as emotionally charged as discussing politics.

Vets often do not support home-made diets because people commonly do them so poorly - we're here to make your Vet proud of you :)

What your vet is worried about



- That you will feed an unbalanced diet to your dog
- That the bacteria in raw food can make your dog sick
- That the bones you give will cause dental injury
- That the bones you give will get stuck in their mouth
- That the bones you give will cause an obstruction
- That you and your family members could get sick
- Your puppy will get growth issues.

We will address each one of these points and help you understand how to feed your dog more safely so your Vet doesn't have to worry about you and your dog so much.

Fresh food feeding isn't raw feeding

People often think that feeding a healthier diet to a dog is all about raw feeding, and this just isn't the case.

Fresh food feeding also includes cooked foods - in the perfect world, that would be lightly cooked vs over cooked/cooked at temperatures that damage nutrients.

Not all dogs do well on raw, and this can be due to many reasons but quite simply, if your dog does better on a cooked diet, then feed that. If you wish to transition them to a raw diet in the future, then you can use a hybrid feeding method that helps you facilitate that at a pace that works for the dog.

On your journey, you will come across a lot of people who have a lot of opinions, you'll likely come across very black and white thinkers and extremists - it's not worth getting into a debate with these people.

You don't have to learn if you don't want to

If you're not interested in learning and you just want answers, that's cool, we're going to put all the answers at the front of this guide so it's up to you if you want to continue your learning after this section.

Commercial vs DIY

- There is no trophy for doing DIY.
- Commercial options are not "less than" and they're not cheating.
- Commercial options come in a range of quality & price ranges.
- I personally use commercial options a lot.
- DIY is often the most affordable way to feed large+ dogs when buying in bulk.

What we're going to give you straight away:

- Access to a web app that you can use to formulate your own homemade recipes.
- Information about cooked commercial options.
- Information about raw options.
- Information about supplements and mixes that can help balance your homemade recipes.
- Recipes that are complete & balanced that your Vet can get behind.
- Information about raising puppies, including large-giant breed puppies on a fresh food diet.
- Information about bones that are good for edible calcium and bones that are good for dental health.
- Access to complete & balanced recipes you can use straight away.

The B.A.R.F Ratio's

Paleo, Carnivore, Vegetarian - there's many different ways for humans to consume nutrients and there are just as many different ways to feed a dog.

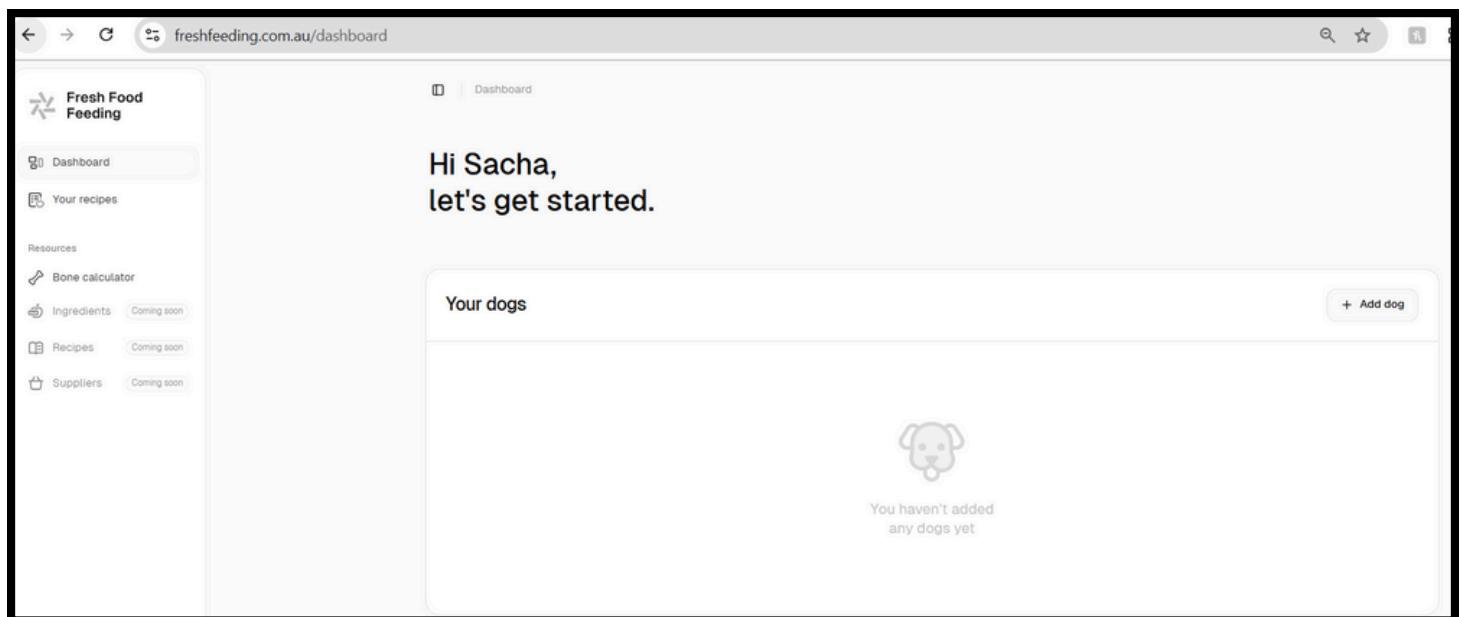
In this guide, we're going to be using the B.A.R.F ratios with 25% plant matter for gut health support. B.A.R.F stands for Biologically Appropriate RAW Food - yes, we know that BARF also means to vomit in some countries!



The Web App

We have a simple & straightforward (free to use) web app that will help you put together a recipe based on the B.A.R.F ratios.

<https://www.freshfeeding.com.au/>



This is not a scientific app based on the complete & balanced guidelines that dry food (kibble) companies should adhere to.

This app is based on consuming a variety of nutrients on rotation to achieve balance over time - the way non-domesticated animals eat, as well as healthy humans.

Many people get obsessed and hung up on "complete & balanced" - before you fall into that trap, we'd like you to understand what 'balance' actually means - [click here](#)

Commercial Cooked Diets

Some dogs do not do well on raw, and some pet parents do not feel comfortable feeding it, and that is fine. The great news is that there is a range of different cooked diets on the market that you can trial, which are complete and balanced.

We invite you to read our review of the most common cooked diets in Australia [here](#)

Could A Cooked Diet Be A Game Changer For Your Dog?

Updated: a few seconds ago

The fresh food movement is in full swing just like it is in human nutrition. We know that ultra processed diets are not health foods but until we and our dogs have experienced a healthy whole foods diet over a longer period of time, we often don't see the immense differences they have to offer.

What is an ultra processed diet?



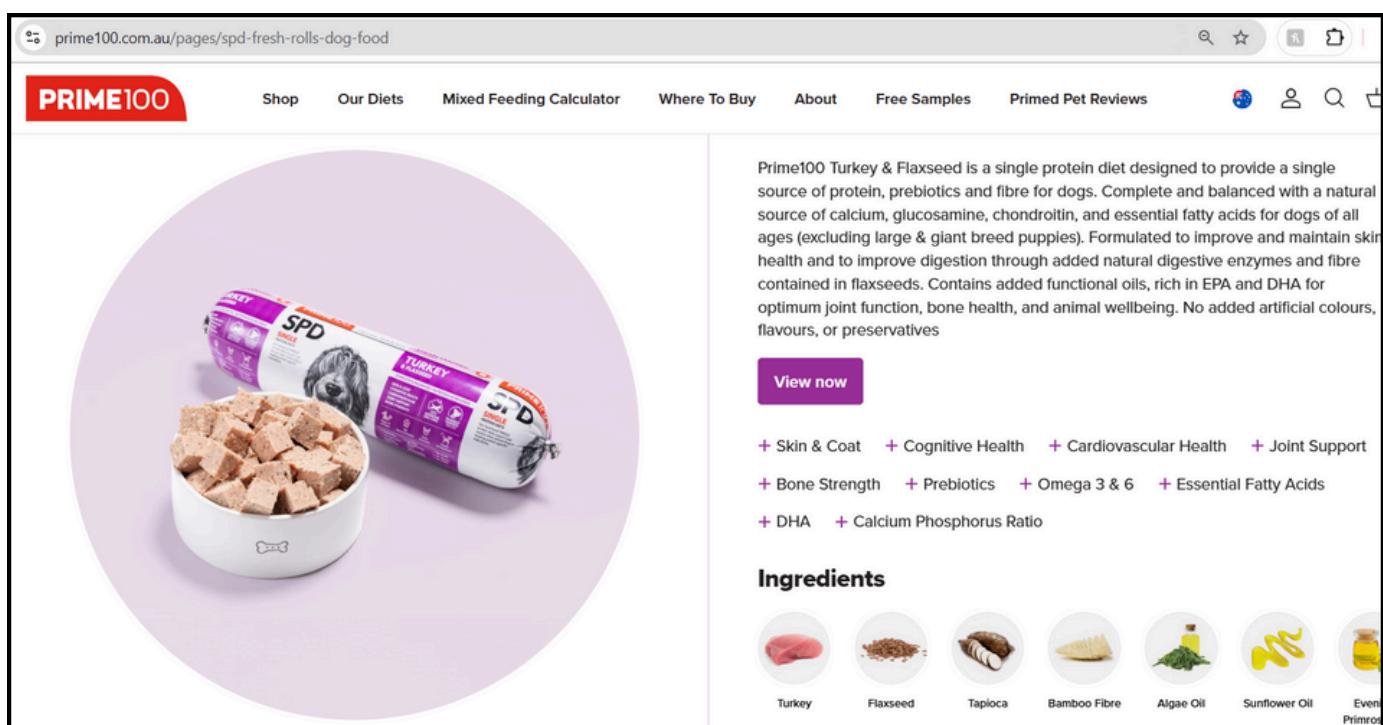
Cooked Rolls

There are cooked rolls and then there are cooked rolls...

The rolls you will find in supermarkets are generally very different from what you will find in pet stores.

Prime100 cooked rolls are an excellent starting point for dogs transitioning from a dry food (kibble) diet to a fresh food diet, especially dogs with sensitive digestive systems.

Some dogs with severely dysfunctional digestive systems may even live on these rolls. Many fresh food feeders use Prime100 rolls as training treats.



The screenshot shows the Prime100 website with the URL prime100.com.au/pages/spd-fresh-rolls-dog-food. The page features a large image of a Prime100 SPD Fresh Rolls product and a bowl of the roll pieces. To the right, there is a detailed description of the product, a 'View now' button, a list of benefits, and an 'Ingredients' section with icons for various ingredients.

PRIME100

Shop Our Diets Mixed Feeding Calculator Where To Buy About Free Samples Primed Pet Reviews

prime100.com.au/pages/spd-fresh-rolls-dog-food

Prime100 Turkey & Flaxseed is a single protein diet designed to provide a single source of protein, prebiotics and fibre for dogs. Complete and balanced with a natural source of calcium, glucosamine, chondroitin, and essential fatty acids for dogs of all ages (excluding large & giant breed puppies). Formulated to improve and maintain skin health and to improve digestion through added natural digestive enzymes and fibre contained in flaxseeds. Contains added functional oils, rich in EPA and DHA for optimum joint function, bone health, and animal wellbeing. No added artificial colours, flavours, or preservatives

[View now](#)

+ Skin & Coat + Cognitive Health + Cardiovascular Health + Joint Support
+ Bone Strength + Prebiotics + Omega 3 & 6 + Essential Fatty Acids
+ DHA + Calcium Phosphorus Ratio

Ingredients

Turkey Flaxseed Tapioca Bamboo Fibre Algae Oil Sunflower Oil Even Primros

Commercial Raw Diets

For pet parents who would like to feed a raw diet but do not want to make it themselves, there are a huge number of options in Australia, from pet shop options to mum & dad small brands.

Raw commercial options range from complete and balanced recipes to B.A.R.F ratio diets.

We invite you to read our info page on Australian commercial raw diets [here](#).

Start Today With Pre-packaged Raw

Pre-packaged raw is a great way to dip your toe into the fresh food feeding world. It is going to be more expensive than D.I.Y but it is convenient and doesn't require much research - simply buy and feed.



When feeding commercial pre-packaged raw formulas, we recommend you rotate through brands and flavours where possible so you do not overly restrict your dog's nutritional intake.

Diets For Puppies

If you are fresh food feeding a puppy, your Vet will often show concern, especially if they are a large or giant breed, because imbalanced diets can lead to growth disorders such as rickets.

Whilst you're learning about how to DIY, you may like to purchase commercial complete and balanced products especially made for puppies or all life stages.

We invite you to read our info page on this topic, which includes product recommendations, [click here](#).

Fresh/Whole Food Feeding Puppies

New pet parents want to do the best they can for their new dogs and in doing so they can get scared of feeding a fresh/whole food diet because the kibble industry has successfully conditioned them that the only thing they should feed is their product aka kibble.



Whilst kibble (dry food) is an extremely convenient product it might not meet your visions of feeding a healthy species-appropriate diet to your dog. Being a highly processed diet that is balanced with synthetic nutrients it isn't often the goal of many informed pet parents.

Supplements to support a fresh food diet

When you're making your own fresh food diet at home, adding a balancing supplement can help fill perceived nutrient gaps that may worry you or your Vet. Adding them isn't going to harm your dog; it's simply an added expense.

There are 2 different types of balancing supplements:

- **Wholefood-derived** - these are more expensive, but for those with flexible budgets, they allow pet parents to keep to their goal of feeding whole foods vs synthetic nutrients.
- **Synthetic-based** - these are more affordable but don't always sit well with pet parents trying to use a whole foods approach. The reality is, though, the majority of your dogs nutrients will be coming from the whole foods, and the small amount of powder you'll be using is just providing a safety net for those not ready to trust the balance over time approach.

Learn more [here](#), including Australian brand recommendations

Balanced Recipes you can make at home

For pet parents who would like to make complete and balanced recipes at home, we have a number of free recipes you can access right now [here](#).

- Puppies
- Giant Breed Puppies
- Older Dogs
- Weight Loss
- Low Histamine
- Low Purine

We also have over 60 recipes at our subscription platform, which is \$5 per month, which also has a number of free to access recipes - [click here](#).

Feeding Bones For Calcium & Dental Health

Bones are a very important part of your dog's fresh food diet, as this is where the densest amount of calcium comes from.

Yogurt and other dairy options are not even close to filling this requirement. If you're not giving bones in a homemade diet, you need to be using a balancing supplement or a calcium supplement.

Softer edible bones are where your dog's calcium will generally come from, and these are things like poultry bones, brisket and the like.

Denser bones, such as the spines and necks of large animals, are more suitable for cleaning your dog's teeth.

Weight-bearing bones of large animals are generally not recommended, as they can lead to dental damage.

Learn more about different types of bones [here](#)

Learn more about bones for brachy breeds [here](#)

Learn more about bones for small dogs [here](#)

Recipes you can make today

On the following page, we're going to provide you with some recipes you can start making today.

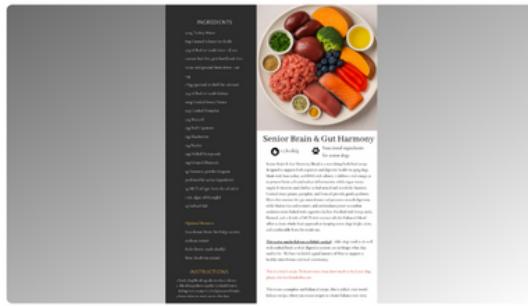
They are complete and balanced recipes, which means every single ingredient contributes towards the balance - so, if you change something, you change the balance. Is this a big deal? To some people, but if you rotate recipes, we don't see it as a big deal.

We recommend you never feed the same recipe (or same commercial food) every day as that restricts your dog's nutritional intake - rotate, rotate, rotate so your dog gets to access nutrients in differing amounts.

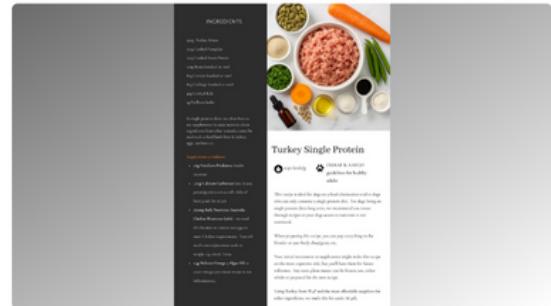
Fresh food feeding is based on the principles of eating a variety of ingredients on rotation to avoid underdoing or overdoing any one nutrient - balance over time is the logical approach.

Patreon Free to Use Recipes

Click on a recipe that interests you



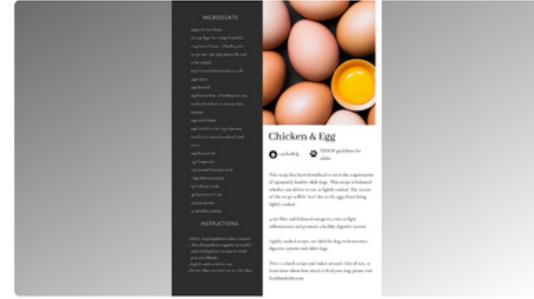
Senior Gut & Brain Harmony Recipe



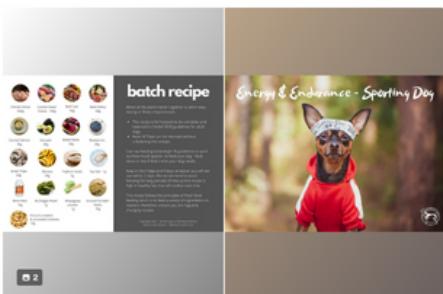
Single Protein Turkey, Pumpkin & Sweet Potato



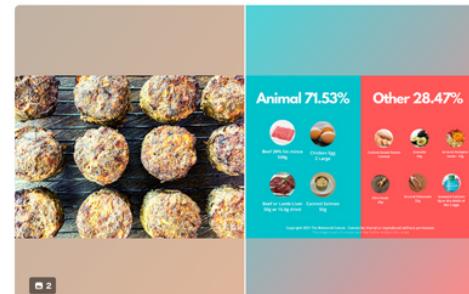
Budget Recipe



Chicken & Egg - Raw or Lightly Cooked



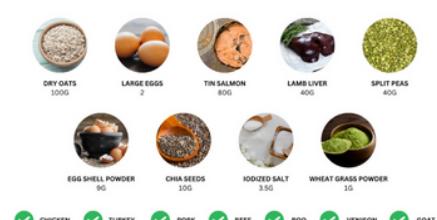
Energy & Endurance



High Calorie Cooked Beef & Sweet Potato



7 Ingredients on a Budget (public recipe)



Make your own base mix at home (public recipe)

The things your Vet worries about

That you will feed an unbalanced diet to your dog

Solutions:

1. Use our website resources [here](#)
2. Use our web app [here](#)
3. Use a free recipe from our collection [here](#)
4. Use one of the 60+ recipes we have on Patreon [here](#)
5. Learn about commercial complete & balanced products [here](#)
6. Learn about commercial cooked, complete & balanced products [here](#)

That the bacteria in raw food can make your dog sick

Solutions:

1. Learn about your dog's digestive system [here](#)
2. Learn about safe food handling [here](#)

That the bones you give will cause dental injury

That the bones you give will get stuck in their mouth

That the ones you give will cause an obstruction

That you and your family members could get sick

Your puppy will get growth issues.

The things your Vet worries about

That the bones you give will cause dental injury

We have previously supplied you with information on bones and suitability. It's important to understand which bones can put your dog at risk of dental injury.

That the bones you give will get stuck in their mouth

Bone suitability for the win. Cooked beef bones and raw chop bones are often the issue.

That the bones you give will cause an obstruction

To avoid this, it is about bone suitability again. Beef brisket is one of the most common GI obstructions. Also, avoid meals with a large amount of bone, such as marrow bones, as these can block your dog up.

That you and your family members could get sick

Refer to our previous information on the digestive system & food handling safety.

Your puppy will have growth issues

Feeding your puppy a balanced fresh food diet is no different from a kibble. Your Vet is worried about non-balanced meals.

The most common topics

We have included a whole menu of the most common topics that come up in our fresh food feeding group at our resource website, which you can scroll through in alphabetical order here.

Please feel free to post any questions you have in our fresh food group.

Dogs with medical challenges

If you have a dog that needs clinical nutrition which is a nutritional plan with a medical condition in mind, we recommend you have a distant consult with one of the following (prices will vary):

Dr Nicole Rous - Mont Albert Vet Surgery

Bentons Road Vet Clinic

Veterinary Nutrition Group (VNG)

Dr Ian Billinghurst - the Godfather of Raw feeding

Support our small Australian business

My Doggie Boosters offers a range of meal boosters to enrich and support your dog's health such as:

Dental health, Joint Health, Emotional Health & Gut Health.



All Products

- Gut Support
- Dental Health
- Free
- Occasional Boosters
- Recipes
- Emotional Health
- Skin & Coat Support
- Joint Care & Mobility
- Raw Feeders
- Puppies
- Coat Condition
- Weight Management
- Sporting Dogs
- Older Dogs
- Package Deals
- Bulk Pack Deals

All Products

		Most popular ▾
	Dental Health My Doggie Weed - 200g "Ideal size for Large & Multi-dog homes" \$36.50	
	Probiotic My Doggie Gut Dust - 200g \$59.50	
	Emotional Health My Doggie Chill Out Dude - 100g (Different recipe from 12.24) \$25.50	
	Package Deal - Weed + Gut Dust (200g per piece)	<small>Sale</small>
	MSM + Vit C My Doggie Support - 200g	
	Yum + Joint & Tummy My Doggie Bone Broth Concentrate - 100g	