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Home-Prepared Dog & Cat Diets: The Healthful Alternative



Synopsis

With an eye to the long-term health of pets, Dr Donald Strombeck outlines diets that the care giver can prepare at home or in the clinic. He offers nutritional and dietary guidance for animals with particular problems, from obesity, allergies, and gastrointestinal complaints to diseases of the kidney, pancreas, heart and joints. Each recipe includes nutrient content for proteins, fats and calories and all rely on unprocessed foods that are widely available and marketed for human consumption. Full of useful information about nutritional and dietary needs of cats and dogs, this book will be an indispensable guide for all those who are particular about what they feed their pets or their feline and canine patients.

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Customer Reviews

A pet's diet determines its health and life expectancy more than any other care. Home-Prepared Dog and Cat Diets is a first-of-its-kind nutrition and dietetics book. It offers owners and breeders a wholesome alternative to commercial pet food and provides veterinarians with a unique reference for counseling clients. Written in clear, easy-to-understand language, this comprehensive reference includes the following: Over 200 computer-balanced recipes to provide complete nutrition for healthy or diseased animals Nutrient content data for each recipe, including proteins, fats, and calories Nutritional guidance and descriptions of special diets Recipe categories for management of obesity and diseases that affect the gastrointestinal system, skin, kidneys, heart, liver and pancreas Invaluable food quality and safety information

Donald R. Strombeck, DVM, PhD, is Professor Emeritus, University of California, Davis, School of Veterinary Medicine, as well as an honorary member of the College of Veterinary Internal Medicine. He is widely published and has received numerous awards, including the Ralston Purina Award for research excellence in small animal diseases for his work in gastroenterology. Dr. Strombeck practiced small animal medicine for over 40 years.

Purchased this book for my son who has a rescue dog named Puff. Puff is highly allergic to many food based products and is on medication and a limited diet. This book was recommended by their Vet to help with dietary needs. It appears to be out of print so was costly but well worth the \$\$\$ for the help it provides. A side note...with the alarming reports of tainted foods and treats coming from outside the US, this book has proven valuable in safe guarding (by making your pets food with safe ingredients at home using these recipes) against possible illness and poisoning. A valuable resource guide!

This is my current "go-to" book for starting points for diets for our special-needs dogs and cat. The content is well-supported and has enough technical guidance to allow one to make their own adjustments and substitutions for their own situations or preferences. Even at the reasonably obscene price this is demanding on the used market, it is an essential for someone contemplating formulating their own home-cooked meals. This isn't a trendy BARF book (that often seem to neglect nutrient balance in their supplementation), nor AAFCO propaganda that is given away to vets and pushed on the public to support the position that commercial diets (and especially the "prescription" ones) are the best for all dogs. There is plenty in here for cats -- including an awareness that cats require certain nutrients that aren't always present, such as taurine and that most vegetable sources of omega acids can't be utilized by cats. "recipes for cat food -- very repetitive and all using clams" -- Clams supply taurine; a good thing that they are in there! (One source suggests "substituting 1 capsule of taurine (250 mg) for the canned clams") For the record, I'm not against all commercial food (we fed Natura Pet products until P&G bought them out, now feed Orijen by Champion). A few recommendations from my experience: * Don't put cooked rice in a food processor, you'll end up with something pretty sticky * Long-grain rice is less sticky than short-grain. Basmati is working well for us * For some dogs, the bulk associated with the food might limit how many calories you can get into them; I'm considering increasing the protein/fat content in those cases (at ~30%, the bioavailable protein is already much higher than most commercial foods) I

use USDA nutrition data to evaluate changes -- available as a download, on the USDA site, or through sites like nutritiondata. Some of the information is dated (1999), but generally not in a bad way. For example, at the time, there was not sufficient scientific evidence to recommend omega-3 and omega-6 oils as a supplement. There is now (in NRC, 2006, for example). The NRC's latest (2006) report is *Nutrient Requirements of Dogs and Cats* (*Nutrient Requirements of Domestic Animals*), if you really want to go into depth. That's probably overkill for most. The book by Schenk with a similar title, *Home-Prepared Dog and Cat Diets*, looks to be based on this volume, but as pointed out by one of the reviewers, has very dangerous errors in it. Look at Page 8 using "Look Inside" by searching for "baking soda" -- which is not a calcium source. Avoid like the plague the pet-food-industry sponsored *Small Animal Clinical Nutrition* and *Canine and Feline Nutrition: A Resource for Companion Animal Professionals*.

I have long resisted the idea of home made diets, just because I worried about being able to balance the food properly. And I have seen people really mess up their dogs over the long term with homemade food. That said, I was getting very discouraged and frustrated with the commercial foods that are on the market these days. I have dogs that compete in agility, so strong bones, muscle tone, proper weight and ageing gracefully are all major concerns. Meeting these criteria with commercial food has become next to impossible ever since the large corporations started buying up all of the brands. The final straw for me was the addition of so many strange ingredients in the foods now. Whatever happened to plain old Lamb and Rice??? I tried all the premium foods and they just didn't perform. So when one of my dogs got ill I took a chance on this rather expensive book. It is a decision I do not regret. I would gladly pay the price again for the information that is here. There are a lot of canine cookbooks on the market, but most of them seem geared towards having 'fun' cooking for the dog. Most are not very well researched and have all kinds of weird and unbalanced formulations. In other words, okay as a treat but day after day, year after year - most of these books do not offer a viable plan. This book stands alone as a scientific, intelligent way to have a healthier pet. If you are committed to wanting your dog(s) or cat(s) to be as healthy as possible, this is by far the best book out there, really the ONLY book out there that I trust for a long-term feeding program. Dr Strombeck was a professor at UC Davis, he taught nutrition and gastroenterology. He knows what he's talking about and he has given dog and cat kind a generous gift in this book. I'll say it straight up - this is not a trendy 'back to nature hippie, or fluff and hor'devours.' book. It is not for entertainment, so if you are looking for a hobby or easy read you won't like it. If you think your and your dog should live in a cave and eat squirrels you won't like it. If on the other hand you want to understand

optimum nutrition and how to provide it, you can't go wrong with this book. You should read it cover to cover so that you understand all of the why and the how. Follow everything exactly. The ingredients are simple and there are sections and recipes for pets that have kidney or liver problems, allergies, old age, etc. One reader complained that there were not enough recipes for cats, but I disagree - in each section there are recipes for cats and dogs both. Another said that he promoted ethoxyquin, but I did not read it that way. He just explained that in order for food to have a shelf life longer than 3 days, preservatives are used in commercial food. When he said Ethoxyquin was a strong anti-oxidant, he meant just that. It stops things from oxidizing, or breaking down. That does not make it a recommendation. He seems to try not to slander or trash the corporations too bad, but at the same time I think his low opinion of mass produced foods is pretty clear. I don't think he's a fan. I saw a profound difference in my dogs within just a couple of weeks, especially the one that was sick. She has made a complete turnaround and all of the dogs are muscular, shiny and vibrant. The longer they are on this the better they do. I monitor my dogs bloodwork closely at the vet. They always have had good results, but they got even better on these diets. My dogs are thriving. I cannot give a higher recommendation than that.

This was recommended to me by my vet. Good recipes for both dogs and cats. I have used several of the recipes for my dog, and I can tell you to be very careful with how much you feed them, because your dog can put on weight lol. I actually make one recipe for my dog, and make a couple weeks at a time and freeze it in serving size bags and take out what she needs the night before for the next day.

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