

# ***Info shared by Pitbull SA.***

***Manjaro APBT kennel.***

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## ***Appropriate safe protein sources.***

**Lean red muscle and organ meat such as:**

Beef

Lamb

Venison, etc. grass fed, pasture raised preferred

**Poultry such as:**

Chicken

Duck

Emu

Turkey, etc. free range, antibiotic-free, hormone-free

**Fish (wild or wild-caught) in particular fatty fish such as:**

Anchovies

Salmon

Sardines  
Pilchards  
Shad  
Smelt  
Mackerel.

**You can also add other forms of protein such as:**

Dairy - organic

Cottage Cheese

Hard Cheese such as cheddar cheese, mozzarella

Goats milk

Kefir

Yogurt

Seeds - organic

Chia or saba chia seeds - whole or ground

Flax Seeds (brown or golden, use ground flax seed as opposed to whole flax seed)

Hemp seed

Sesame seed

Pumpkin Seeds (best if pulverized or ground)

**Tree Nuts - organic, only, fresh not stale in small amounts.**

Coconut

For information on seeds and nuts that [pose serious danger](#) to a dog's health read [here](#).

**Some dogs are lactose intolerant.**

Some facts to be aware of when about whole food protein.

Dairy products...just like with people, some dogs are lactose intolerant.

None of my dogs have any adverse reaction to cheese or yogurt.

Yogurt is a good source of protein and also a source of acidophilus which helps to prevent the overgrowth of bad bacteria in the digestive track.

Plain yogurt or yogurt with natural fruit sweetened with honey is best. Yogurt sweetened with sugar is alright but your dog does not require sugar.

Yogurt sweetened with artificial sweeteners should be avoided. Xylitol is especially dangerous for dogs and can result in liver damage.

### **Raw eggs... Eggs - free-range, organic**

Raw – or cooked make sure you wash the eggshell before cracking open.

My dog's get raw organic eggs - the entire egg (shell, egg white and egg yolk). Some people advise that dogs should not be given raw eggs due to the chance of salmonella poisoning.

A dog's stomach acids are stronger than a human's and a dog produces more bile than a human does.

While dogs are better at fighting salmonella than humans, dogs still get salmonella poisoning, but they can tolerate higher levels of salmonella than we can.

Wash egg shell's thoroughly prior to use.

Also, it is important to note that eggs contain avidin, an enzyme that decreases the absorption of biotin (a B vitamin). Biotin deficiency can lead to hair and coat problems.

Avoiding biotin deficiency is simple - make sure you always give your dog the egg white, and egg yolk.

**Peanuts and other nuts...** Aflatoxins grow mainly on grains but they also grow on legumes - like peanuts, walnuts and pecans.

Aflatoxins cause liver cancer.

This is one reason why you will hear some people say do not give your dog's nuts.

While there are some nuts that you should never give your dogs (like walnuts and macadamia nuts).

If you want to give your dog peanuts or almonds make sure you use organic, human food-grade fresh nuts, never give your dog stale nuts. I have treated dogs for aflatoxicosis - it is a very serious condition.

### **Too much protein?**

Yes, the ongoing debate about how much protein is too much for a dog's diet.

While I think it is best to provide a variety of foods to dogs, I think we need to fixate less on worrying about too much protein and be more concerned about the quality of the protein. **In particular the protein source in kibble!**

Ingesting and processing high quality protein does not strain and damage a dog's organs the way poor quality protein does.

This is one reason why you need to be mindful of the protein source in the kibble you feed your dog.

If you would like to learn a little more about this subject you can click [here](#).

### **Fruits and vegetables.**

Many people think that giving a dog fruit and/or vegetables will give the dog diarrhea.

In actual fact high quality soluble fiber helps [prevent diarrhea](#) and constipation.

**Soluble fibers** attract water and form a gel, which slows down digestion thereby delaying the emptying of the stomach and makes a dog feel full, which helps control hunger and weight.

Slower stomach emptying can also have a beneficial effect on controlling blood sugar levels and insulin sensitivity, which helps control diabetes.

Apples, oranges, pears, berries, cucumbers, celery, and carrots are examples of fruits and vegetables that provide soluble fibers.

**Insoluble fibers** are gastrointestinal tract (GI Tract) friendly as they have a laxative effect, add bulk to the diet and help prevent constipation.

Insoluble fibers do not dissolve in water, so they pass through the GI tract primarily intact speeding up the passage of food and waste.

Insoluble fibers are mainly found in whole grains and vegetables zucchini, celery, broccoli, cabbage, tomatoes, carrots, cucumbers, green beans, dark leafy vegetables, fruit, and root vegetable skins are examples of fruits and vegetables that provide insoluble fibers.

As noted above, fruit and veggies contain a lot of good soluble and insoluble fibre, but they are also rich in vitamins, minerals, anti-oxidants and are naturally low in fat while being filling.

**Fresh fruit and vegetables also plays an important role in:**

Helping to boost the immune system;

Helping the body eliminate toxins;

Keeping organs, eyes, teeth etc. healthy;

Preventing colon cancer;

Reducing the risk of developing heart and vascular problems, stroke and cancer;

Reducing the risk of inflamed anal glands (which result in 'scudding', burst glands and discharge);

Aiding in [good oral health](#);

### **Over weight dogs.**

If your dog is overweight one of the best ways to help it to lose weight is to add veggies to the dog's diet.

The [herb turmeric](#) can also help as can [coconut oil](#).

While delivering great quality nutrients they also help:

Keep weight under control - thereby reducing risk of:

Diabetes, and:

Stress on joints.

Inflammation of joints is another contributing factor to the onset of cancer.

### **Some benefits that fruits and veggies offer to our dog's health.**

In the wild, dogs eat pre-digested fruits and vegetables when they consume the digestive organs of herbaceous prey, as well they also consume some plants, fruits, vegetables to self-heal and boost their immune systems.

[Grass](#) is one such example.

The fruits and vegetables that I give to my dogs on a daily basis vary a little depending on the season, for instance watermelon in the summer and oranges in the winter.

### **The following provides a partial list of fruits and vegetables that are good for dogs.**

You can use fresh, or frozen fruit.

I do not recommend using canned fruit or vegetable unless you have an emergency.

If you are going to give your dog canned fruit, make sure it is packed in juice not syrup - sugar is not good for dogs.

You can use fresh, or fresh-frozen and/or cooked veggies.

### **Fruit that is safe & beneficial.**

*The following is a partial list...*

Apples (remove the seeds)

Apricots

[Avocado](#) - *in small amounts daily is fine for most dogs.*

*Avocados contain persin - a fungicidal toxin.*

*When a dog is fed large amounts of the fruit vomiting and diarrhea can result from overdose of persin.*

*The pit of the avocado is toxic to dogs and should never be consumed by dogs.*

*My dogs get avocado every day.*

Bananas

Blackberries

Blueberries

Cantaloupe

Canary Melon

Cherries (remove the pit)

Clementines

Cranberries

Coconut (fresh or dry non sweetened, shredded)

Grapefruit

Goji Berries (if your dog is on medications check for drug interactions)

Melons

Kiwi

Mangos (remove the pit)

Nectarines (remove the pit)

Oranges

Papaya

Peaches (remove the pit)

Pears (remove the seeds)

Persimmons

Pineapple

Plums

Pomegranate

Raspberries

Strawberries

Tomatoes  
Watermelon  
Yuzu fruit

Vegetables that are safe & beneficial.

*The following is a partial list...*

Asparagus  
Anise  
Broccoli  
Broccoli Sprouts  
Brussels Sprouts  
Cabbage  
Cauliflower  
Celery  
Clover sprouts  
Chicory  
Cucumber  
Kelp, Chlorella, Marine Phytoplankton, Spirulina  
Leafy greens - beet greens, green or red leaf lettuce, frizzy lettuce, kale, spinach, cilantro, dandelion, parsley  
Tomatoes  
Squash - various types, summer and winter squash.  
Sweet Peppers - green, yellow, orange and red, purple, etc.  
Mushrooms - Chaga, Maitake, Shiitake, Reishi and several others.  
Please note many other types of mushrooms are toxic to dogs, just as they are to people.  
Pumpkin  
Okra  
Zucchini

Roots vegetables that are safe and beneficial.

*The following is a partial list...*

Beets

Carrots  
Fennel (bulb and greens)  
Parsnips  
Potatoes - not the skin and shoots  
Rutabaga  
Turnip  
Sweet Potatoes  
Yams

Starchy high carbohydrate root vegetables are better than giving your dog grains or legumes, however I don't encourage adding starchy carbs to your diet.

Starchy carbohydrates are not part of a dog's ancestral diet, and can lead to / contribute to inflammatory conditions.

### **How to feed the fruits and veggies.**

Preparation to ensure maximum absorption of nutrients.

In order to make sure your dog gets the full benefit of nutrients from fresh fruit and vegetables you need to understand a little about the difference between a dog's and a human's GI Tract...

### **Optimizing the absorption of nutrients.**

Dogs have a shorter intestine than humans, this means that food moves through the dog's GI tract faster than it moves through a human's GI

Tract; To ensure that your dog's digestive system has the opportunity to absorb the maximum amount of nutrients from vegetables and fruit it is important (especially with vegetables which have a tougher cell wall structure) to help the dog's GI tract by breaking down the vegetable's (or fruit's) cell-walls before you feed it to your dog; You can breakdown the cell walls by choosing one of the following method's...

1. Finely chop fruit and vegetables - either by hand or with a food processor;
2. Lightly steam vegetables, or
3. Freeze the vegetables or fruit first, thaw and then give them to your dog;

**Make a smoothie as per the example just below.**

By choosing one of these four methods to breakdown the food's cell-wall you:

Perform the first stage of digestion, so your dog's GI tract has the opportunity to absorb nutrients properly, and;

You greatly reduce the chance of your dog choking on a hard piece of vegetable.



The photo above is a freshly pureed batch of fruits and vegetables for my own dogs. I make a large batch to last about 20 days.

I package and freeze the puree into daily portions.

Most fruit has a softer cell wall than vegetables;  
You don't have to chop berries such as blackberries and raspberries;  
But you should cut most other fruit up in smaller pieces, and:  
Harder fruits like apples and pineapples are best if chopped finely;  
If you are giving your dog frozen fruit:  
You should chop the fruit up to avoid a choking hazard;  
I add fresh finely minced [ginger and ground cinnamon](#), and sometimes  
mint, fresh apples, pears - toss the mixture into the food processor and  
blend the 3 or 4 items together.

Make a smoothie.

Green leafy smoothie

If you want to give your dog fresh leafy greens - such as romaine, kale,  
spinach, beet greens, etc. you can...

Chop the greens either by hand or in a food processor and mix a little  
into your dog's food, or;

You can toss the greens into a blender with some [homemade chicken  
stock](#) and make a smoothie - store in the refrigerator for up to three  
days and just add to your dog's food once a day...

X-Small Dogs and Cats - 1 tbs;

Small Dogs and Cats – 1/8 cup;

Medium size dogs – ¼ cup;

Large dogs – 1/3 to ½ cup.

Fruit smoothie

If you want to give your dog fresh or frozen fruit in a nutrient rich  
smoothie...

Toss the fruit into a blender with some [kefir or yogurt](#) or use  
[homemade chicken stock](#) to make a smoothie - store in the refrigerator  
for up to three days and just add to your dog's food once a day...

X-Small Dogs and Cats - 1 tbs;

Small Dogs and Cats – 1/8 cup;

Medium size dogs – ¼ cup;

Large dogs – 1/3 to ½ cup.

Do's and Don't s:

Don't...

Don't give your dog produce that is going bad - moldy, rotting, slimy, you can make your dog very ill.

Don't mix fresh whole or coarsely cut fruit and veggies with a main protein meal.

You CAN add fruit and vegetables to a main protein meal if you do one or a combination of the following -

Finely chop, mince the fruit or veggies before adding to the meal;

Steam the fruit or veggies before adding to the meal;

Use thawed frozen fruit or veggies.

Do...

Wash the food item to remove dirt, contaminants, and as much pesticide/herbicide as can be removed if the produce is not organic.

As mentioned above do cut/chop/shred fresh vegetables into small pieces - a food processor is great for finely chopping fruits and veggies.

Finely chopped or minced fruit and vegetables:

Can be properly digested.

As explained further above a dog cannot properly digest uncut, whole fruit and vegetables.

Larger pieces of vegetables and hard fruit pose a choking hazard.

An example -

Zoey my 12 lb Pomeranian once got a piece of cauliflower caught in his airway - completely blocked;

Zoey quickly became unconscious and if I had not known how to and did not administer the Heimlich maneuver and mouth to mouth resuscitation he would have died in front of my eyes.

When you introduce new fruits and veggies to your dog's diet it is best to introduce each new food one at a time.

If there is any kind of negative reaction, such as stomach upset or allergies you will be able to pinpoint the culprit.

None of my dogs have any allergies to fruits and veggies.

Herbs.

People have used herbs and spices to add flavor to food and to treat ailments for thousands of years.

So it should not be surprising that there are many herbs and spices that are good for our dog's health.

Herbs and spices can boost the immune system and are rich in vitamins, minerals, antioxidants to name just a few benefits.

If you would like to find out more about herbs and spices you can add to your dog's diet click [here](#).

[Herbs](#) such as Turmeric and/or Curcumin can also help your dog lose weight and maintain a healthy weight.

Grains

Grains are not part of a [dog's natural diet](#), here are some important points to note...

I recommend removing all grains from your dog's diet (including any pre-prepared processed products that contains grains - i.e. [grain-in dry dog food](#) or grain-in treats);

There are some dog's that after being on one or more dry dog foods - acquire an auto-immune response which creates a food sensitivity to many foods that should not normally adversely affect a dog;

In some such cases one of the only food items the dog can still tolerate are grains such as rice.

If you must keep grain in your dog's diet:

Make sure that you only provide your dog with human quality grains.

If the grains are not human grade they can contain [aflatoxins](#).

Aflatoxins cause liver cancer.

Grain that is sold for bird and livestock feed, grain that is used in most commercially manufactured dry and wet dog food is animal feed grade and is not screened for aflatoxins.

Always cook the grains.

Grains absorb liquid, so ingesting uncooked or grains that have not been pre-soaked can lead to swelling and bursting of the stomach...dangerous at the least, lethal at worst.

If you have to use grains in your dog's diet try using quinoa - it's not actually a grain, and it is nutritionally dense.

If you must use grains use organic grains such as ...

Barley

Brown Rice

Bulgur

Millet

Oatmeal - steel cut

Pot Barley

Grains can be completely replaced by (for example) substituting a combination of sweet potato, squash etc. as demonstrated in this recipe for [homemade dog food](#).

Fats.

Omega-3 and Omega-6 fatty acids are very important for the overall health of a dog.

However the intake of Omega-3 and Omega-6 must be balanced correctly.

The ratio should be in the range of 2:1 for Omega-3 to Omega-6. An out-of-balance ratio can disrupt the balance of pro and anti-inflammatory agents in the body and [brain](#) resulting in chronic inflammation and elevation of the risk of health issues such [allergies](#), arthritis and diabetes and can adversely [effect behaviour](#).

To read more about the importance of Omega Fatty Acids, what a balanced intake is and what are good as opposed to poor or dangerous sources of these vital nutrients you can [read this article](#).

Removing commercial dry deeds from the diet.

If you are thinking of completely removing commercially manufactured kibble from your dog's diet you need to know a few things first.

To make sure your dog gets a well-balanced diet (without kibble) you need to include the following food stuffs in the right amounts:

Protein

Carbohydrates (from starchy roots such as sweet potatoes or from grains)

Fruits and veggies...you can also include herbs

Fats

Minerals such as calcium, you may also need to add vitamins such as A, B complex and E and enzymes depending on the type of food you make.