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Eggs & eggshell.

Eggs as protein.
The biological value (BV) of protein in egg is the international standard (94-100% BV) to which all other protein sources are measured.

Whole raw or cooked eggs are an excellent important complete pre packed food source / nutrition for various predators and full of animal protein and fat (with all the valuable nutrients necessary to grow a new chicken) and as such an amazing and important supplement to form part of a healthy, balanced diet for your dog's diet.

Know this! … Much of the nutrition would be lost by cooking - best to feed it raw.

To know! - next to green tripe, raw eggs are another one of nature's most wholesome foods for dogs.

The fatty acids in eggs offer numerous health benefits;
For the improvement in skin and coat health -
To reduce flaky, dry skin -
To increase the shine in your dog's coat.

Other nutritional values;
Vitamin A – Riboflavin – Folate - Vitamin B12 – Iron – Selenium - Fatty Acids.

The protein in eggs.
Protein in egg are very high in quality - higher than that of meat, poultry or fish.

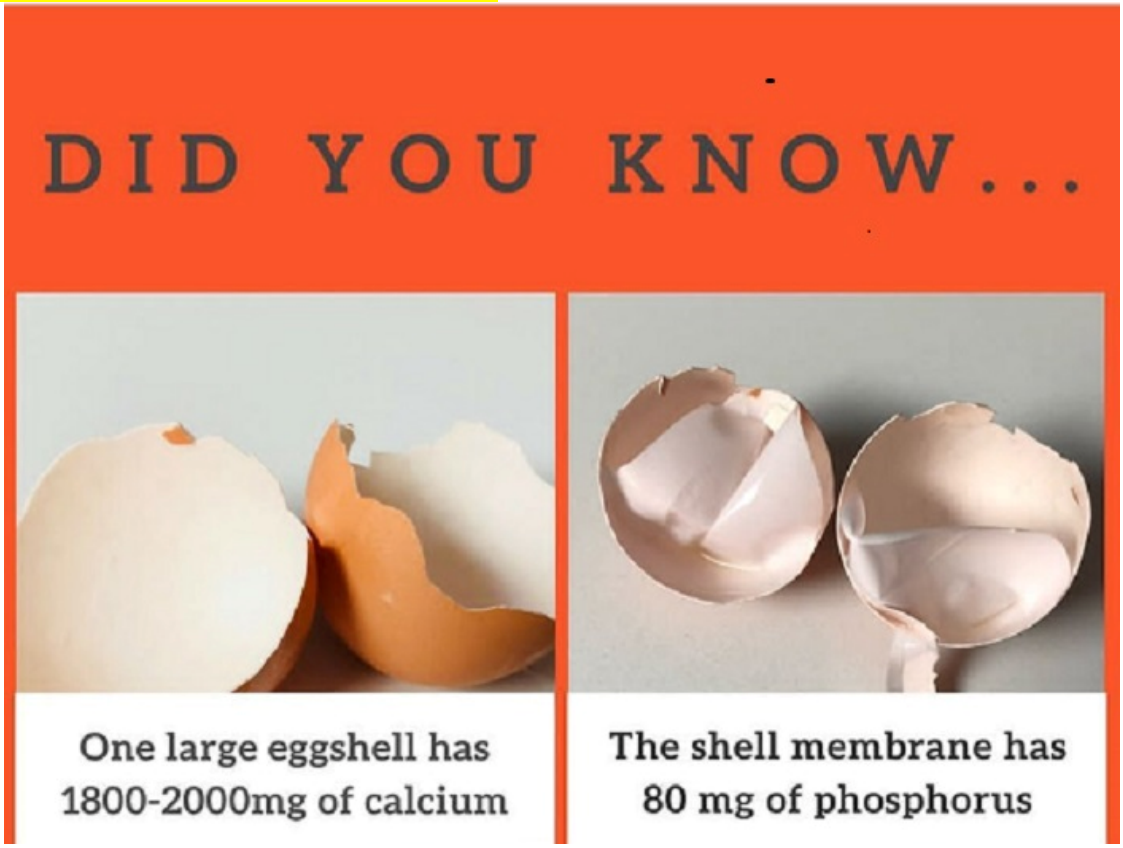
One of the most complete sources of amino acids (the building blocks of protein).

It is also the most easily digested protein source.

The yolk in eggs.
Egg yolks score a perfect 100 for biological value.
Biological value indicates how easily the body can absorb the protein and its amino acids to support bodily functions.
Amino acids are the building blocks of proteins, and your dog's needs their diet to supply them with the 10 amino acids the dog's body can't produce on its own.
Egg yolks contain **all** of these essential amino acids in the proportions your puppy or dog needs.
This makes eggs an excellent and even more highly digestible source of protein than meat or meat by-products.
Egg yolks are particularly good for dogs rehabilitating from an illness.

The fat in eggs.
Eggs are high in fat, so overweight dogs should only get eggs every week or so.

Know this! ...The shell in eggs.



Egg shell **a surprisingly useful resource** may be added to your dog's food as a source of calcium.

Note! - if you are feeding your dog a commercial processed dry dog food **you should not** then be adding eggshell specifically for calcium – you might be over supplementing calcium intake.

Purposely utilizing eggshells for calcium for your dog.
Make sure you wash the egg before cracking open because eggs from commercial hen house egg farms are purposely sprayed with a chemical to make them look shiny - that is if you cannot find eggs from a local organic farmer with free range chickens – you then might first wash the commercial egg farm egg with apple cider vinegar - half / half mixed with peroxide to rid the eggshell of chemicals.

Powdered eggshell as powerful easy available calcium source.
Purposely powdered egg shell as standalone supplement is also an excellent source of calcium for your dog with many more trace minerals.

Just Google the nutritional value of chicken eggs.

Also easy to make your own calcium pills - roll them into a powder or make calcium pill – easy to just add into whatever you feed – if feeding commercial dry – first soak the pellets in lukewarm water … add the eggshell powder stir and feed.

The shells then can also be valuable for dogs that have difficulty eating bones. Simply dry the egg shells out - crush them in a plastic bag and then grind them with roller or coffee grinder or empty round glass bottle until it is powdered and sprinkle the powder product as a calcium supplement on your dog's food.

You may also want to soak the powder eggshells in lemon juice or apple sider vinegar for a few weeks in the fridge to soften the eggshell especially for puppies and young dogs – shaking up the minerals – and there let them have it … calcium citrate.

DIY recipe - Calcium-rich ACV: by adding calcium rich herbs (nettles, dock, etc.) and one clean high quality eggshell to apple cider vinegar. It needs to infuse for at least six weeks, then be decanted.
But the calcium from the shell and the plants goes into the vinegar and can be used over whatever you feed.

Eggshell in DIY Kefir:
By adding powdered eggshell to your kefir grains while it's brewing.
Feeding the egg with shell and all – if your dog get used to it.
If eggs are fed with the shell on, they are a nearly a "complete pre packed complete whole food source" for your dog.

By feeding eggs whole as part of whatever you feed your dog, is the way nature intended and goes a long ways to counteract harmful imbalances.

Eggs are cheap (easy to keep some laying hens on the side) - also easily obtained and an outstanding all-round source of nutrition for your dog.

Egg whites.
Cooked egg whites have **the least phosphorus per gram of protein** and a **more complete protein than meat or fish.**

There is no need to separate out the yolks unless your dog gains too much weight.

Dogs consume protein that then is broken down into amino acids which are reassembled into new proteins by the liver.

About the "Biotin" deficiency argument" – "Some" might also warn that the egg whites contain enzyme inhibitors "Biotin" one of the B vitamins inhibitor.
Biotin is one of the B vitamins and is important for cellular growth, for fatty acid metabolism and good skin and coat.

About the "avidin" argument.
This rule applies! … Too much or too little always raise questions.

This said it is just with common sense then when egg white will be consumed in big quantities (if you have an chicken laying egg business and want to utilize your excess) **it can** interfere with digestion (**but** it would take an extraordinary amount of eggs) it then logically imply that eggs **should not be the mainstay of the dogs diet** (no one only feed eggs as a complete meal – come on!) – see suggested quantities when supplementing eggs to your dog's diet.
About the "Salmonella" argument.

Know this! … Dogs are well equipped and perfectly designed by Mother Nature to handle the bacteria loads in raw foods.

The health of the hen (the egg factory just – just as the health of the cow the milk factory and the health of the domesticated sheep or pig the meat factory) **is also important**, so it is best to choose eggs from organic, free-range chickens.

Just as you would have proper storage for any fresh produce as perishable items the same goes for keeping the eggs cool toward keeping the harmful bacteria at a manageable level.

Wild wolves and wild dog packs in the wild are **undoubtedly** optimistic scavengers and (come on!! be reasonable - the amount of bird eggs they could find – then only when the opportunity presents itself – **has never cause no problem** – and **freshness would not deter them** and **they also do not first divide the egg yolk and white and only eat the yolk and shell – come on!**

Then for those APBT finicky feeders - still concerned.
Cooked the egg – the cooked egg **also offer excellent nutrition** – if it **your** concern … be that raw eggs pose a health risk.

I am talking about the APBT canine predator & performance driven 25 kg + dog that might only get what you the owner offer them … 2 whole eggs twice or 3 times a week as part of a calculated +- 0.350 kg daily meal … then the egg or eggs only make up a minute part (but important part) of what is in the feed pan – **raw or cooked.**

Looking at diet quantity.
The overall consensus with raw feeders is that the health benefits of eggs certainly outweigh the risks arguments – I do not lose any sleep about it - and feeding eggs whole, the way nature intended, goes a long ways to counteract harmful imbalances.

Try feeding your dogs a few eggs a week and if the dog and you'll see better health, inside and out – I rest my case.

For the average adult APBT dog, 2 whole eggs twice or 3 time a week is ample.

With introducing eggs for the first time and you don't see evidence of digestive upset when feeding "whole raw eggs to dogs, then the dog should have no trouble if eggs are a regular part of the diet – **again ...** do realize much of the nutrition would be lost by cooking - best to feed it raw.

Feeding eggs.
Eggs are by no means essential to your dog's canine diet but to give up to 4 - 6 whole raw eggs over a period of a week will add phosphorous, protein and calcium and vapours trace minerals in any raw diet.

The value of the eggshell **however** is more important ... then as a daily supplement.

Feed raw eggs a few times a week along with high-quality pre-packaged foods or raw meat-based diets and add powdered eggshell daily if you can.

How to make powdered eggshell calcium.
Just rinse the empty eggshells in lukewarm water to remove the residue of the egg white - **be careful not to remove the papery thin membrane attached to the inside of the shell** because it contains important nutrients for your dog's joints that help with arthritis.

Lay the partly broken empty egg shells out on paper towels or in a tray and allow them to air dry thoroughly on a counter overnight or in directly in the sun to dry.

Put them it all in a plastic bag and crush them as far as you can by hand and then use a rolling pin or empty round bottle – see photo) to crush and grind them.
A coffee grinder will also work.
Please note that most food processors or blenders will not grind the eggshell finely enough for pups – alternatively rolled to powder with a glass bottle.
Don't use eggshells for pups that haven't been ground to powder, as they may not be absorbed so well.
Store excess accumulated powdered eggshells in a glass jar with a tight fitting lid.
Keep it in a dry place, like a kitchen cabinet.

Powdered eggshells (any eggs) make a great calcium / mineral supplement for dogs.
It is best to choose certified organic eggs from free-range – why?
Naturally fed birds without commercial hormones or antibiotics.
If the bird isn't supplied with proper natural organic nutrition the eggshells (from egg farms) won't contain all the needed nutrients.

Nature has balanced it this way, and if we give eggs without shells it is the same as giving meat without bones, the ratio of nutrients will be disturbed.

Protein 15.86 g - Total Lipids (fat) 26.54 g – Energy 322 kcal.
Vitamin A
Riboflavin
Folate

Vitamin B12
Iron
Selenium
Fatty Acids

Eggshells contain, calcium carbonate and micro-elements, such as, magnesium, boron, copper, iron, manganese, molybdenum, sulphur, silicon and zinc, etc.
In total there are 27 vital elements in eggshells.
The composition of an eggshell is very similar to that of bones and teeth.

Know this! - adding calcium **will** balance the excess phosphorus found in raw meat diets that don't include enough bone.
If you're using ground egg shells as a calcium supplement for any canine dogs diet, you will need to add 1 heaped tsp. of the eggshell powder (this equals about 800 milligrams of absorbable calcium) especially then for boneless meat in your recipe.
The shell of one large egg contains about 2,000 mg of calcium and 80mg of phosphorus.
The fine powdered eggshell will easily be absorbed by the dog's stomach acids.

Minerals - Amounts per 1 g serving.
Calcium 900 mg - 90%.
Magnesium 24.0 mg - 6%.
Phosphorus 8.4 mg - 1%.
Calcium gluconate and calcium carbonate have the most available calcium.

Egg white or egg yolk powder as alternative supplement.
Handy as alternate as supplement for raw eggs - egg white or egg yolk powder.