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Sardines & anchovies for dogs.

By: [Patricia Jordan, DVM](#)



We all know our dogs need omega-3s in their diets, there is many foods and supplements but sardines as an easy way for your dog to get needed Omega 3's.

{See articles on Omega 3's availability on this website}

Many people turn to fish krill and plant oils, but if you want to boost the essential fatty acids, **is that the only option?**

You don't have to use oil fats to do it.

Just use fish: mackerel, herring and sardines for dogs are some easy way to supplement the diet with Omega 3's.

This is a healthy treat that your dog will really enjoy.

It's packed full of those omega-3s your dog needs.

And it's a great way to get greens in too.

Why your dog needs fish in their diet.

Whole fish is a great addition to the diet.

Not only is it high in omega-3 fats, it also contains a lot of important minerals and trace minerals like protein, calcium, selenium and niacin.

Then of course its protein.

But it's really those [omega-3s that pack a punch](#).

The benefits include:

Reduce inflammation.

Help fight heart disease and cancer.

Regulate cell activity and healthy cardiovascular function.

Improve brain function and normal eye health.

In fact, [research shows](#) that Omega-3s can help prevent and reduce the symptoms of arthritis.

But you need to make sure you don't feed fish from the Pacific because of radiation concerns ... and all fish will contain heavy metals and toxins.

Look for small fish that only feed on **phytoplankton** *{see article on phytoplankton as supplement on this website}* - not fish that eat other fish, because they'll contain more toxins.

That's why I like fish like anchovies and sardines for dogs.

[See the ultimate guide on omega 3's on this website]

Looking at this recipe dogs.

Sardines, anchovies, salmon, mackerel, or herring.

Canned sardines for dogs work just as well though if you can't get fresh.

Treats recipe.

1 small tin of sardines in spring water

2 eggs

A handful of whatever greens you want (combine them or just use one – and change them up):

Nettles

Spinach

Kale

Dandelion greens

Spirulina

*If you use a large can of sardines, double the recipe.

Also good to use first lightly steam the greens.

You can also add the water from the steam pot to the recipe.

For the spirulina, I grind it with a pestle and mortar.

You can also use the water from the fish.

If you're concerned about BPA (the alternatives to BPA free are as bad or worse), just leave it out.

You can also add turmeric, Ashwagandha or any [herbs you want to include in your dog's diet.](#)

Powdered herbs are great for this recipe.

Mix the ingredients together.

Use raw or cooked fish instead of oils.

Sardines & Eggs

TO MAKE A BATCH OF THESE TREATS, YOU'LL NEED:



SARDINES IN
SPRING WATER




2 EGGS


A HANDFUL OF WHATEVER
GREENS YOU WANT

- NETTLES
- SPINACH
- KALE
- DANDELION GREENS
- SPIRULINA



*IF YOU USE A LARGE CAN OF
SARDINES, DOUBLE THE RECIPE.

 Lightly steam the greens. For the spirulina, grind it with a pestle and mortar.

 Mix the ingredients together.

Serve raw, freeze, or bake at 350
degrees for a few minutes max!

YOU CAN ALSO ADD TURMERIC,
ASHWAGANDHA OR ANY HERBS YOU WANT TO
INCLUDE IN YOUR DOG'S DIET. POWDERED
HERBS ARE GREAT FOR THIS RECIPE.

How to feed the sardine or any small fish treat from the recipe above.

Raw.

Lightly bake to the consistency of an omelet (350 degrees for a few minutes)

Freeze them.

Bake it, Use a glass dish that you can add grass-fed butter, a bit of ghee or coconut oil to for more healthy fats.

[Related] [Want an easy way to boost the omega-3s in your dog's diet on a daily basis? You need to know more about phytoplankton!](#)

[Patricia Jordan, DVM](#)

[Dr Patricia Jordan](#) DVM is a 1986 graduate of the North Carolina College of Veterinary Medicine.

[Dr Jordan](#) found holistic medicine in 2000 at the AHVMA American Holistic Veterinary Medical Association Conference. She completed a Master's Program in TCVM Traditional Chinese Veterinary Medicine with [Dr Xie](#) of the Chi Institute and [Dr Richard Pitcairn's](#) Professional Course for Veterinarians has opened the way to naturopathic medicine for [Dr Jordan](#).

Visit [Dr Jordan's](#) website or book a consultation with her at [Dr-Jordan.com](#)