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## ***Sardines for dogs.***

***[Patricia Jordan, DVM](#)***



We all know our dogs need omega-3s in their diets, but what's an easy way to get them?

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

Nope, you **don't have to use fish. Krill or other omega 3 oils** to do it.

Just use fish: **pilchards, sardines, anchovies, and mackerel & or herring raw or tinned** is easily available and perfect as supplement or as part of whatever you feed your dog – no fuss.

This is a nutrition pack protein with omega 3's EPH & DHA all in one and healthy treat or part of the diet they will enjoy.

Fish as part of a recipe is 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.

But it's really those **omega-3s (EPH & DHA) that pack a punch.**

### **Other 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 contaminated raw fish or from the Pacific because of radiation concerns ... know that and all fish will contain heavy metals and toxins.

Look for small fish that only feed on phytoplankton, not fish that eat other fish, because they'll contain more toxins.

That's why it is suggest you use fish like anchovies, sardines or pilchards for dogs.

**[RELATED]** Want to know more about omega-3s for your dog? [Here's the ultimate guide.](#)

### **Cooking for dogs with tinned fish as mentioned above for dogs.**

My favorite fish to use are anchovies, sardines or pilchards wild Alaskan red sockeye salmon, mackerel or herring.

If you can get fresh sardines so much the better if not canned sardines for dogs work just as well.

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.

Lightly steam the greens.

You can add the water 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 to your dog's diet.](#)

Note! >> Powdered herbs are great for this recipe.

Mix all the ingredients together.

**How to feed as nutritious tasty treat that will make part of the daily balanced diet.**

There are several ways to feed this tasty treat:

- Raw
- Lightly bake to the consistency of an omelet (350 degrees for a few minutes)
- Freeze them.

Use a glass dish that you can add grass-fed butter, a bit of ghee or coconut oil to for more healthy fats. Baking it is great for ready-made food for traveling. They love it either way.

If you're looking for a way to add fish to your dog's diet, start with sardines (or any small fish). They pack a nutritional punch!

**[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!](#)

# 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.

## [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](http://Dr-Jordan.com)



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The image features a dog on the left, a wooden gavel above it, and a newspaper with the headline "BREAKING NEWS RECALL Hills". To the right are several bags and cans of dog food, including Nutrisca Grain Free, Science Diet Beef & Barley Entree, and Nature's Promise Chicken & Brown.

[\[NEWS\] Dogs Dying Because Of Toxic Levels Of Vitamin D In Food](#)

dogs naturally

# NO FRUIT = NO PROTECTION



The image shows a variety of fruits including a pineapple, banana, apple, orange, blueberries, and raspberries. A dog's head is shown on the right, and a chemical structure diagram of a flavonoid is visible in the bottom right corner.

[Fruits For Dogs: Research Says Feed Them!](#)



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