

55% - 65% Muscle Meat

Red meat such as kangaroo, beef, lamb, duck, goat, horse, emu, venison. **White meat** such as chicken, turkey, quail, pork, crocodile, rabbit. **Fish** such as sardines, salmon, mackerel, herring, mussels, oysters, tuna.

NB: Muscle meat includes tripe, heart & tongue (but don't add more than 10% of these items)

10% - 20% Plant Matter

Vegetables, Herbs such as avocado flesh, beans, beetroot, broccoli, cabbage, capsicum, carrots, cauliflower, celery, cucumber, dandelion greens, fennel, garlic, ginger, kale, kelp, mint, mushrooms, parsley, pumpkin, spinach, sweet potato, zucchini.

Fruit such as apple, banana, blueberries, mulberries, pineapple, rockmelon, strawberries, watermelon.

Seeds & nuts (some should be soaked and/or ground to reduce phytates) such as almonds, chia seeds, flax seeds, hemp seeds, sunflower seeds, pumpkin seeds. **Healthy fats** such as extra virgin olive oil, flaxseed oil, hemp seed oil, tahini, nut & seed butters (no macadamias or xylitol), MCT oil.

10% - 15% Bone

Edible raw meaty bones such as **Chicken** necks, wings, frames, feet. **Duck** necks, frames, feet. **Turkey** necks, wings.

Beef & Lamb necks, brisket bones, ribs. **Goat** ribs.

Recommendations when feeding bones:

No cooked bones, **No** weight bearing bones ie: large leg bones from cows. **No** marrow bones – too fatty & dense.

Choose appropriate size bones. **Supervise** your dog eating bones & remove them if not finished.

10% Offal

Liver, kidney, pancreas, testicles, brain, eyeballs, spleen.

0-5% Other

Eggs, bone broth, kefir, yoghurt, cottage cheese.

The NO list

Onion, grapes, raisins, chocolate, fruit pits, green tomatoes, macadamia nuts, Xylitol, caffeine, yeast or dough, alcohol.

Raw Feeding Ratio Guide



Fresh food feeding relies on rotating through different proteins to ensure nutrient requirements are met. Do not rely on one recipe, one protein source or one supplier as this may lead to deficiencies in essential vitamins and minerals. Visit our website for more information: www.dogsinsync.com.au



These are sample guidelines for healthy, adult dogs. Puppies and dogs with intolerances or medical conditions may have different requirements so it is best to consult with a professional nutritionist.