

Genie Joseph, PhD

WHOLESOME CANINE CUISINE

Homemade Healthy Dog
Food and Treats



Eleven Secrets:
How to Give Your
Best Friend
Thriving Health
and Longevity

BONUS:

·111 EASY·

WHOLESOME
RECIPES

Wholesome Canine Cuisine

Getting Started with Homemade Dog Food & Treats

Presented by Genie Joseph, PhD

Executive Director: The Human-Animal Connection

Certified Canine Food Nutrition Specialist

TheHumanAnimalConnection.org



Disclaimer:

I am not a veterinarian.

Please consult with your veterinarian for any health concerns.

This educational information is designed to begin your journey to explore your dog's unique nutritional needs.



Lulu

How it was in the old days...



“Why would we feed our dogs anything we wouldn’t eat ourselves?”

Dr Broderick DVM – Cornucopia Pet Foods

Good News! It doesn't have to be 100%



“I’ll have what she’s having!”

Can you make a hamburger?

Got some leftover cooked veggies?

Human-grade food is good!

Sharing Breakfast

Scrambled eggs

Sweet potatoes

Spinach

Cooked cranberries

Baked potato shavings



Human-Grade Food

It's time to
Kiss Off, Kibble.TM

In the US 54% of dogs are
overweight or obese.

Nearly one third of cats
are obese.



*The food you eat can be
either the safest and
most powerful form of
medicine or the slowest
form of poison.”*

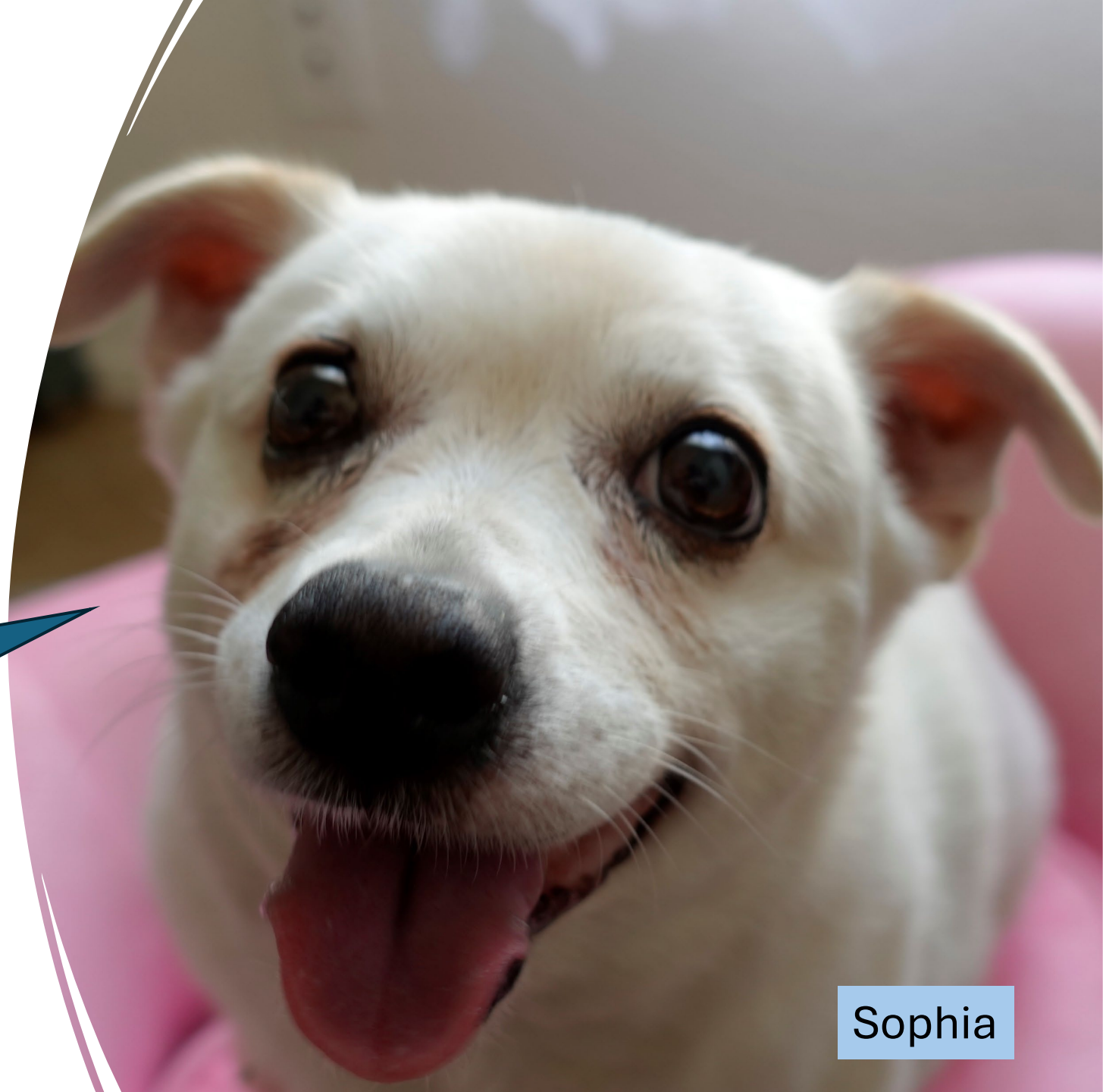
Ann Wigmore

Goodness, Gracious – Human-Grade Dog Food

What Sophia Taught Me...

After two types of cancer...

*"FEED ME
BETTER
FOOD."*



Sophia

Why Homemade Food is better:

No artificial ingredients

No “mystery” meat byproducts

No carcinogens

Control over what you are feeding

“Alive” bio-available nutrients

No dead carbs

No addictive additives

Eliminate food sensitivities



Bailey

Q: Does it have to be 100% Homemade?

Small Changes
lead to
Big Results



Harry

What is AAFCO?
What do they do?
What don't they do?



AAFCO
Association of American Feed Control Officials

Quality Control –

Who's Checking?



Sophia

Does Anybody Understand Those Labels?

GUARANTEED ANALYSIS	
Crude Protein (Min)	21.0%
Crude Fat (Min)	10.0%
Crude Fiber (Max)	4.5%
Moisture (Max)	12.0%
Linoleic Acid (Min)	1.5%
Calcium (Ca) (Min)	1.0%
Phosphorus (P) (Min)	0.8%
Vitamin A (Min)	10,000 IU/kg

INGREDIENTS: Whole grain corn, poultry by-product meal, animal fat preserved with mixed-tocopherols (form of Vitamin E), corn gluten meal, meat and bone meal, brewers rice, soybean meal, barley, whole grain wheat, animal digest, calcium carbonate, salt, calcium phosphate, potassium chloride, L-Lysine monohydrochloride, choline chloride, zinc sulfate, Vitamin E supplement, zinc proteinate, ferrous sulfate, added color (Red 40, Yellow 5, Blue 2, Yellow 6), DL-Methionine, manganese sulfate, manganese proteinate, niacin, Vitamin A supplement, copper sulfate, calcium pantothenate, copper proteinate, garlic oil, pyridoxine hydrochloride, Vitamin B-12 supplement, thiamine mononitrate, Vitamin D-3 supplement, riboflavin supplement, calcium iodate, menadione sodium bisulfite complex (source of Vitamin K activity), folic acid, biotin, sodium selenite. S-4101

1st Ingredient: Corn

2nd Ingredient: Poultry by-product

Bone Meal

Animal digest (?)

Synthetic vitamins (India)

Three Artificial colors

Preservatives

“Animal digest refers to an animal protein that has been "digested" using enzymes and acids, to break apart the components of the meat. It's often made into a liquid or powdered form to spray onto foods, increasing flavor and aroma.”

Unidentified Meat Sources & 4D Meats

The term “4D meats” refers to meat that was sourced from cattle who were dead, dying, diseased, or down. 4D animals are not slaughtered; they are animals found dead, dying, diseased, or down in the field, feedlot, or poultry lot.

“Vague and unidentified meat is likely inconsistent in quality, meaning you could be feeding scraps from a variety of sources. These ingredients might even include 4D animals. This could include expired grocery store meat, zoo animals, roadkill, and even euthanized or diseased animals.”

Keith Zeiler

“One of the problems is how to address the nagging problem of pentobarbital popping up in pet food – the drug that’s used to euthanize companion animals such as cats, dogs, and horses.”

Mollie Morissette author Poisoned Pets

Cat Crack & Animal Obesity

PALATANTS:



Pet Food is a multi-billion-dollar industry which invests heavily in research into "**palatants**" – ingredients that make our pets want to eat their products. Such as potently smelly chemicals often found in rotting meat to additives that are added to potatoes to stop them discoloring. "Big [pet food] companies have huge departments that make palatants," says Darren Logan, head of research at the Waltham Petcare Science Institute, part of the company Mars Petcare. *"Just like we make them for humans, we make them for pets as well."*

Mycotoxins in Dog Food Kibble



Contents lists available at [ScienceDirect](#)

Animal Feed Science and Technology

journal homepage: www.elsevier.com/locate/anifeedsci



Occurrence of mycotoxins in extruded commercial dog food

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ARTICLE INFO

Article history:

Received 9 October 2014

Received in revised form 9 February 2015

Accepted 11 February 2015

ABSTRACT

The aim of this study was to determine the presence and the level of contamination of the most important mycotoxins (deoxynivalenol, fumonisin B₁ and B₂, aflatoxin B₁, B₂, G₁ and G₂, ochratoxin A and zearalenone) in 48 samples of extruded dry dog food found in

Mycotoxins and the pet food industry:
Toxicological evidence

“Mycotoxin contamination in pet food
poses a serious health threat to pets.”

Int. Journal of Food Microbiology

Source: Dogs Naturally University

Pet food makers produce nearly 10 million tons of food annually

- 90 percent of the brands contained "meat meal" which is basically the scraps from animals that humans don't consume.
- Half of the brands added barley to the dog food which can be challenging for dogs to digest, causing them to absorb less of the food's nutrients.
- 80 percent contained salt which is fine in small amounts, but large amounts can negatively impact dogs' kidneys.



Chinese pet food plant

Kibble must
be heated to
over 400
degrees

To destroy pathogens

But it also destroys nutrients

Synthetic vitamins are unregulated



Pet feed plants are largely unregulated and often unsanitary

Glycotoxins **in Dog Food:** **How Commercial** **Food Processing** **Makes Dogs Sick**



Glycotoxins, also called Advanced Glycation End-products (AGEs), are compounds that occur when a fat or protein becomes “glycated” in a chemical reaction with sugar.

Health Concerns:

Obesity, Diabetes, food allergies, poor gut health, heart disease, hardening arteries, kidney failure, Alzheimer’s, Parkinson’s, cancer and degenerative diseases.

Source: [dogs naturally](https://www.dogs-naturally.com)

If you can
do just
one
thing...



Reduce or eliminate kibble

**BAKE –
BATCH –
FREEZE!**



Homemade Kibble! Ready? It's easy



You can make a big batch and freeze or store a week's worth in your refrigerator.

Hungry Harry's Favorite Kibble

Ingredients:

1. 4 cups whole wheat flour
2. 1 cup cornmeal
3. ½ powdered milk
4. 1-2 cups water
5. ¼ cup olive or healthy oil
6. 1 large egg
7. 1 pound ground meat (chicken, beef, or turkey – or mix)

Optional:

Cooked sweet potatoes, or plain canned pumpkin or finely grated carrots

Instructions:

1. Preheat oven to 350 (f) or 175 (c)
2. Mix the dry ingredients in a large bowl (flour, cornmeal, powdered milk)
3. In a separate bowl, combine the water, oil and egg. Stir in the ground meat. Mix well.
4. Combine all ingredients and mix well. You may need to add more water or broth to get a well-mixed cookie dough consistency.
5. Smooth onto a baking pan lined with parchment, make it even for consistent cooking. You can also use cookie cutters if you prefer.
6. Bake for about 30 minutes. Remove and cool.
7. Slice into brownie sized squares (I use a pizza cutter). Crumble and add to meal.

Cancer: one of the top killers in dogs today

“When I was in veterinary school in 1970, one in ten dogs would get cancer. But they were always of advanced age. Today, one in two dogs will get cancer, and at any age.”



Dr. Marty Goldstein



PFAS in Pet Food Packaging

Nestle Purina class action alleges pet food packaging contains PFAS.

- PFAS are synthetic chemicals that have been linked to a number of health issues, including cancer, liver damage and immunotoxicity effects.
- PFAS are commonly referred to as “forever chemicals” because they do not break down over time and can build up in the environment and bodies exposed to PFAS, the Purina lawsuit notes.
- Even low levels of PFAS exposure can pose health risks, the Nestle Purina class action lawsuit says.
- [Source: Anne Bucher](#) | November 28, 2023

Pet Food Recalls

Pedigree voluntarily recall for **loose pieces of metal inside bag.**



Mars Petcare US Voluntarily Recalls 315

Pet Food Recalls – 68 Million pounds

- Over the past 3 years (October 1, 2020 – September 29, 2023), more than **68 million pounds of pet food have been recalled.**
- In previous years, pathogenic bacteria has been the leading cause of recalls with **pentobarbital contamination** being the second cause.
- Top Four Reasons for Recall:
 - 1) **Aflatoxin Contamination** (#1 reason – 60 million pounds recalled)
 - 2) **Pathogenic bacteria contamination**
 - 3) **Excess or insufficient vitamins**
 - 4) **Mislabeled pet foods**

Source: Susan Thixton September 29, 2023

The Basics of Canine Nutrition

Proteins

Healthy Fats

Healthy Carbs

Vitamins

Minerals

Prebiotics & Probiotics

(prebiotics are more powerful)



Canines Teach Compassion

Question:

“If I am making homemade food for my dog, do I need supplements?”

Answer:

YES

NO

MAYBE

WHY?

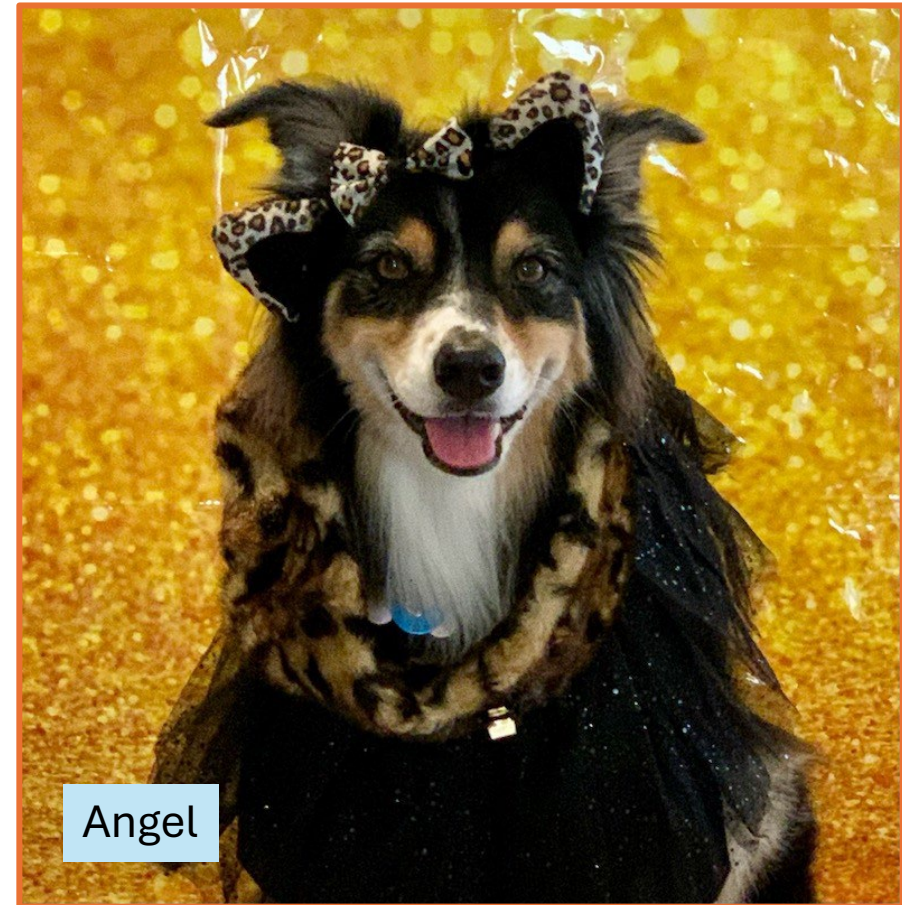


Aurora

What Vitamins Does My Dog Need?

Dogs need a combination of Vitamins: A, B's, C, D, E & K

- Vitamin C
 - Sources: Organ meats, berries, oranges, melons, broccoli, spinach, parsley.
 - Benefits: It acts as an antioxidant.
- Vitamin D
 - Sources: Fatty fish, fish oil, egg yolks, beef, liver, sardines.
 - Benefits: Balances minerals and promotes healthy bone growth.
- Vitamin E
 - Sources: Wheat germ, whole grain, salmon, and trout. Wheat germ oil is one of the richest sources of vitamin E. Crushed sunflower seeds are high in vitamin E content. Almonds (crushed) are a great source of vitamin E. Sunflower oil, Avocados, Kiwifruit, Broccoli.
 - Benefits: Supports cell function and fat metabolism.
- Vitamin K
 - Leafy green vegetables, green beans, beef liver, chicken, pork.
 - Benefits: Activates proteins essential for blood clotting.



Angel

What Macro-Minerals Does My Dog Need?

Calcium, Phosphorous, Magnesium, Sodium, Potassium, Chloride, Sulfur

- Calcium
 - Sources: Milk, yogurt, eggs, mozzarella and other cheeses, green leafy veggies, firm tofu, almonds, salmon, sardines, broccoli...
- Phosphorous
 - Sources: Salmon and other fish, pork, tofu, dairy products, chicken, scallops, lentils, beef, whole grains...
- Magnesium
 - Sources: Whole wheat grains, spinach, quinoa, pumpkin and chia seeds, flax seeds, seaweed, almonds, cashews, peanuts, black beans, bone broth, dark leafy vegetables, edamame, avocado...
- Sodium
 - Sources: Clams, pickles, sunflower seeds, canned vegetables, deli meats...
- Potassium
 - Sources: Avocado, cooked Swiss chard, lima beans, baked potatoes with skin, cooked spinach, sweet potatoes, dark leafy vegetables...

What Micro-Minerals Does My Dog Need?

Copper, Cobalt, Iron, Zinc, selenium, Manganese, Iodine & Chromium

- Copper:
 - Sources: Oysters, lamb liver, seaweed, kale, sesame seeds, cashews, sunflower seeds, liver, shiitake mushrooms, shellfish, whole grains, spinach.
- Cobalt
 - Sources: Liver, green leafy veggies, fish, nuts, cabbage, milk, whole grains, dates, apricots, figs, green beans.
- Iron
 - Sources: Organ meats, chicken liver, beef, shellfish, dried apricots, figs, green beans.
- Zinc
 - Sources: Cooked oysters without the shell, beef and beef liver, shellfish, beans and lentils, pumpkin seeds, yogurt, eggs, tofu, pork, lamb.
- Selenium
 - Sources: Kidney, lamb liver, liver, beef spleen, cooked oysters, pork, beef, chicken, tofu, shrimp, cooked mushrooms, whole wheat pasta.
- Manganese
 - Sources: Green veggies, hemp seeds, mussels, shellfish, wheat germ, tofu, sweet potato, pecans, brown rice, lima beans, chickpeas, spinach, pineapple, almonds, beef tripe, lamb liver.
- Iodine
 - Sources: Seaweed, yogurt, seafood (cod, halibut, crab, scallops, squid, prawns, roe/caviar, pollock), eggs, iodized salt.
- Chromium
 - Sources: Whole wheat flour, lean meat from ham, beef, turkey, chicken, oatmeal, wheat germ, whole grains, barley, broccoli, orange juice.

Q: Where do I start?

A: Start With Quality Protein

Some examples:

Beef

Chicken

Eggs

Fish

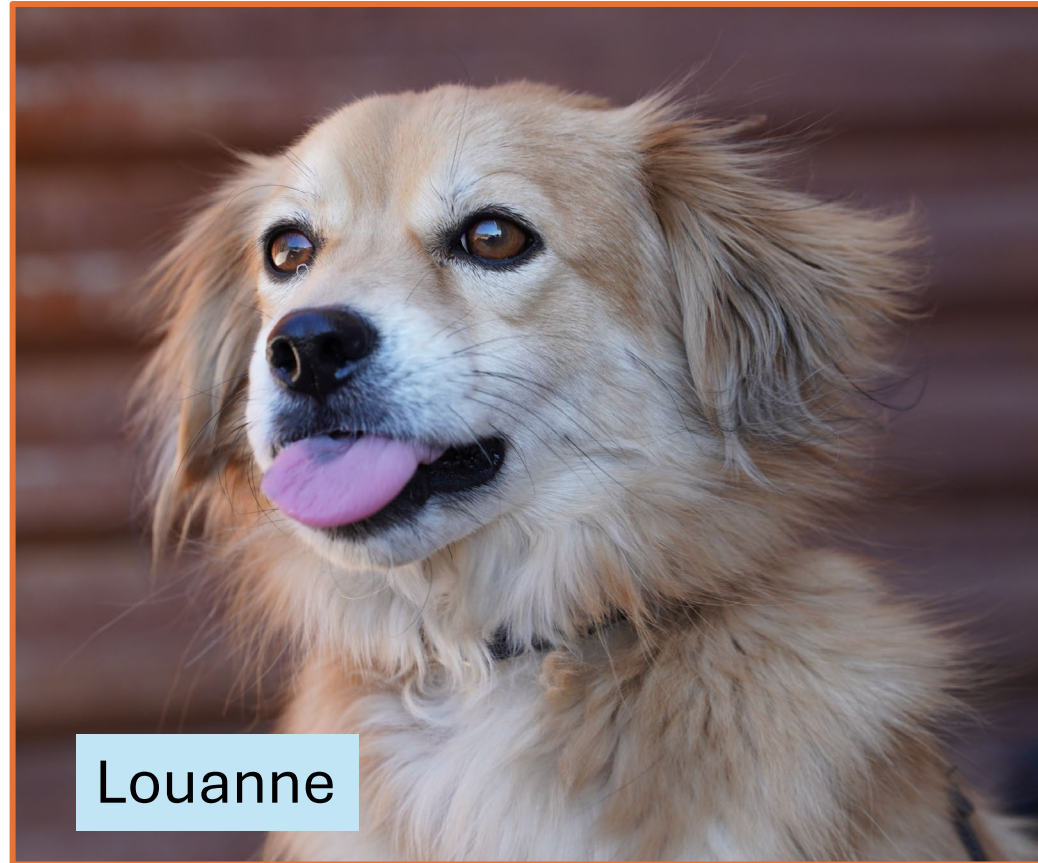
Goat

Lamb

Pork

Turkey

Venison



VARIETY IS KEY



Simple First Recipes

- Boiled or steamed chicken, brown rice, spinach or broccoli, carrots or sweet potatoes, beef broth

Canine Approved Vegetables

Lightly cook or puree veggies for better digestion

Asparagus, Beans , Beets (IM),
Broccoli, Cabbage, Carrots,
Cauliflower, Celery, Cucumber
Eggplant, **Garlic**, Green Pepper,
Kale, Lettuce,
Canine Mushroom Powder
Peas, Baked Potatoes (not boiled)
Pumpkin, Spinach, Sweet Potato
Zucchini

Veggies = 10-15% of meal

*** ADD Beef Broth if new**

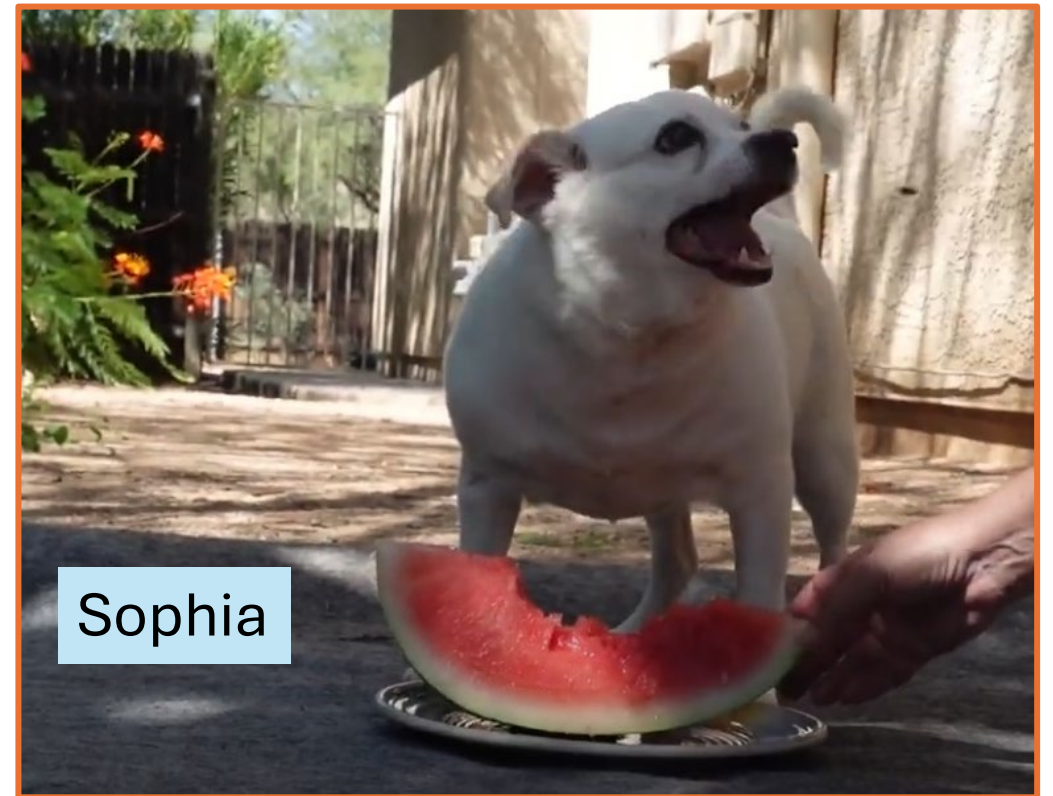


Lulu

Canine Approved Fruit

FRUIT	VITAMINS	MINERALS
Apples	Vit C, B- Complex	Potassium, Phosphorus
Avocados	Vit K, vit E	Potassium, Magnesium
Bananas	Vit C, Vit B6	Potassium, Magnesium
Berries	Vit C, Vit K	Manganese, Potassium
Figs	Vit K, Vit B6	Calcium, Potassium
Melons	Vit A, Vit C	Potassium, Magnesium
Oranges	Vit C, Folate	Potassium, Calcium
Peaches	Vit C, Vit A	Potassium, Phosphorus
Pears	Vit C, Vit K	Potassium, Copper

Introduce one fruit at a time, 5-10% of meal



Sophia

Canine Approved Grains

(in moderation – 10% of meal)

Amaranth
Barley (IM)
Basmati Rice
Brown Rice
Couscous
Millet
Oats
Quinoa
Wheat Berry
Cracked Wheat



Harry

BEWARE
of Marketing Fads!
Grain-free Diets
Linked to increase in
Cardiomyopathy
in dogs

Note: Quinoa is high in iron and zinc and supports blood health, oxygen levels, and immune function

Garlic

the truth vs the myth

Study in 2000 on 8 dogs for 7 days . Four dogs were given 75 gloves a meal, every day. It was garlic extract, not fresh garlic.

Health benefits of Garlic:

- Prevents formation of blood clots
- Decreases Cholesterol
- Widens blood vessels
- Prevents tumor formation
- Stimulates lymphatic system to release toxins
- Anti-biotic, anti-fungal, anti-parasitic
- Prevents flea and ticks
- Anti-inflammatory
- Immune strengthener

Directions:

Finely chop fresh, U.S. Organic Garlic. Let it sit for about ten minutes before adding to dog's meal. This releases allicin.

Garlic For Dogs How Much To Give?



5 lbs

1/6 tsp

10 lbs

1/3 tsp

15 lbs

1/2 tsp

20 lbs

2/3 tsp

30 lbs

1 tsp

Source: Dogs Naturally

Transition to Wholesome Canine Cuisine

Day 1-3
25%
Healthy

Days 4-6
50%
Healthy

Days 7-9
75%
Healthy

Day 10
100%
Healthy



Some dogs may need a slower pace

Simple Treats

Egg

Banana

Raspberry

Cinnamon



Goat Milk

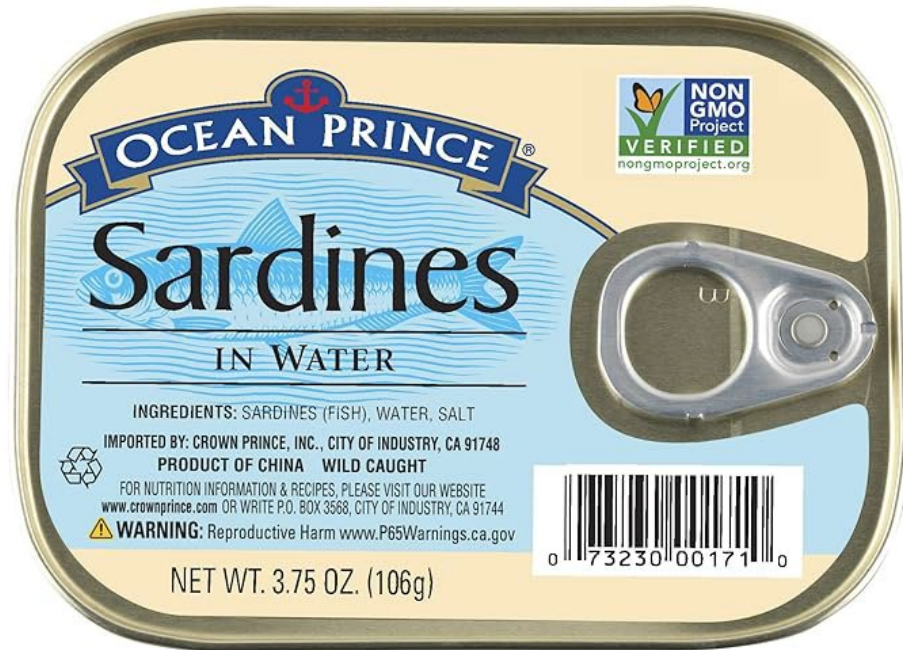
- 65% of the world has been drinking Goat milk for thousands of years.
- Goat milk has compounds called Oligosaccharides which help reduce intestinal inflammation.
- Goat milk also has special prebiotics which help the gut even more than probiotics which don't always survive the hydrochloric acid in the stomach.

Source: Dr Deva Khalsa DVM



Goatee

Sardines & Tripe – your dog's gut's best friends



Once a week



Once a month

Supplements? YES!



100% organic human-grade food



Freeze-dried beef bones



Organs and glands



Immune- cognitive- kidney



Joint- cartilage support anti-inflammatory



Green-lipped mussels

What's Next?

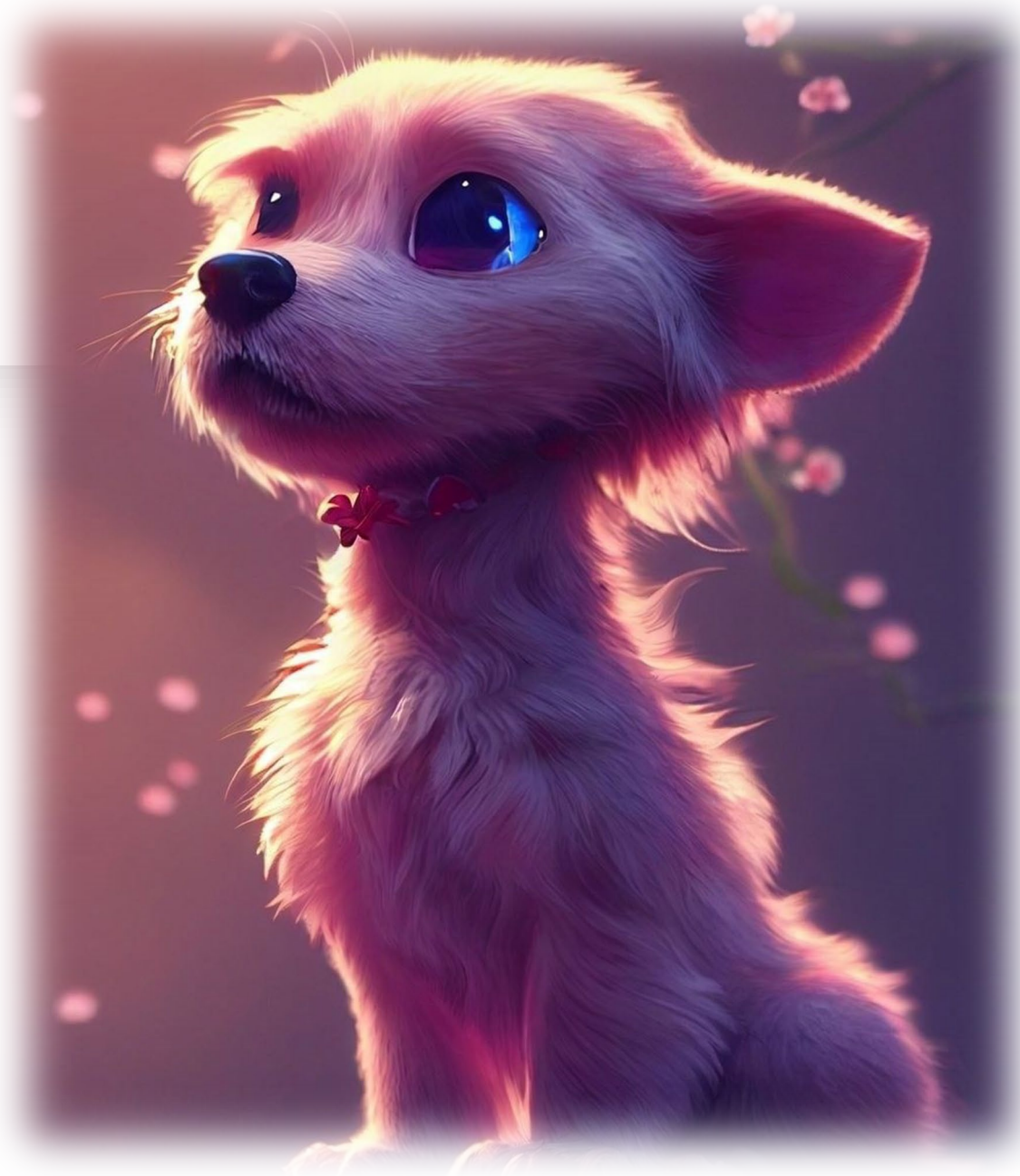
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