RAWESOME VETS

Food as medicine · Raw Meaty Bones since 2011
48 Rifle Range Rd, Bligh Park NSW 2756
(02) 4577 7061 · rawesomevets.com.au

Diet Guide for Domestic Dogs & Cats

Feeding your pet well is the simplest, most powerful thing you can do for their health.

Species-appropriate food, the way nature intended.

Wolves, dingoes and feral cats keep themselves healthy by eating whole carcasses of prey animals. Ideally we should feed our pets the same way. Until whole carcasses are easy to come by, the practical alternative is large pieces of raw meaty bones — and that's simpler than you think.

Think natural

Feed your pet what they'd prey on in the wild. Whole carcasses when you can — otherwise large raw meaty bones that take lots of ripping, tearing and crunching.

Keep it simple

Feed once a day, or even less often. Overfeeding causes weight gain and inflammation. Just like in the wild, pets don't hunt every day — the odd fast helps weight and immunity.

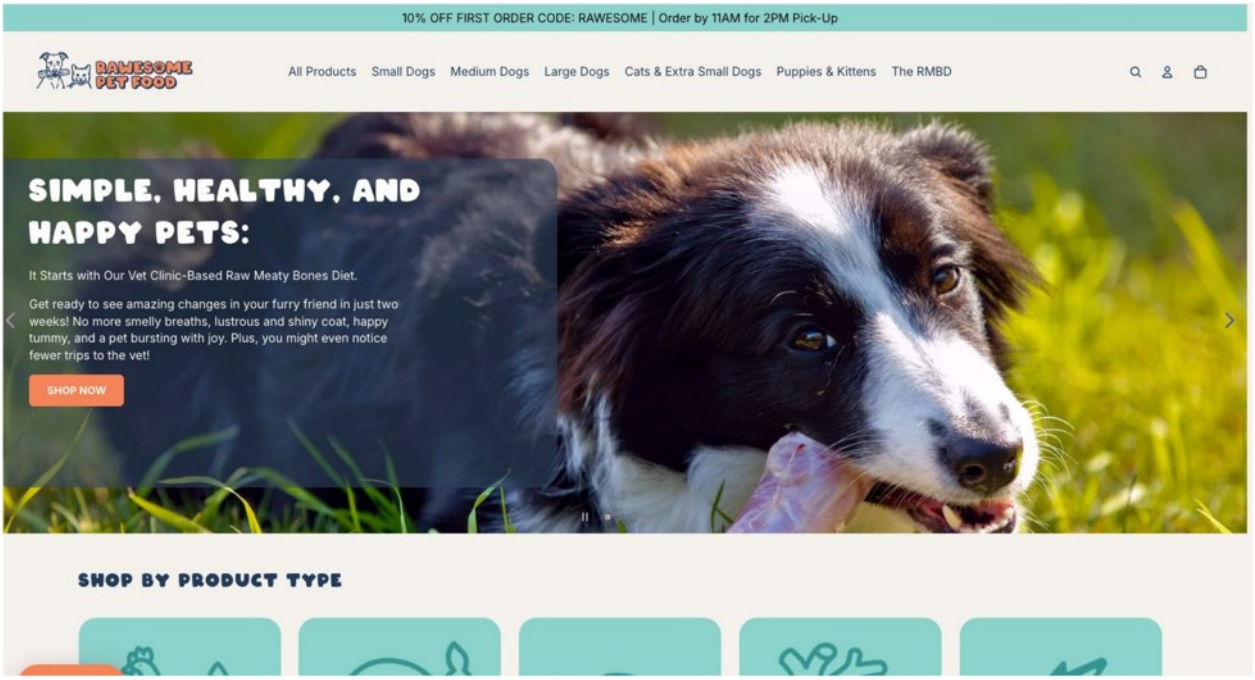
Bigger is better

Larger bones are safer and reduce choking risk. One big piece beats a bowl of small chopped portions every time.

Based on **Dr Tom Lonsdale's** Raw Meaty Bones — adopted by thousands of pet owners with excellent results.

RAWESOME PET FOOD

Vet-approved raw meaty bones, ready to go. Simple, healthy, happy pets.



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Real pets. Real bowls. Real happy.

- Chicken carcasses & frames
- Quail frames & mince
- Spatchcock — whole & frames
- Turkey necks, wings & frames
- Duck frames, wings & heads
- Kangaroo tails
- Rabbit carcasses & heads
- Beef & lamb offal
- Sardines & fish heads
- Venison

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Did you know?

80%
of dogs over the age of three have active dental disease

1 in 8
dogs will develop dental disease this year (12.5%)

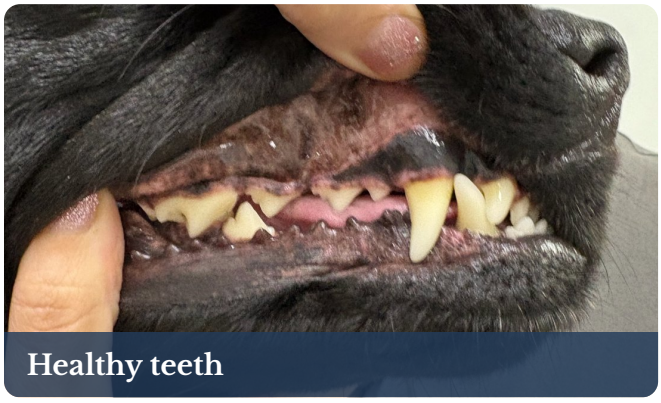
85%
of cats aged three or over develop gingivitis

40%
of adult cats are suspected to suffer tooth resorption

Understanding dental disease

One of the main benefits of a raw meaty bones diet is its role in preventing and improving periodontal disease, which often develops due to a lack of chewing over time. In our society, pet owners are largely programmed to feed commercial kibbles and wet food — food that doesn't encourage natural chewing or support oral health. As a result, periodontal disease is extremely common and can begin at a very young age.

Feed whole carcasses when and if you can. Otherwise, the pragmatic option is large pieces of raw meaty bones (requiring lots of ripping, tearing and crunching) and a few table scraps.



Healthy teeth

Dental disease

Strong jaws and clean teeth come from the right food — pets "brush" and "floss" as they eat.

Why a Raw Meaty Bones diet makes sense for your pet

Ten reasons this way of feeding works with your pet's biology — not against it.

Teeth cleaning

Acts as preventative medicine — maintains oral health and reduces the need for dental procedures.

Feeding frenzy

The release of endorphins and stimulation of the immune system.

Physical exercise

Provides activity that promotes health, while endorphins stimulate the immune system.

Stimulates gut enzymes & motility

Supports natural digestion and gut function for better nutrient absorption.

Natural food contains intracellular enzymes

Helps spare the pancreas and support digestive health.

Probiotics & maintenance of microbiome

Supports healthy gut bacteria and maintains digestive balance.

Healthy balance of bacteria

Promotes the growth of beneficial bacteria and a healthy colon environment.

Natural array of biochemicals

Provides a range of biochemicals that contribute to overall health.

Optimal nutrition

Delivers all essential macro and micronutrients in the right balance for cellular growth, function and repair.

Behavioural conditioning

Reduces stress and neurosis through natural chewing behaviour — a therapeutic effect.

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How much do I actually feed?

A simple, practical starting point by pet type. Establish a consistent routine first — you can add variety later.

As a rule of thumb, start with a bone about the size of your pet's head — the bigger the piece, the safer it is.

Pet	Recommended daily total	Frequency	If overweight
Puppies & kittens	2–4 quail frames or 2–3 spatchcock frames	As much as they want, 3–4× a day	Seldom overweight
Cat (adult)	1 spatchcock	Once daily	Fast 2 days/week
Small dog	1 spatchcock or 1 small chicken frame	Daily or every other day	Every other day
Medium dog	1 chicken frame	Daily or every other day	Every other day
Large dog	1 chicken frame	Once daily	Fast 2–3 days/week
XL dog	2–3 chicken frames or 1 duck/turkey frame	1–2× daily	Fast 1–2 days/week

A note on fasting. Fasting is a natural part of how animals eat in the wild. For healthy adult pets, the occasional fast can support metabolism and help boost the immune system. Ask us if you're unsure where to start.

Special cases

Flat-faced breeds (brachycephalic)
Pugs, French bulldogs. Larger and frozen bones are safer — always supervise.

Long-nosed breeds (dolichocephalic)
Greyhounds, collies. Need more chewing and are more prone to periodontal disease.

Older / senile animals
Less strength than when young — fully thawed poultry carcasses are soft and easy.

Toothless ("gummies")
Mince with ground bone — they still require bone for calcium.

Eats too quickly
Feed frozen, large frames to slow eating down.

See the full feeding guide online — tap-through product links for each pet type at rawesomepetfood.com.au/pages/how-to-feed-rmbd

Puppies & kittens

Puppies and kittens start to take an interest in what their mother is eating from about three weeks of age. By six weeks, they can eat chicken carcasses, rabbits and fish.

Young animals can rip and tear from six weeks of age.

During the brief interval between three and six weeks of age, it is advisable to provide minced chicken, chicken carcasses or similar for young animals (as well as access to larger pieces that encourage ripping and tearing). This is akin to the part-digested food regurgitated by wild carnivore mothers. Large litters will need more supplementary feeding than small litters. (The meat and bone should be minced together. Meat off the bone can be fed, but only for a short time, until the young animals can eat meat and bone together — usually about six weeks of age.)

Between four and six months of age, they cut their permanent teeth and grow rapidly. At this time they need a plentiful supply of carcasses or raw meaty bones of suitable size.

Puppies and kittens tend not to overeat natural food, so food can be continuously available.

Three 12-week-old kittens sharing a spatchcock frame.

Quality · Quantity · Frequency

Healthy wild animals depend on the correct quality of food, in the right quantity, at the correct frequency — gaining an appropriate nutrient intake plus the right amount of teeth cleaning. Unlike humans, they "brush" and "floss" as they eat.

Quality

Low-fat game animals, fish and birds are the best source of food for pet carnivores. If using farm animals (cattle, sheep, pigs), avoid excessive fat or bones too large to be eaten. Dogs are more likely to break teeth on large knuckle bones and bones sawn lengthwise than on meat and bone eaten together. Raw food for cats should always be fresh; dogs can consume "ripe" food and will sometimes bury bones for later.

Quantity

Establishing how much to feed is more art than science — pay attention to activity, appetite and body condition. High activity and big appetite mean more food, and vice versa. Use your fingertips to assess the ribs: comparing your own rib cage with your pet's gives a good idea of body condition.

An approximate feeding guide

For the average pet cat or dog, feed **15–20% of body weight per week**, or roughly 2–3% per day, of raw meaty bones.

- ✓ A 25 kg dog needs up to five kilos of carcasses or raw meaty bones weekly.
- ✓ A 5 kg cat needs about one kilo of chicken necks, fish, rabbit or similar each week.

Table scraps should be fed as an extra component. These figures are a guide for adult pets in a domestic environment. Pregnant or lactating females and growing puppies and kittens may need much more.

Feed it whole. Wherever possible, feed the meat and bone ration in one large piece requiring much ripping, tearing and gnawing. This makes for contented pets with clean teeth.

Frequency

Feed adult dogs and cats once daily; in a hot climate, feed in the evening to avoid attracting flies. On one or two days each week your dog may be fasted — just like animals in the wild. If you run out of natural food, don't be tempted to buy artificial food — fast your dog and stock up the next day. Puppies, cats, ferrets, and sick or underweight dogs should not be fasted (unless on veterinary advice).

Myth vs fact

Myth: "Bones are dangerous."
Fact: Cooked bones are dangerous — they splinter. Raw meaty bones are soft, pliable and digestible, and they clean teeth as your pet eats.

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What belongs in the bowl — and what doesn't

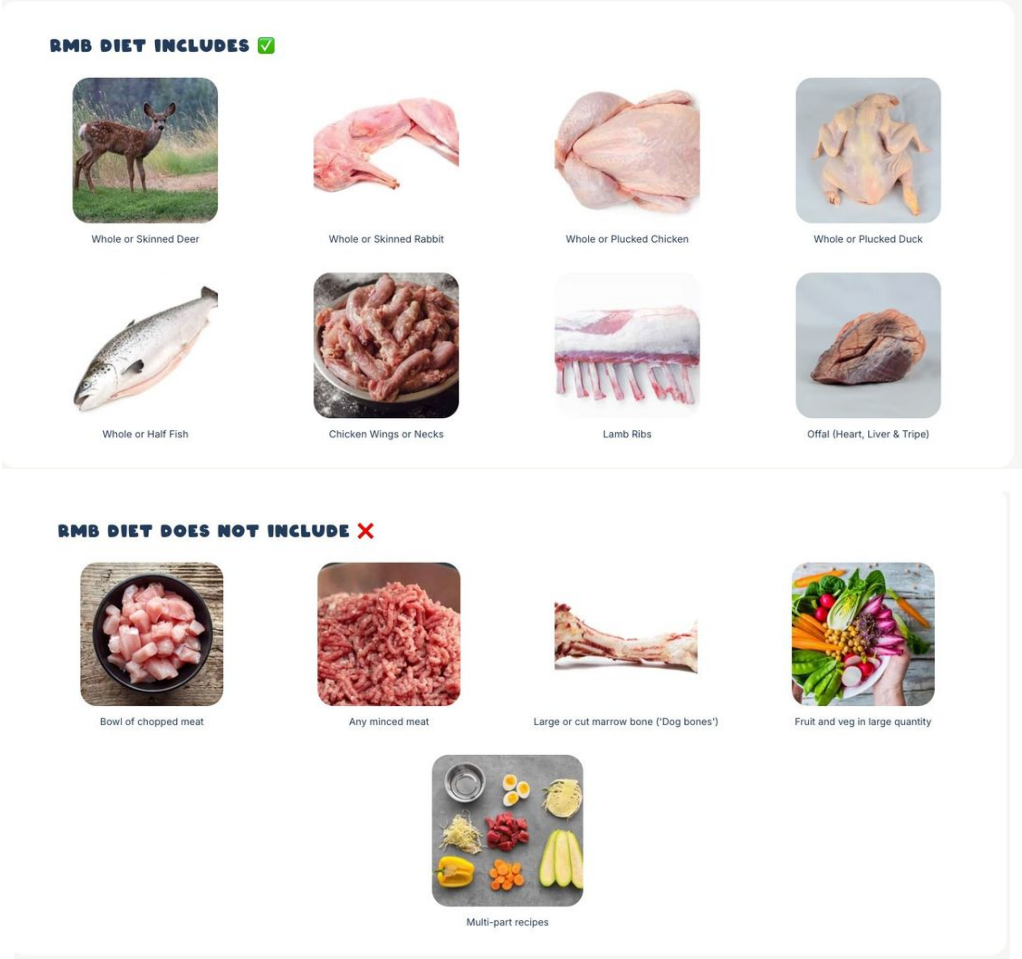

Table scraps

Wild carnivores eat small amounts of part-digested omnivore food from the intestines of their prey. Our table scraps and some fruit and veg peelings are the equivalent. Provided they don't form too great a proportion of the diet they do no harm and may do some good — an upper limit of one-third for dogs, rather less for cats.

The guide in a nutshell

- Feed 15–20% of body weight per week.
- One large piece beats chopped portions — it cleans teeth.
- Fresh for cats; dogs can handle "ripe." Never feed cooked bones.
- Feed once daily; fast healthy adult dogs one or two days a week.

For further reading

For an expanded description of dietary requirements, including potential hazards, consult Dr Tom Lonsdale's books: *Raw Meaty Bones: Promote Health* and *Work Wonders: Feed Your Dog Raw Meaty Bones.*

- **rawesomepetfood.com.au/pages/rmbd** — got questions? Our raw meaty bones FAQs answer the most common ones.
- **thepetfoodcon.com** — Dr Tom Lonsdale's website exposing the processed pet food industry, with further reading and resources.
- **rawesomevets.com.au** — our clinic: book a consult, browse resources and meet the team.
- **rawesomepetfood.com.au** — our pet food shop: vet-approved raw meaty bones, ready for same-day Click-n-Collect.

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Here to help

Individual animals and circumstances may vary — and that's exactly why we're here. If you have any questions about your pet's specific needs, book a consult with our team and we'll help you get it right.