

## Custom Healthy Adult Dog Homemade Recipe

created by Guest at BalanceIT.com

Ingredients	Grams	Amount
(1) Ground turkey, 85% lean, 15% fat, pan-broiled crumbles (approx. 83% lean)	106.2 g	3 3/4 oz
(2) Chicken breast, skinless, boneless, roasted (BalanceIT.com) (approx. 96% lean)	152.4 g	5 3/8 oz
(3) Potatoes, white, flesh and skin, baked (BalanceIT.com)	362.2 g	2 5/8 potato small (where 1 potato small = 1-3/4" to 2-1/2" dia)
(4) Nordic Naturals Omega-3 Pet Liquid	4.7 g	5 1/8 mL
(5) Oil, flaxseed, cold pressed	15.3 g	1 1/8 tbsp
(6) Carrots, raw	41.2 g	3/8 of a cup grated
(7) Spinach, cooked, boiled, drained, without salt	67.5 g	3/8 of a cup
(8) Apples, raw, with skin	27.2 g	1/4 of a cup slices
(9) Blueberries, raw	37.0 g	1/4 of a cup
(10) GNC iron supplement (65 mg of iron per tablet)	0.1 g	1/8 of a tablet
(11) Centrum Chewables (400 IU Vit D per multivitamin/multimineral tablet, NO xylitol)	0.6 g	3/8 of a tablet
(12) Freeda Calcium Phosphate Powder (dibasic calcium phosphate)	0.7 g	1/8 of a tsp
(13) Generic calcium carbonate tablet (e.g., Tums with no xylitol; 500 mg)	2.8 g	1 7/8 tablet

	elemental calcium per tablet; NO Vit D)		
(14)	Generic vitamin B 12 tablet (250 micrograms of vitamin B 12 per tablet)	0.0 g	1/8 of a tablet
(15)	Generic choline tablet (250 mg choline per tablet)	0.4 g	5/8 of a tablet
(16)	Morton Lite Salt Mixture	3.0 g	5/8 of a tsp
(17)	Generic zinc gluconate tablet (30 mg of zinc per tablet)	0.1 g	3/8 of a tablet
(18)	Solgar Chelated Copper (2.5 mg copper per tablet)	0.5 g	1/2 of a tablet

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**Please read ALL the important & useful information below. If you have any questions, please contact Balance IT® OR your veterinarian or board certified veterinary nutritionist® if the recipe was created by them.**

## Directions

### Step 1

**All ingredients should be purchased and prepared.** The method of cooking, if any, is typically listed within the ingredient name. Raw meat, poultry, fish, and other animal derived ingredients like eggs and egg whites should always be cooked to a food safe temperature of 165 degrees F or 74 degrees C (drippings from cooking should not be fed).

**NOTE:** Foods/ingredients with similar but not exactly the same name can be selected at the same time. Thus, if one selects two different ingredient options where, for example, one is boiled/stewed and another baked/roasted then the amount for both should be added/included. Also if an ingredient has a zero gram amount then it should not be added as it has not been included in any of the recipe formulation calculations. *If a food has "BalanceIT.com" in its name, it means we have enhanced its available nutrient data, not that we sell it.*

### Step 2

**Measure or weigh and then chop large pieces.** Ingredients should be cooked or prepared as indicated in their name above. Any large pieces should then be cut into small bite-sized pieces as needed. The most accurate method to measure is in grams (or ounces) using a kitchen scale that can be economically purchased online or at stores that sell kitchen supplies. **Quick conversion reference:** 1/16 cup = 1 tbsp, 1 tbsp = 3 tsp, 1 tsp = 4.93 mL, 1 colored scoop (scoops are found in some products as noted on labels) = 5 mL, 1 white scoop = 0.5 mL, 1 ounce (oz) = 28.35 grams, 1 eight fluid ounce (fl oz) cup equals 237 mL (*fl oz and mL do not have a constant, direct conversion to grams as they are*

measures of volume not mass and conversion differs depending on the specific density of what is being measured).

### Step 3

**Combine all ingredients and mix well.** If batch cooking, mix in any heatable supplement(s) now before refrigerating/freezing. If using any non-heatable supplement(s) mix them in after any cooking or reheating (heat degrades vitamins) and mix in well before feeding. Any added supplement(s) should be equally distributed or spread throughout the food and any meals. The total daily amount of any supplements are not to be fed at only one meal or sporadically given if preparing large batches and should always be well mixed with food.

**The addition of called for supplement(s) is not optional as this/they provide(s) needed essential nutrients and prevent(s) nutrient deficiencies from developing,** see Fortifying section below.

Good hygiene and safe food handling practices (e.g., washing hands, surfaces) should always be followed and utensils/bowls washed in a dishwasher or with very hot (155 degrees F or 68.3 degrees C) water. This along with cooking can help prevent foodborne illness.

### Yield/Servings

The average 43 lb healthy adult dog requires 1039 Calories per day (with some animal companions being able to maintain their body weight when getting 50% more or less; 552-1654 Calories per day). This recipe provides 1103 Calories which is enough for a daily meal. To create recipes for less or more calories, use the "Edit" button on the recipe results page and enter lower or higher body weights. Using this button also provides an option to select different feeding frequencies or batch sizes. If weight loss is needed, special nutrient enhanced recipes should be fed as available at [www.vet.balance.it](http://www.vet.balance.it) by selecting overweight/obese.

### Nutrition Facts

**Calories:** 1103 Calories  
**Protein:** 31% protein calories (337 Calories)\*  
**Fat:** 36% fat calories (401 Calories)\*  
**Carbohydrate:** 33% carbohydrate calories (365 Calories)\*  
**Moisture:** 72.0%  
**Deficiencies:** None, based on AAFCO, with supplement(s) added, **12 without supplement(s) added**

*\*These "% calories" values are better for comparing diets, but different from "% as fed" values found on pet food labels. To convert pet food labels, use the free online "Guaranteed Analysis Converter" under the Help tab. **Please see Cautions below for additional important information.***

### Fortifying

**Rationale:** Feeding common human foods is not the same nutritionally as consuming evolutionary whole prey or fresh kills. Meat for human consumption has generally been butchered -- exsanguinating, eviscerating, and deboning. This loss of blood, internal organs especially liver, and bone, removes very concentrated sources of essential nutrients (like electrolytes, trace minerals, vitamins, and macrominerals like calcium) that then need to be fortified in a diet meeting the requirements of dog and cat companions. Supplementing human foods with purified sources of these essential nutrients ensures consistent potency, avoids the addition of potential antigens, eliminates concurrent feeding of natural toxins (e.g., many other compounds are ingested when another animal's "filter," like liver, is eaten), and avoids/reduces cross contact/contamination concerns. If a whole prey/food diet is desired, please consult with a board certified veterinary nutritionist®.

**Methods:** Balance IT® ([www.balanceit.com](http://www.balanceit.com) or [www.balance.it](http://www.balance.it)) offers **three methods to fortify human foods** with essential nutrients that would otherwise be missing when feeding common humans foods. The specific method for this recipe can be found above.

- **General Option 1.** Most healthy adult recipes use a food (aka human) grade, **non-heatable**, patented, amino acid, mineral, and vitamin powder manufactured by Balance IT®. This includes the following products, **Balance**

**IT® Canine, Balance IT® Carnivore Blend®, and Balance IT® Feline.** Carnivore Blend® is mainly used in both dog and cat recipes with no to low carbohydrate content.

- **General Option 2.** Any recipe that uses Balance IT® Canine can be instead prepared with the **heatable** version, **Balance IT® Canine Plus**, which has extra vitamins added to enable for one-time heating to 165 degrees F or 74 degrees C. It is generally used for batch cooking where one wishes to avoid adding needed supplement right before offering each meal.
- **General Option 3.** Recipes using a **combination of supplements, designed for humans' unique nutritional needs** (usually 8-10 different ones) that can be purchased online elsewhere and/or at local stores, are currently available for free. To access and view these, please go to [www.vet.balance.it](http://www.vet.balance.it) then click "Healthy Adult" then "Healthy Adult (Use Popular Preset Recipe Settings)" then "Done" twice, then any green double flashing arrows icons that appear, and then "View". This is a less convenient option as the supplements are not optimized to meet dog or cat nutritional needs, but is a good option for those that do not wish to purchase anything from Balance IT®. We offer this third option for free to help educate and counter the multitude of available online and printed homemade pet food recipes that are unfortunately not complete and balanced, and thus, not appropriate for long-term feeding.

Regardless of method chosen, **fortification is required and crucial to avoid nutrient deficiencies that can cause severe adverse health consequences.** Unfortunate and completely preventable examples of consequences that are commonly seen with inadequate fortification include: broken or fractured bones due to inadequate calcium, heart failure and death due to inadequate methionine in dogs or taurine in cats, anemia due to inadequate trace minerals like iron, and severe mental/neurologic dysfunction due to inadequate thiamin (aka vitamin B1).

To see nutrient deficiency details for any specific recipe, click "See Nutrient Profile" on the recipe results page then "See Without Supplement" and scroll through the approximately 40 essential nutrient bar graphs. Any bar graph that is white or red is completely or significantly/proportionally deficient. If one is unable and/or unwilling to adequately fortify a homemade diet then it should not be fed or only fed very rarely or intermittently or as a treat at no more than 10% of daily calories. This should prevent one, with the best of intentions of providing wholesome nutrition, from actually harming their beloved companion with the food they prepare.

## Storage:

Prepared food can be stored in the refrigerator for up to 3 days or frozen for up to 3 weeks. Longer storage in the refrigerator can lead to spoilage and in the freezer unaccounted vitamin degradation that occurs naturally with time and decreased palatability. Do not reheat any food that already contains added supplements that contain vitamins (unless the recipe uses a one-time heatable supplement like Canine Plus that has been added after heating and before refrigerating/freezing) as heating vitamins can degrade them. It can be convenient to separately store separate single meal portions if a large batch is prepared ahead of time.

## Initially Serving Especially To Finicky/Picky Eaters:

A slow transition to the new diet can improve acceptance and tolerance especially for any added supplement(s). This is especially true in animal companions that have been fed a diet without supplementation for a while. Supplements rich in essential vitamins and certain essential amino acids can have an inherently strong natural odor that is not masked when in powdered form. In the occasional case where supplement palatability is a concern, gradually working to the full dose of supplement over 5-10 days may be helpful. In very rare cases, one may need to mix the needed supplement(s) with something other than the ingredients listed above to increase acceptance. Any such addition should be limited to tolerated and non-toxic foods (e.g., no chocolate, grapes, raisins, macadamia nuts, kabocha squash, onions, garlic, etc.) that do not add up to being more than 10% of daily calories. **The addition of called for supplement(s) is not optional as this/they provide(s) needed essential nutrients and prevent(s) nutrient deficiencies from developing,** see Fortifying section above.

## Monitoring:

Homemade pet food should be enjoyed and looked forward to by animal companions. With trillions of possible recipes that can be created when using the Autobalancer®, trying different foods and proportions should be expected and embraced. The goal is to find a recipe or recipes that your animal companion enjoys, does well on based on simple but important things like coat and stool quality, and that you are able to sustainably prepare for them. Importantly, they should be able to maintain an ideal body condition as that has been proven to improve both the quality and quantity of life. Accordingly, please monitor your animal companions's weight and make sure they achieve/maintain a healthy weight. If they unintentionally begin to gain or lose weight, adjust the amount fed keeping all ingredients in the same proportions (one can make a new recipe online to help get the right amounts, see Yield/Servings section above) after being sure that they are not sick. Your animal companion should have access to water at all times and regular visits with a veterinarian to check that their homemade diet is meeting their needs.

## Ordering & Reordering Balance IT® Supplements

To order or reorder, go to [www.balanceit.com](http://www.balanceit.com) or [www.balance.it](http://www.balance.it) and click Buy > Buy Supplements OR purchase from your veterinarian. If you'd like to set up a convenient, automatic re-order, please select that option during checkout. You can cancel your standing automatic re-order at any time before the early morning it is scheduled to next ship.

## CAUTIONS

**The Autobalancer® EZ provides access to thousands of human foods including ones that may seem strange or even undesirable for an animal companion.** We intentionally make as many human foods available as possible, while completely avoiding foods well-known to be toxic to dogs and cats even at potentially low amounts. Giving the user this level of access can be very informative and helpful, but this freedom can also allow a user to create recipes with very large amounts of some foods that may not be practical (see vegetables and fruit caution below), enjoyed, readily available, and/or cost effective. In addition, some human foods that one might not typically or even ideally consider giving an animal companion are, as a consequence, made available/selectable. This "open" approach allows one to best see the impact on total calories fed and overall diet nutrient profile. If any food's addition will lead to an overall essential nutrient deficiency or excess, the resulting recipe will not be possible or pass as a protection. It is always important to remember the old saying, "the dose makes the poison." For example, vitamin D is essential for bone health and optimal immune system function, but at too high a dietary concentration, it becomes a potentially fatal poison. Thus, additional protections, like with fish that can be naturally very high in vitamin D, are in place. Similarly some portions of plants or foods that can be toxic, while other parts of the same plant that are well tolerated, can still be selected. For example, the tomato fruit which is commonly used in commercially prepared and homemade pet foods as a good source of fiber and antioxidants like lycopene is available, while tomato leaves and stalks are and should be avoided given the presence of natural toxins found in the green parts of all/most nightshade plants including potatoes.

Nutrition is an evolving science and dogs and cats can have very specific needs; therefore, if you have a concern about feeding a food to your specific animal companion, we always recommend speaking with your veterinarian and/or board certified veterinary nutritionist® first. You can also reach out to us here at Balance IT® (see the Help tab's Contact Us link) about the safety of any specific food available for selection for further clarification prior to use/feeding.

**Changing ingredients or their amount can be harmful and create nutrient deficiencies and/or toxicities.** The recipe must be followed exactly. If a different ingredient and/or amount is desired, create a new recipe at [www.balanceit.com](http://www.balanceit.com) or [www.balance.it](http://www.balance.it) and/or use the "Advanced Option" via the "Edit" button on the Autobalancer® EZ results page to enter specific amounts to try and create a new recipe. Some changes, substitutions, or adjustments may not be possible given the inherent nutrient profile of selected foods, but trillions of options are available and possible. If you need more advanced help, please consider a consultation with a board certified veterinary nutritionist® as listed at [www.vetnutritionist.com](http://www.vetnutritionist.com).

**Higher dietary protein and fat concentrations may not be tolerated by all healthy adult dogs and cats.** Higher concentrations are generally considered to start at over 35% protein/fat calories. The Autobalancer® EZ allows for the creation of recipes with the widest range of caloric distributions possible as dogs and cats can do well on and prefer a spectrum of proportions. If you are unsure what is optimal for your animal companion and/or if they will tolerate higher concentrations of protein or fat, **please speak with your veterinarian or board certified veterinary nutritionist® before feeding such a recipe/diet.**

**Higher vegetable and fruit diets can cause GI upset/diarrhea and be too voluminous.**

Selecting only vegetables and/or fruit as carbohydrate sources in higher carbohydrate diets can result in large amounts of vegetables or fruit being called for drastically increasing dietary fiber intake and/or reducing energy density. This can result in a large amount of fiber in the feces that retains moisture and loosens feces and/or a volume of food being fed

that cannot be readily eaten. To avoid this, reduce the amount of carbohydrate in the overall recipe and/or select a carbohydrate source from the "blue" group of grain and tuber dense carbohydrate sources.

**Vegan or vegetarian (and possibly grain free diets) must be carefully monitored to prevent heart disease that can be fatal.** If feeding a vegetarian diet (available for dogs only) or a diet very rich in legumes (aka beans) and possibly other non-grain dense carbohydrates, regular blood taurine concentrations should be measured by one's veterinarian to ensure adequate sulfur amino acid supplementation (e.g., methionine dose) or bioavailability from the foods fed and to prevent the development of a potentially life-threatening disease called dilated cardiomyopathy (DCM).

**High liver diets can cause vitamin A toxicity.** All or mostly liver diets should only be fed, given their very high vitamin A concentration, to cats under the direct supervision and ongoing approval of one's veterinarian.

**Recipe recommendations can change over time.** Nutrition is an evolving science and nutrient data for many foods change and/or improve over time. Fortunately, the Autobalancer® EZ was specifically developed to be a dynamic tool and resource that can easily adapt to new information unlike the alternative of static "cookbook" recipes. This means that when new essential nutrient requirements become known to Balance IT® through new published studies or due to regulations, the requirements that are used by the Autobalancer® EZ to formulate recipes can be and are updated. In addition, this also means that the nutrient concentrations for differing foods is also refreshed from time to time. **Combined, this can lead to new outcomes when creating a recipe with the same ingredients or foods later.** Couple this with the potential for a supplement to also be reformulated, and recipe amounts and the ability to meet requirements does change and should be expected. Therefore, it is always a good idea to re-evaluate any homemade recipe at least every six months to make sure current and accurate information is being relied on for a recipe's creation.

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