



# BOOST YOUR DOGS KIBBLE

Nutrition is the most important thing to keep your dog healthy. Adding some healthy extras to your dogs kibble will provide necessary essential nutrients that most dry dog food lacks.

**6 quick & easy healthy extras to add to your dog's kibble that will improve their health! Plus some healthy treats your dog will love!**

## 1. ADD NATURAL PROBIOTICS

Probiotics provide beneficial gut bacteria and help soothe digestive issues. Top your dogs kibble with plain yogurt or cottage cheese.

**You can also try: Answers Goat Milk, Primal Goat Milk or Kefir**

## 2. ADD ESSENTIAL FATTY ACIDS

Fish oil supports heart health, promotes a silky coat, reduces itchy and flaky skin, and can help relieve allergies and joint pain.

Add wild caught sardines to your dog's meal once a week. Sardines are a great source of omega-3 fatty acids as well as a great source of taurine.

**You can also try: Grizzly Salmon Oil, Krill Oil, Coconut oil**

## 3. ADD FRUITS & VEGETABLES

Fruits and vegetables are packed with antioxidants that your dog will love! Fresh, raw fruits and veggies have cancer fighting properties. They contain phytonutrients, vitamins and minerals, proteins, lipids, fiber, enzymes and moisture. Phytonutrients are anti-bacterial, anti-fungal, anti-aging, anti-inflammatory and anti-worms!

**Add fresh blueberries, bananas, apples or melon for a special treat.**

**Add pureed vegetables as a kibble topper. Pureed vegetables are closer to how nature intended dogs to consume them.**

## 4. ADD EXTRA PROTEIN

Dogs are carnivores and require higher protein and fats found in flesh foods, meat, fish, eggs and poultry. Top your dogs kibble with some healthy leftovers of ground beef, turkey or pork.

\*Eggs are extremely nutritious, inexpensive and easy to feed with about 70 calories for 1 egg for a medium size dog and half for a smaller dog.

**You can also try: Freeze dried Raw Primal, Stella & Chewy or Steve's Real Food sprinkled on your dogs kibble.**

## 5. ADD EXTRA FIBER

Pumpkin is an excellent source of fiber and supports digestive and urinary health in dogs. It is composed of 90% water giving it a healthy addition of moisture when added to kibble. It's extremely beneficial for pets fed a dry kibble based diet.

**Try: Nummy Tum Tum canned pumpkin or Fruitables canned pumpkin for dogs**

### \*\*\*RECREATIONAL BONES \*\*\*

Bones can help keep teeth clean, avoid gum disease and provide a great deal of chewing pleasure and exercise for your dog. Marrow bones or knuckles, freeze dried or frozen body parts such as turkey or duck necks are fun that your dog will love!

**YOU CAN ALSO TRY: Primal frozen marrow bones**

## 6. BONE BROTH - SUPERFOOD

Bone broth has powerful healing properties and adds much needed hydration to your dog's diet. Bone broth also promotes healthy digestion, helps repair leaky gut, helps the liver detox, and is great for joint health.

**Try: Primal Frozen Bone Broth or Nature's Logic dehydrated bone broth.**

**\*\* Adding extras adds calories so remember to reduce equal amounts of kibble when adding fresh foods to your dogs diet.**