

This is an example of the nutritional instructions that Bud Stuart, DVM, often gave to his clients.

## Nutrition Profile

**Number of meals per day:** 1 2 3 4  
(all meals equal size) No food left down during the day—if not eaten, pick up and put away. No bones!

**Suggested foods:** canned/fresh dry

### CATS

**Dry Food:** none 25% 33% max  
(Hill's feline TD excellent for teeth cleaning.)

**Cooked meats or canned:** 66% 75% 100% (liver, kidneys, beef, lamb, poultry, fish, etc.)

**Vegetables:** Any that you can get them to eat.

### DOGS

**Dry Food:** none 25% 33% 50%  
(Hill's TD biscuits excellent for teeth cleaning.)

**Leftover meats or canned:** 50% 66% 75% 100%  
(Meats include beef, lamb, poultry, fish, etc.)

**Vegetables:** Includes carrots, peas, beans, broccoli, brown rice, potato, etc.

**Other foods:** Cottage cheese, yogurt, eggs, pasta, cereals, fruits, etc.

**Vitamins/neutraceuticals:** multivitamins geriatric glucosamine/MSM enzymes

**Vitamin C:** regular or ester C \_\_\_\_\_ mgs. once daily twice daily

**Vitamin E:** (not dl type) \_\_\_\_\_ units once daily twice daily

**Oils:** Safflower Flaxseed Olive Corn

**Other:** \_\_\_\_\_

- We recommend against use of plastic dishes: prefer Pyrex, stainless steel, ceramic, glass, etc.
- Large portions of chocolate, onions, macadamias, grapes/raisins are harmful to dogs.
- A small amount of apple-cider vinegar in drinking water sweetens breath and retards tartar.

***“Let food be your first medicine.”***

— Hippocrates, circa 400 BC