



## Important Vitamins and Minerals for Your Dog

Vitamin A	Carrots, spinach, liver, pumpkin, sweet potatoes, fish oil, eggs, turnip greens
Vitamin D	Marine fish oil, fatty fish, egg yolks, dairy products, liver, beef, cottage cheese
Vitamin E	Plant oils, leafy green vegetables, seeds, wheat germ, bran, whole grains, liver
Vitamin K	Liver, leafy green vegetables, milk, cabbage, fish
Vitamin C	Fruits, vegetables, organ meats
Vitamin B	Whole grains, nutritional or brewers yeast, liver, beans, green vegetables, spirulina, nuts, dairy products

Calcium	Milk, yogurt, tofu, sardines with bones, raw bones, bok choy, green beans, broccoli, cauliflower
Phosphorous	All animal tissues, eggs, fish, milk
Magnesium	Spinach, broccoli, green beans, tofu, tomato juice, beans, whole grains, seafood
Potassium, Sodium and Chloride	Fruits, vegetables, milk, grain

Zinc	Spinach, broccoli, yogurt, beef, poultry, whole grains, vegetables
Sulfur	All protein foods (meats, fish, poultry, eggs, legumes and milk)

Iron	Red meats, fish, poultry, shellfish, eggs, legumes
Iodine	Iodized salt, seafood, dairy products, kelp
Selenium	Seafood, meat, whole grains, brown rice, vegetables
Cooper	Seafood, nuts, whole grains, seeds, legumes
Manganese	Nuts, whole grains, leafy vegetables
Chromium	Lean meat, vegetable oils, brewers yeast
Cobalt	Liver, kidney, fruit, vegetables
Fluorine	Available in water
Molybdenum	Legumes, cereals, organ meats
Silicon	Cereals, vegetables, beans and peas

Here is a list of some vegetables your dog can have:

- Asparagus
- Bell peppers (red, green, yellow)
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Green beans
- Lettuce
- Pumpkin
- Spinach
- Sweet potato

Here are fruits your dog can have:

- Apple

- Apricot
- Banana
- Blueberries
- Cantaloupe
- Mango
- Orange
- Pear
- Pineapple
- Raspberries
- Strawberries
- Watermelon

## The Big Buzz Behind Raw Goat's Milk

---

Some of you may be aware of how great raw, or unfermented, goat's milk is for humans, but did you know it's also a fantastic supplement for your pets? Raw goat's milk contains everything from vitamins, minerals, and enzymes, to protein, electrolytes, and fatty acids. No wonder goat's milk is sometimes referred to as the most complete food known. Let's break down the different ways raw goat's milk can benefit your pet!

- Digestive Issues (colitis, diarrhea, IBS, and more!): Raw goat's milk is absolutely packed with probiotics. In fact, there are over 200 species found in raw goat's milk! Plus there are prebiotics which is the nutrients probiotics need to thrive. Those, mixed with the enzymes found in raw goat's milk help the gut to establish healthy flora (bacteria, microbes, yeast, viruses, and protozoans) that will ease digestion and help alleviate any GI issues. Plus raw goat's milk is so easily digestible, the digestive system requires little to no work and absorbs it within 20 minutes. This also makes it almost 100 times better than probiotic powders or pills.
- Underweight or malnutrition: Since raw goat's milk is a great source of easily absorbable protein (raw goat's milk forms a soft curd which makes it rapidly digestible), it's perfect for pets that need to pack on a little extra weight. It's also incredibly palatable so it's also the perfect food topper for pets that may

be a little picky. Raw goat's milk can also be used as replacement milk for kittens and puppies.

- Arthritis or other joint problems: The enzymes that also help to relieve digestion issues can also help to alleviate inflammation, swelling, and pain related to joint issues. They also help speed up tissue repair and improve circulation, all things that can help to alleviate arthritis symptoms.
- Allergies: Raw goat's milk contains high levels of caprylic acid. This acid helps to fight yeast that often builds up in response to allergies (have you ever given your dog's paws a sniff? If you have, you might notice they smell a bit like corn chips. What you're smelling is yeast which naturally develops in that area. Allergies can make that yeast multiply which is why a dog who has allergies will often chew at their paws, among other things). Also, like the good flora that gets built up in your pet's GI system, raw goat's milk will also help that healthy flora to establish on the skin and in the ears which will help curb any infections that often are linked to allergies. Raw goat's milk is also a natural antihistamine.
- Cancer: Many researchers have found that carotene (or Pro-Vitamin A) contains cancer preventing properties. The milk fat in goat's milk contains a higher evolved carotene that is readily available for the body to absorb. There is also a fat in raw goat's milk, called conjugated linoleic acid (or CLA), that is known as the cancer fighting fat. CLA has actually been shown in some cases to shrink cancer tumors.

Raw goat's milk can be fed to both dogs and cats, but chickens can also benefit too! It's a great source of the protein they need to molt. Worried your pet might react badly due to lactose-intolerance? Pasteurization removes the enzyme lactase which combines with lactose to make simple sugars that are easy to digest. If the lactase isn't there, the lactose remains harder to digest. If you use raw goat's milk, since it's not pasteurized, there should be no issues.

