



WEEK 6: RDM
EAT LIKE A
ROCKSTAR DOGGY





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Many Mommas have no idea what is in their doggy's food, which is why it's important to check the ingredients list. You want to make sure your pup is getting the same quality ingredients as you. Refer back to our Clean Eating 101 worksheet. Focus on food brands containing "safe" ingredients and ditch food brands containing "toxic" ingredients. And just like you, if there are too many ingredients and you cannot even pronounce them, it's time to change up your pup's food.

A great resource for selecting your doggy's food is veterinary expert [Dr. Karen Becker](#), who encourages including more fresh food into your doggy's diet.

Here are some Doggy Super Foods to incorporate into your pup's diet to bring his or her health to the next level. After all, Momma Nature did not intend for vegetables and fruits to only be eaten by humans.



Vegetables

Cruciferous vegetables (such as arugula, asparagus, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, mustard greens, radishes, rutabaga, turnips and watercress) are full of antioxidants and protect against disease. Note they can be difficult for some dogs and Mommas to digest, so they are best consumed lightly steamed or cooked. You can also puree them for your pup.

Carrots are high in fiber, beta carotene/vitamin A and antioxidants. They also help doggies maintain strong teeth because of the amount of chewing involved and act as a polishing agent to keep your doggy smiling bright!

Pumpkin is a good source of fiber and Vitamin A for your dog. It's also great for your dog's GI tract and prevents/treats constipation. It softens your dog's stool and can cure an upset stomach very quickly. In addition, pumpkin seeds are a great natural de-worming agent for your pup.

Green beans are a great "treat" alternative to keep your dog's weight in check as they are filling but low in calories. They are also packed with vitamins and iron.

Bell peppers are a must for your pup. They are super yummy and a fabulous source of vitamin C, not to mention vitamins A, E, and K, with loads of healthy fiber. Gatsby enjoys the yellow ones best!

Cucumbers can lower blood sugar, help fight cancer and improve diabetic symptoms. They contain vitamin B which can boost your pup's energy and kill bad bacteria in the mouth (a.k.a doggy breath). Plus they make a great treat for overweight pups because they hold little to no carbohydrates, fats or oils.

Sweet Potatoes are full of antioxidants to help ward of cancer and the effects of aging. They also contain vitamins A, C and B6. Plus they're a great source of fiber to help with your pup's loose stools.

Celery is a crunchy snack that promotes a healthy heart and fights against cancer, containing vitamins A, B, and C. Plus celery can also freshen your doggy's breath.





Fruits

Berries (blueberries, cranberries, raspberries, blackberries and strawberries) are super fruits that are high in antioxidants and polyphenols, which help fight chronic disease, cancer, lower blood pressure and reduce heart attack risk. Berries are also low on the glycemic index, making them super great for weight management because of their high fiber and liquid content.

Apples clean residue off your dog's teeth, which helps to freshen his or her breath. Apples are also a good source of fiber, as well as vitamins A and C. Thus, apples or apple slices (with their core and seeds removed) make a great high fiber, antioxidant snack for your doggy.

Bananas are a good source of potassium, manganese, vitamin B6, vitamin C, fiber, biotin and copper. Bananas are low in sodium and cholesterol, but due to their high sugar content, dogs should only eat them occasionally.

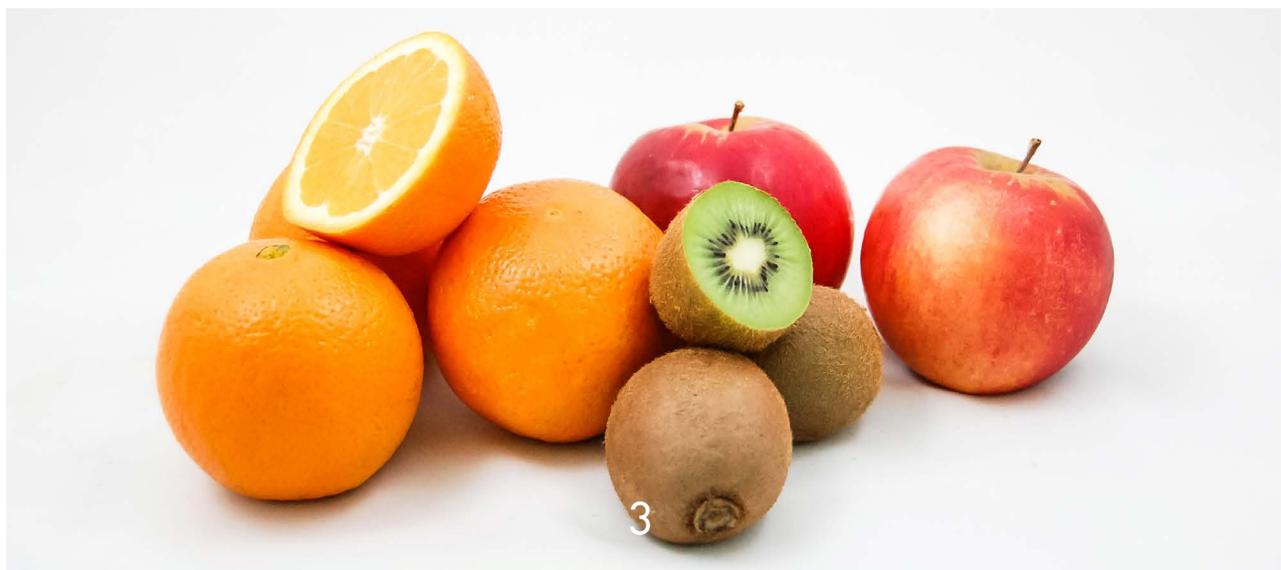
Watermelon is a great treat to give your pup on a hot summer's day because it's full of water. It's also a great source of vitamins C and A, potassium and magnesium. Do not feed your dog the seeds or rind.

Oranges are a terrific food to boost your pup's immunity. They are full of fiber, potassium, calcium, folic acid, iron, flavonoids, phytonutrients, vitamins A, C, B1 and B6. Do not feed your dog the seeds or rind.

Pears are tasty and full of fiber, folic acid, niacin, phosphorus, potassium, copper, pectin and vitamins A, C, E, B1 and B2.

Cantaloupe is a sweet treat and source of vitamins A, B and C. It also contains fiber, beta-carotene, potassium, magnesium, and B-complex vitamins (such as thiamine, niacin, pantothenic acid and folic acid).

Kiwis are high in vitamin C, fiber and potassium.





Protein Rich Sources & Healthy Fats

Chicken is a highly digestible protein, which is rich in niacin (promoting a healthy cholesterol and heart) and selenium. It makes a good meal replacement if you're in a pinch and out of dog food. Chicken can also be slipped into your dog's bowl to spice up his or her regular food.

Salmon is a lean fish that is full of Omega-3 fatty acids, wonderful for a lasting healthy canine brain. You can also add **krill oil** or **flaxseed oil** to your pup's diet.

Bison meat is one of the richest natural sources of CoQ10 (an antioxidant helpful in improving heart and neurological health). Variety is critical for your pup (and you) to receive the full spectrum of amino acids, essential fatty acids, trace minerals, vitamins and antioxidants necessary to thrive. This is a great alternative to include in your dog's diet as opposed to just the typical beef or chicken-based dog foods. You can also mix it up with **grass-fed beef** and **poultry**.

Yogurt is high in calcium, protein and zinc. It's a natural probiotic which aids in your dog's digestion, preventing diarrhea, infections, inflamed bowel and bacterial overgrowth. But be sure to watch out for artificial sweeteners and sugars. Opt for a plain low-fat Greek yogurt.

Cheese, especially cottage cheese and string cheese, can make a great treat for your dog if he or she is not lactose intolerant. But it should be given in moderation as cheese is high in saturated fat. Cheese is a good source of protein, calcium, vitamins A and B, minerals and fatty acids. A small piece of cheese can also provide the perfect camouflage for medications.

Eggs are a source of vitamin D, riboflavin and selenium. Scrambling up an egg for your pup is a great way to give his or her diet a protein boost.

Quinoa is complete protein that prevents heart disease, cancer and diabetes. It is full of antioxidants and can be prepared in a jiff with a little fish/meat and vegetables for your pup.

Oatmeal is a rich source of fiber, iron and vitamin B6. It is wheat-free and improves digestion. Make sure to cook oatmeal sugar-free before serving it to your dog.

Peanut butter is not only a good source of protein, but contains heart healthy fats, vitamins B, B3, E, H and niacin. Peanut butter also contains magnesium, folate, dietary fiber and antioxidants. Plus it's a great way to hide your pup's medicine. Shh! Choose a raw, unsalted peanut butter.

Coconut Oil (in small doses) can improve your dog's skin and coat, digestion, immunity and reduce allergic reactions.



Foods Your Doggy Should Avoid

Avocados contain a fungicidal toxin called persin, which although harmless for humans, can be toxic for dogs.

Alcohol, such as beer, liquor and wine, can be harmful to your dog because alcohol has the same effect on a dog's liver and brain as it does on yours. The only difference is it takes far less to do its damage. Alcohol can cause vomiting, diarrhea, central nervous system damage, depression, problems with coordination, difficulty breathing, coma, and even death.

Xylitol is a sweetener typically found in candy and gum. It can cause more insulin to circulate through your dog's body, causing his blood sugar to drop and liver failure. Initial symptoms include vomiting, lethargy, and loss of coordination, leading to seizures.

Chocolate contains a toxic compound called theobromine. Even small amounts can cause a dog to vomit, have diarrhea, and be excessively thirsty. It can also cause abnormal heart rhythm, tremors, seizures and death.

Caffeine can be fatal for your dog. Symptoms of caffeine poisoning include restlessness, rapid breathing, heart palpitations, muscle tremors, fits and bleeding.

Grapes and **raisins** have often been used as treats for dogs, but they can cause kidney failure. Repeated vomiting is an early sign.

Macadamia nuts can cause fatalities in dogs. Even as few as six raw or roasted macadamias can make them sick. Symptoms of poisoning include muscle tremors, weakness, paralysis, vomiting, elevated body temperature, and rapid heart rate. Also avoid **walnuts**, **pecans** and **pistachios**, which can cause digestive problems.

Onions and **garlic** in all forms can destroy a dog's red blood cells, leading to anemia and poisoning.

Peaches and **Plums** need to be avoided because of their dangerous seeds and pits. The seeds can cause inflammation of the small intestine and intestinal obstruction in dogs. Plus the pits and seeds are poisonous to both Mommas and dogs.

Yeast Dough (before it's baked) can be toxic to your pup. When the yeast ferments and the dough rises, it makes alcohol leading to alcohol poisoning if consumed. In other words, no carob cookie dough for your pup!



 RDM Exercise

Experiment in the coming weeks with including more fresh food in your doggy’s diet. It can be as simple as switching out doggy biscuits for carrots and bell pepper sticks. Be sure to share some photos to inspire our RDM Community.

And if you’re feeling adventurous, here are three simple homemade treat recipes made with some of our Doggy Super Foods.

Peanut Butter & Carob Swirl Ice Cream

Serves 6

- 32 ounces plain nonfat Greek yogurt
 - 1 cup natural peanut butter
 - ½ cup carob chips
1. Divide yogurt evenly into each cup of a 6-muffin-cup pan.
 2. Pour peanut butter into a small bowl.
 3. Melt carob chips gradually in a small pan on the stovetop.
 4. Pour the melted carob into the peanut butter. Stir until combined.
 5. Place a spoonful of the peanut butter mixture on top of each muffin cup.
 6. Using a toothpick, gently stir or swirl the peanut butter with the yogurt.
 7. Freeze until solid.



Serving Size: 1 ice cream for both pup and Momma (Yep you might enjoy a taste too!).
Note: If you have a small pup, he or she may only need ½ ice cream.

Sweet Potato Cookies

Makes 32 servings

- 1 sweet potato
 - 2 ½ cups whole wheat flour
 - ¼ cup unsweetened applesauce
 - 2 eggs
1. Preheat oven to 350 degrees F.
 2. Prick sweet potato several times with a fork. Bake on a lined baking sheet with foil for 60 minutes. For convenience, you may also heat sweet potato in a microwave on high until tender, about 6 minutes.
 3. Cut potato in half and scoop flesh out of the skin into a bowl; discard skin. Mash potato with a fork or potato masher and transfer about 1 cup to a large bowl.
 4. Mix whole wheat flour, applesauce, and eggs in the large bowl with the sweet potato until a dough forms. Turn dough out on a well-floured surface and roll dough to about ½-inch thick.
 5. Cut out shapes using a cookie cutter or cut dough into strips. Arrange cookies on an ungreased baking sheet.
 6. Bake until crisp, 35 to 45 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.



Serving Size: 1 cookie

Pumpkin Balls

Makes 30 servings

- ½ cup canned pumpkin
 - 4 Tablespoon molasses
 - 4 Tablespoon water
 - 2 Tablespoon canola oil
 - 2 cups whole wheat flour
 - ¼ teaspoon baking soda
 - ¼ teaspoon baking powder
 - 1 teaspoon cinnamon
1. Preheat oven to 350 degrees.
 2. Mix pumpkin, molasses, canola oil, and water together in a bowl.
 3. Add the whole wheat flour, baking soda, baking powder and cinnamon to the mixture and stir until dough softens.
 4. Scoop out small spoonfuls of dough and roll into balls on your hands (wet hands work best).
 5. Set the balls onto a lightly greased cookie sheet and flatten with a fork.
 6. Bake approximately 25 minutes until dough is hardened.

Serving Size: 1 pumpkin ball





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