

Landau Veterinary Services

HOME-COOKED DIET INSTRUCTIONS For Kidney Patients

MEAT	VEGETABLES	GRAINS
chicken breast	kale	Brown rice
lean beef	spinach	Cooked oatmeal
pork	broccoli	
fish	Brussels sprouts	
egg	zucchini	
	asparagus	

DIRECTIONS

By volume, feed 50% meat and 25% vegetables and 25% grain. Vegetables can be chopped and raw preferably or cooked if necessary. If supplementing calcium, use a scale to weigh each batch of food. When instructed by the Doctor, you will add seaweed calcium, essential fatty acid supplementation in the form of fish oil, and possibly a multivitamin.

If your dog or cat has a history of inflammation or digestive problems, please start diet changes gradually. As a rule, start with 25% new diet and 75% old diet for at least a few days. Observe for discomfort, vomiting, diarrhea, or gas. If all looks good, then move to 50% new diet and repeat. Continue on to 75% new diet then 100% new diet. When in doubt, proceed slowly.

This transition to a new diet should occur over a few weeks unless specifically instructed to happen faster by Dr. Landau.

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