

FREE GUIDE

Breed-Specific Feeding Guide

What to feed your dog based on their breed, health needs and life stage

Includes: 8 breed profiles · Toxic foods guide · Starter recipe · Daily feeding calculator

This free guide gives you breed-specific feeding recommendations, the best foods for your dog's common health issues, and a simple starter recipe. Visit breedtobowl.com for fully customised recipes and breed guides.

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THE BALANCED BOWL — WHAT EVERY DOG NEEDS

Regardless of breed, a balanced homemade bowl follows the same structure. Get these ratios right and you have the foundation of a genuinely healthy diet.

COMPONENT	PORTION	BEST SOURCES
■ Protein	50–60 %	Chicken, turkey, beef, salmon, eggs, sardines
■ Vegetables	20–30 %	Broccoli, carrots, courgette, spinach, peas
■ Carbs	10–20 %	Brown rice, sweet potato, oats
■ Healthy Fats	5–10 %	Sardines, salmon oil, coconut oil, olive oil
■ Supplements	Small	Ground eggshell (calcium), omega-3, multivitamin



Rotate proteins weekly

Feed chicken one week, turkey the next, fish the week after. Rotation ensures a broader nutrient profile and prevents food sensitivities developing over time.

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BREED-SPECIFIC FEEDING GUIDES

Different breeds have different nutritional priorities based on their health risks, energy levels and body type. Here are tailored guidelines for 8 of the most popular breeds.

LABRADOR RETRIEVER

breedtobowl.com/breed-labrador.html

- ◆ Most obesity-prone breed — measure every meal, never free-feed
- ◆ High protein, moderate fat, lower carbs than average
- ◆ Bulk out meals with green beans or courgette (low calorie, high volume)
- ◆ Joint support: omega-3 (sardines), glucosamine-rich foods

GOLDEN RETRIEVER

breedtobowl.com/breed-golden-retriever.html

- ◆ High cancer risk — add antioxidants: blueberries, turmeric, broccoli
- ◆ Heart health: taurine-rich proteins (turkey, sardines, beef)
- ◆ Omega-3 fatty acids for joints and coat condition
- ◆ Avoid over-processed food and unnecessary additives

FRENCH BULLDOG

breedtobowl.com/breed-french-bulldog.html

- ◆ Sensitive digestion — introduce new foods slowly, one at a time
- ◆ Anti-inflammatory foods help skin and breathing: turmeric, salmon, coconut oil
- ◆ Strict portion control — very prone to obesity
- ◆ Avoid common allergens (beef, dairy, wheat) if showing skin sensitivity

GERMAN SHEPHERD

breedtobowl.com/breed-german-shepherd.html

- ◆ Prone to digestive issues (EPI, IBD) — easily digestible proteins essential
- ◆ Probiotics support gut health: plain kefir or yoghurt daily
- ◆ Omega-3s for hip and elbow dysplasia support
- ◆ Avoid sudden diet changes — always transition gradually over 10+ days

BEAGLE

breedtobowl.com/breed-beagle.html

- ◆ Extreme food motivation — will overeat if given any opportunity
- ◆ Portion control is the single most important factor for this breed
- ◆ Use green beans, courgette or broccoli to add volume without calories
- ◆ Prone to hypothyroidism — iodine-rich foods helpful (fish, seaweed)

DACHSHUND

breedtobowl.com/breed-dachshund.html

- ◆ Weight management is critical — extra weight strains the spine severely
- ◆ Low-calorie, high-protein diet with non-starchy vegetables
- ◆ Anti-inflammatory omega-3s support spinal health
- ◆ Raw carrot sticks help with dental disease (very common in the breed)

BORDER COLLIE

breedtobowl.com/breed-border-collie.html

- ◆ Very high energy — may need 20–30% more calories than average dog
- ◆ High-quality protein to maintain lean muscle during intense activity
- ◆ Complex carbs for sustained energy: brown rice, oats, sweet potato
- ◆ Brain-supporting nutrients: eggs (choline), oily fish (DHA)

SIBERIAN HUSKY

breedtobowl.com/breed-husky.html

- ◆ Zinc-responsive dermatosis — add zinc-rich foods: pumpkin seeds, sardines
- ◆ Surprisingly efficient metabolism — may need fewer calories than expected
- ◆ High-quality protein; many Huskies do poorly on grain-heavy diets
- ◆ Omega-3 fatty acids support the thick double coat

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FOODS THAT ARE TOXIC TO ALL DOGS



These foods should NEVER be given to any dog

Regardless of breed, size or age — the foods below are dangerous or fatal. Print this page and keep it somewhere accessible.

FOOD	WHY IT IS DANGEROUS	ACTION IF EATEN
Onion + Garlic (all forms)	Destroys red blood cells causing anaemia. Cooked, raw and powdered are all toxic.	Vet immediately if significant amount
Grapes + Raisins	Causes sudden kidney failure. No known safe amount — even 1–2 grapes.	■■■ Emergency vet immediately
Chocolate	Theobromine causes vomiting, seizures, heart failure. Dark chocolate most dangerous.	■■■ Emergency vet if more than trace
Xylitol	Artificial sweetener in gum, peanut butter, yoghurt. Causes rapid blood sugar crash.	■■■ Emergency vet immediately
Macadamia Nuts	Causes weakness, vomiting, hyperthermia, tremors within 12 hours.	Vet same day
Cooked Bones	Splinter and cause internal punctures or life-threatening blockages.	Monitor closely, vet if distress
Raw Dough / Yeast	Expands in stomach, produces alcohol as it ferments internally.	■■■ Emergency vet immediately
Alcohol	Even tiny amounts cause serious poisoning, coma or death in dogs.	■■■ Emergency vet immediately

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YOUR FIRST HOMEMADE RECIPE

This simple, vet-friendly recipe works for most healthy adult dogs. Easy to make, uses affordable ingredients and is a perfect starting point.

BEGINNER CHICKEN BOWL - For a 20 kg adult dog - Scale up or down by weight

INGREDIENT	AMOUNT	PURPOSE
Chicken breast or thigh (cooked)	200 g	Main protein — all essential amino acids

Brown rice (cooked)	80 g	Sustained energy and fibre
Carrot (cooked, diced)	50 g	Vitamin A, natural sweetness dogs love
Broccoli (steamed, chopped)	30 g	Vitamin C, K, antioxidants (keep small)
Spinach (wilted)	20 g	Iron, folate, antioxidants
Sardines in water (drained)	½ tin	Omega-3 fatty acids + natural calcium
Coconut or olive oil	1 tsp	Healthy fat — supports coat and skin
Ground eggshell (optional)	¼ tsp	Natural calcium to balance phosphorus

Instructions

1. Poach or bake chicken until fully cooked. Shred into pieces. 2. Cook rice in plain water until soft. 3. Steam carrots, broccoli and spinach until just tender. 4. Combine all ingredients, add oil and drained sardines. Mix well. 5. Cool to room temperature before serving. 6. Refrigerate up to 4 days or freeze in portions for up to 3 months.

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HOW MUCH TO FEED YOUR DOG DAILY

A reliable starting point is feeding 2–3% of your dog's ideal body weight per day, split across two meals. Adjust based on your dog's body condition — you should feel their ribs easily without pressing hard, and see a visible waist from above.

DOG WEIGHT	DAILY TOTAL (2.5%)	PER MEAL (÷ 2)
5 kg (small breed)	125 g / day	~63 g
10 kg	250 g / day	~125 g
20 kg	500 g / day	~250 g
30 kg	750 g / day	~375 g
40 kg (large breed)	1,000 g / day	~500 g

Get an exact calculation

Use the free dog food calculator at breedtobowl.com/calculator.html — enter your dog's weight, age and activity level to get a precise daily portion instantly.

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COMMON BEGINNER MISTAKES TO AVOID

Not enough calcium

Home-cooked meat is high in phosphorus but low in calcium. Without added calcium, this imbalance causes bone problems over time. Add ¼ tsp ground eggshell per 500g of food.

Feeding the same thing every day

Rotating proteins and vegetables each week ensures a broader nutrient profile and prevents the development of food sensitivities over time.

Too much of one vegetable

Spinach is high in oxalates — limit to small amounts. Broccoli causes gastric upset in large amounts. Variety across vegetables is just as important as varying proteins.

Not transitioning gradually

Switching suddenly from kibble to homemade causes digestive upset. Transition over 7–10 days: start 25% new / 75% old food, slowly shift to 100% new food.

Skipping the vet conversation

Tell your vet you are moving to homemade food. They can flag breed-specific needs and suggest a blood panel after 3 months to confirm nutritional balance.

Assuming "natural" means complete

Individual whole foods are not nutritionally complete alone. Balance comes from combining protein, carbs, vegetables, fats and supplements in the right ratios.

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YOUR NEXT STEPS

#	WHAT TO DO	WHERE TO GO
1	Find your dog's breed guide with health info and a custom recipe	breedtobowl.com/breeds.html
2	Calculate exactly how much to feed your dog per day	breedtobowl.com/calculator.html
3	Generate a free personalised recipe for your dog's needs	breedtobowl.com/generator.html

4	Browse 6+ complete homemade recipes with full instructions	<i>breedtobowl.com/recipes.html</i>
5	Read more nutrition and health guides for dog owners	<i>breedtobowl.com/blog.html</i>

Start simple. Stay consistent. Ask your vet.

Making homemade dog food does not have to be complicated. Start with the beginner chicken bowl, get comfortable with portioning, and build from there.

Visit breedtobowl.com for free recipes, breed guides and tools to make it easy.