

Heart healthy, easy to make loaf recipe

Today I thought I'd share a super heart-healthy recipe I make for Gabriel, and love to offer as part of his fully balanced NRC recipes, that comprise the majority of his meals.

The recipe in itself is not balanced, but it can be worked into a balanced diet or fed in smaller amounts as a snack, mini-meal, or topper. Every ingredient provides specific heart health benefits...and the dogs I know all love it, too.

This recipe is easy to make, highly palatable and can be adjusted to suit your own individual. I left out a few ingredients I like to use, for all dogs, really, but especially for breeds predisposed to heart disease, highstrung dogs, and seniors. Note that a healthy cardiovascular system requires ALL the essentials to be met, so if you are homefeeding, it's a good idea to work with a professional and ensure this recipe fits into what you are already feeding and doesn't throw anything out of balance.

Additional herbs and foods may be added to the loaf after cooking; I don't have you add things like blueberries in case the dog doesn't like fruit, and refuses the whole recipe (yep, I have seen that many times) but fresh, mashed blueberries can be added to the warm loaf or fed another way, mixed with yogurt for example. Hawthorn is an incredibly powerful herb that can be used as both tonic and support, but it not only has a very sour taste many dogs don't love, it is contraindicated with many heartmeds. Hence, I suggest adding hawthorn on a case-by-case basis, and always talk to an experienced animal herbalist before adding herbs, especially when your dog has health issues.



Hawthorn leaf and berry, powerful support for the heart

Beef and chicken livers add copper and iron to a home-made diet, but using this recipe as an occasional meal or topper means you could be overdoing both nutrients, so I have left them out. In a loaf recipe designed to meet NRC requirements, I'd use one or both.

Lastly, in a recipe designed to be fed fulltime, I'd include calcium, and supplements such as zinc, iodine – whatever the recipe was low in. I can always formulate a balanced meatloaf recipe, but one size does not fit all, and the amount fed makes a huge difference, too. Hence, make this one for health benefits only and not to feed fulltime.

I'd love to hear feedback too if you make it and what your pupper's reaction is. 😊

Here are the ingredients you will need:

- 24 ounces ultra lean ground turkey
- 14 ounces beef heart, which needs to be put through a grinder or very finely minced (and it is tough)

- 8 ounces raw beef kidney, also in need of grinding
- One and a half cans water packed sardines.
- 175 grams peeled and grated raw beetroot.
- 45 grams uncooked oat bran
- 350 grams grated raw apple, peeled unless organic,
- 1 teaspoon tomato paste (use low sodium if your dog has high blood pressure)
- 125 grams plain pumpkin (use low sodium if your dog has high blood pressure)
- 2 level teaspoons of finely powdered eggshell (optional, more important if using as occasional meals, than as toppers or King stuffers).



To make the loaf, you really just need to combine the above any way you prefer: I like to assemble the oat bran, grated beets, pumpkin and apple, and add a Tbsp or two of plain nonfat yogurt, if needed to

moisten. Then stir in the tomato paste, and if using powdered eggshell, add as well. In a separate bowl, mix the ground turkey, ground heart and kidney and 125 grams of sardines. Lastly mix the two together very well, and place into a medium sized loaf pan, no need to grease the pan first. Just pat in to make a nice level top and bake in a preheated 350-degree oven for about 45 minutes, or until cooked all the way through. It's also an option to feed raw; many clients like to make a mixture such as this, and then roll into meatball sized treats to add daily for a powerful cardiovascular boost. Note that if your dog is not used to raw, small bites like this can be a good introduction, but if the dog doesn't like it, by all means place them in a large pan with a little water, cover and simmer until cooked through, and this will preserve more phytonutrient than the oven method.

To prepare beets, whether feeding raw, simmered on the stove, or baked in the oven, the method matters. First, you should peel them, and then grate as one does with carrots. Ideally we don't want to cook them for a long time in water, but in the oven we should retain a fair amount of the flavonoids and nitrates. This recipe can be fed raw, in which case all the beneficial compounds will be preserved.

One whole recipe provides 2,054 calories, and the macronutrients break down as:

Distribution of calories:

Protein: 59.3 %

Fat: 23.6 %

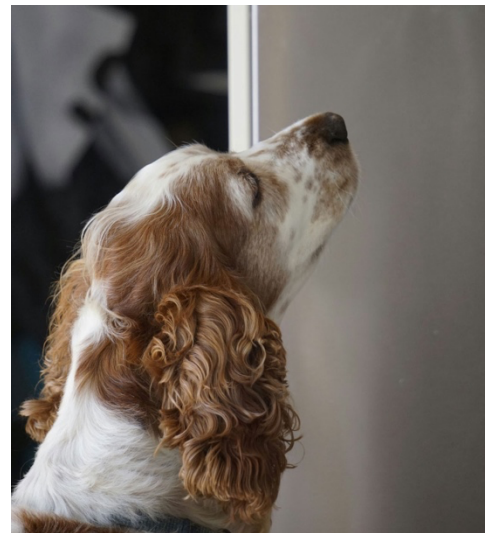
Carbohydrate: 17.1

The whole recipe also contains:

Calcium (without shells):	283 mgs
Iron:	40.5 mgs
Phosphorus:	3850 mgs
Selenium:	645 mcgs
Magnesium:	563 mgs
Sodium:	
Vitamin D	208 iu

So, you can divide the loaf into 8, 10, 12 sections and then divide the nutrients – calories and so on – accordingly. In this way you know if you’ve gone over “budget” for any nutrient, such as phosphorus or sodium, you need to keep an eye on.

Once the loaf is baked, allow it to cool, and cut into sections. Freeze however many you won’t use right away; the remainder can stay in the fridge for up to 3 days.



Some info about the ingredients

- Ultra lean turkey is usually identified as 1%. I chose low fat to make the recipe more accessible; some dogs don’t do well with fat, and those whose dogs DO, can always add a teaspoon of olive oil to the

finished product. Unheated oil is better anyway. 😊

- Beef heart is rich in nutrients – more zinc, iron and several B vitamins than other types.
- Beef kidney is used here for the selenium, an essential mineral that supports the heart, among other functions.
- Water packed sardines provide some VitaminD, Omega 3 fatty acids and iodine – use low sodium if your dog already has heart disease and high blood pressure.
- Oat bran when used in a small amount such as we have here, it provides a great source of soluble fiber, especially good for dogs whose fiber intake is extremely low, or who consume mostly insoluble fiber. Oats are rich in beta glucans, an important cancer fighter as well.
- Beets (specifically, the roots) are a heart-healthy food because they contain unique flavonoid called betacyanin. Beetroot is well known for its naturally high nitrate content, which the body converts to nitric oxide to help improve circulation, support healthy blood pressure, but be sure to prepare properly (as described above). Beets are high in oxalate, so this is not a recipe to use longterm with a dog who has calcium oxalate crystals or stones. You can replace the beets with cauliflower, which will lower the calories, and doesn't offer betalain, but safer for stone formers.

- Pumpkin adds beta carotene and fiber – lowered inflammation always good the heart and veins/arteries.
- Apple adds a little bit of pectin and quercetin, if your dog enjoys it you can grate more and add fresh to the bowl, just tally up calories if you have a dog who gains weight easily
- Tomato paste adds a flavour boost, but also an incredible amount of a flavonoid called lycopene, which helps reduce inflammation, and supports the prostate gland as well.

If a dog is eating enough food to meet all his or her calcium needs, this recipe doesn't need to add calcium to cover requirements, but it is helpful to balance phosphorus, which would mean add the two level teaspoons of powdered eggshell for 3600 mgs of calcium (the recipe does, after all have 3850 mgs of phosphorus).

Supporting the heart means making sure that all your dog's required nutrients are met, in a homemade diet or commercial. Remember that feeding a food you purchase, that states it is complete and balanced, will still not provide everything your dog requires if you underfeed it – which many do, to prevent obesity. Talk to your nutritionist for guidance beyond online recipes and articles, we are here to help. 😊

Here's me, Cat

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HERE
TO
HELP