

# Walker Valley Vet

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## Home Cooked Hypoallergenic Dog Food

### Ingredients:

2 Alaskan salmon filets, or other fish

1 large organic sweet potato

1/2 cup organic baby-cut carrots

1 tbsp. extra-virgin olive oil

200 IU vitamin E (per 2-3 day batch supply)

Canine multi-vitamin or nutritional supplement (given according to weight)

Bone meal or other source of calcium (TUMS antacid can be used – given according to weight)

Preheat the oven to 400 degrees Fahrenheit. Wrap the salmon filets in parchment paper, and place on a baking sheet. Bake until the fish flakes easily, or about 15 to 20 minutes. Remove the salmon from the oven and coarsely chop into a bowl. Set aside to cool completely.

Peel the sweet potato, and then chop into small cubes. Cut the baby-cut carrots in halves. Place the sweet potato and baby carrots in the saucepan, cover with water and boil until tender, about 20 to 30 minutes. Drain the vegetables, and then set aside to cool.

Gently toss the salmon with the vegetables in a bowl. Fold the vitamin E, nutritional supplements or canine multi-vitamin into the salmon and veggies. Spoon about one-quarter of the food into your dog's bowl for each of two daily servings for an average-sized dog, 50 to 60 pounds. Drizzle with olive oil, and serve. Store the leftovers in the refrigerator for up to 24 hours. Double the recipe and divide into individual serving portions in plastic zip-top bags, and freeze for up to one month.

**Tips:** The goal of a hypoallergenic food trial is to feed your dog a limited ingredient, novel protein food for 3 months. During this time your dog should not receive any other food or treats, or you will not be able to assess the efficacy of the trial. One bite of an offending food allergen can cause 3 weeks of itching. Consult a veterinarian when allergies are suspected.

This salmon and vegetable meal makes enough to feed a medium-sized dog, about 50 to 60 pounds for two days, or one salmon filet and one-half of the veggies divided into two meals per day, depending on the size of the salmon filet.

Try a variety of other fish in your dog's meals, such as tuna, mackerel and whitefish. Other veggies can also be used such as: zucchini, squash, green beans, and peas. Using bagged frozen peas and carrots makes the cooking process much quicker. Pumpkin can also be used in addition to the sweet potatoes.

## **Common signs of allergy are:**

Itching and scratching

Excessive dandruff or an excessively oily and odorous coat

Chronic ear infections or skin infections, often causing hair loss

A chronic buildup of yeasty debris in the ears

Excessive licking of the feet and front legs

Hotspots

## **Food for thought:**

These symptoms described as being common of food allergy can also be caused by other types of allergies (Atopy or environmental allergy, Flea allergy, and certain endocrine disorders such as thyroid disorder.) Also, remember that not all dogs are allergic to the same foods. A meal that is hypoallergenic for one dog does not necessarily mean it will be for another. There may be a vast range of food sensitivities or triggers that only an elimination diet can determine.