

Make your own pet food

Resources to help you do it safely, healthfully.

If all of the recalls have you worried about buying food for your pets, try this alternative: **Make your own . . . it's not that hard, and it is usually cheaper!**

"You are what you eat, and so are your pets," said Susan Davis, a Dana Point certified clinical pet nutritionist whose company, Ask Ariel, helps pet owners provide holistic care for their animals.

"Pets thrive on a balanced, homemade diet prepared with whole foods, vegetables, omega 3s (fish oil) and quality sources of protein," she said. Such protein is free of hormones, antibiotics, preservatives and food coloring, she added.

But how to know what combination of healthy foods will be truly healthy for your pets? Here are some resources:

- Ask Ariel: askariel.com or 949-499-9380
- Whole Foods Market in Tustin is offering a lecture on making your own high-quality dog food featuring Elinor Silverstein of Orange County, whose background includes bachelor's degrees in biology and zoology. 7-8 p.m. March 29 at Whole Foods, 14945 Holt Ave., Tustin. 714-731-3400.
- Books on animal nutrition can be found in bookstores and online at www.dogwise.com. Here's a sampling:
 - "Home Prepared Dog and Cat Diets," Donald Strombeck (Iowa State University Press, \$42.99). Whole-food diets customized to the physical needs and preferences of your pet. Includes diets to manage specific issues, such as heart disease.
 - "Ultimate Diet: Natural Nutrition for Dogs and Cats," by Kymythy Schultz (Hay House, \$8.95). Recipes for feeding your pet a natural diet that includes raw meat.
 - "The Natural Nutrition No-Cook Book," by Kymythy Schultz. (Hay House, \$14.95). Information on which human foods are healthy to feed to pets.
 - "Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats," Richard and Susan Pitcairn (Rodale, \$18.95). Includes recipes for healthy whole-food diets.
 - "Canine Nutrition," Lowell Ackerman (Alpine Publications, \$23.95). Information on different types of food and supplements.

"Dog Health and Nutrition for Dummies," Chris Zink (Hungry Minds, \$21.99). Tips on nutrition and special diet issues like allergies.

"Holistic Guide for a Healthy Dog," Wendy Volhard and Kerry Brown (Howell Book House, \$16.95). Recipes; information on the contents of commercial pet food.

"Feeding Your Dog for Life," Diane Morgan (Doral Publishing, \$24.95). A primer on canine nutrition.

"K9 Kitchen," Monica Segal (Doggie Diner Inc., \$23.95). How to individualize a diet for your dog.

"Food Pets Die For," Ann N. Martin (New Sage Press, \$13.95). Recipes for dog and cat food and a look at the contents of commercial pet food.

"The BARF Diet," "Grow Your Pups With Bones" and "Give Your Dog a Bone," Ian Billinghurst (self-published; \$17.95, \$34.95 and \$27.95, respectively) How to feed your dog a diet using raw, whole foods.