

Additional notes for Homemade Diets

1. Animal ingredients (meat and eggs) should be cooked for at least 10 minutes at 180°F (82°C).
2. Vegetable ingredients should be at least washed or rinse, and cooked if increased digestibility is desired.
3. Often the food mixture will separate and dry out with time. We recommend you keep the food in airtight containers and mix it well before each feeding. You must, on a daily basis, be aware of color and odor changes, which may indicate spoilage or deterioration.
4. Conversions:

Weight Measures:

1 teaspoon = 5 grams	1 tablespoon = 15 grams	1 cup = 250 grams
1 wt-oz = 28 grams	1 pound = 454 grams	

Volume measures:

dash = 1/8 teaspoon	pinch = 1/16 teaspoon	smidgen = 1/32 teaspoon
3 teaspoons = 1 tablespoon	1 tablespoon = 1/2 fluid ounce	1 teaspoon = 5 milliliters
4 tablespoons = 1/4 cup	1 cup = 8 fluid ounces	1 tablespoon = 15 milliliters
5 1/3 tablespoons = 1/3 cup	1 cup = 1/2 pint	1 cup = 240 milliliters
8 tablespoons = 1/2 cup	2 cups = 1 pint	1 quart = 1 liter
10 2/3 tablespoons = 2/3 cup	4 cups = 1 quart	
12 tablespoons = 3/4 cup	2 pints = 1 quart	
16 tablespoons = 1 cup	4 quarts = 1 gallon	

Metric conversions: US units = UK & Australian units

1/8 teaspoon = 0.5 ml	1/4 teaspoon = 1 ml	1/2 teaspoon = 2 ml
1 teaspoon = 5 ml	1 tablespoon = 15 ml	
1/4 cup = 60 ml	1/3 cup = 90 ml	1/2 cup = 120 ml
2/3 cup = 150 ml	3/4 cup = 180 ml	1 cup = 240 ml
1 1/4 cup = 1 cup	2 cups = 1 pint	1 quart = 1 liter

5. General guidelines for converting pre-cooked to final cooked measures:
 - a. Meat loses about 30% in water weight when cooked, so start with about 1/3 more than desired for final cooked weight.
 - b. Rice and other dry grain products:
 - i. 1 cup of dry pre-cooked rice weighs about 200 grams whereas 1 cup of cooked rice weighs about 150 grams.
 - ii. 100 g of dry rice cooks out to be about 300 grams
 - iii. 1 cup of dry rice cooks out to be about 4 cups

- c. Potatoes and other starch vegetables have precooked weights about equal to final cooked weights, so 100 grams of potato as purchased raw cooks out to be about 100 gram boiled mashed.
 - d. Fibrous, high water vegetables (carrots, broccoli, green beans) have precooked weights also about equal to the final cooked weights.
 - e. The edible portion of chicken eggs:

one jumbo	=	64 g
one large egg	=	50 g
one medium egg	=	44 g
one small egg	=	37 g
 - f. You can check other food measures at the USDA web site
<http://www.nal.usda.gov/fnic/foodcomp/search/>
6. If there is a history of food rejection or gastro-intestinal upset with food changes, introduction of any new commercial foods should be done using a slow, deliberate feeding schedule.

Schedule	Old food	New food
Day 1, 2, 3	75%	25%
Day 4, 5, 6	50%	50%
Day 7, 8, 9	25%	75%
Day 10	0%	100%

If building a new homemade diet, feed the meat and grain source tolerated by the pet for 3-6 days, then add the fat (if prescribed) for another 3 days, then add the vegetables (if prescribed) the next 3 days, and if all is tolerated then add in the supplement. It is by this method you will build a balanced diet tolerated by the pet.

At the first sign of food intolerance; such as vomiting, diarrhea, decreased appetite, weight loss or food rejection; offer old food and seek veterinary attention if clinical signs continue for more than 24 hrs or become serious.