

## **ABOUT THE WESTIE DIET**

Westie Rescue of Orange County & Beyond has done a great deal of research on the diet for our Westies. We have spoken with many veterinarians, dieticians, and food experts. What we find is there is a lot of controversy with what diet to feed your Westie. What we know for sure is that there is not one particular diet that will work for all dogs. Each dog is unique with unique requirements. We are constantly researching for the highest quality foods and never get stuck in a rut if better foods become available.

Considerations are:

- **Health issues**
- **Age**
- **Activity level**

Another very important factor to consider is a Westie with skin allergies. Special diets have been derived as a result of skin problems relating to allergies which are quite common in the Westie breed. For this reason, we do not recommend a diet that contains:

- **beef**
- **corn**
- **wheat**
- **brewers yeast**
- **soy**
- **meat by-products or poultry by-products, meat meal**
- **garlic**
- **artificial colors or flavors or any preservatives**

Each dogs needs are different, so we use several different [recipes](#) in preparation of meals based upon those specific needs. We have used a combination of several different diets to fit each individual need of our rescues as well as our own Westies. We have had great success with all California Natural products: Lamb/Rice, Chicken/Rice and Fish/Potato dry kibble.

### **Westie Diet #1**

*AM Feeding*

- **1/3-1/2 Cup Dry Kibble – California Natural Lamb & Rice**
- **1 Tbsp Highlander Hash or 1 Tbs Perry's No-peek Chicken & Rice**
- **½ Tsp Halo Dream Coat**
- **1 Vitamin E gel cap – pricked**
- **1 Squirt Grizzly Salmon Oil**

*PM Feeding*

- **1/3-1/2 Cup Dry Kibble – California Natural Lamb & Rice**
- **1 Tbsp Highlander Hash or 1 Tbs Perry's No-peek Chicken & Rice**

### **Westie Diet #2**

*AM & PM Feeding*

- **1/3-1/2 Cup Dry Kibble – California Natural Fish & Potato**
- **1-2 Tbsp Stanley's Wild About Salmon or California Natural Fish & Potato wet formula (canned)**

### **Westie Diet #3**

*AM & PM Feeding*

- **1/3 Cup Dry Kibble – California Natural Chicken & Rice**
- **¼ Cup cooked chicken breast (chopped)**
- **¼ Cup Brown Rice**

- **1 tsp chicken broth**

We recommend a high quality fish/potato or duck/potato based premium kibble with limited ingredients containing USDA human grade ingredients with animal proteins listed in the first two ingredients, with plenty of good natural preservatives such as rosemary, citric acid, vitamins A & C. Just because a dog food is expensive, does not mean it is of the highest quality, so read the ingredients label.

Detailed information on the supplements used in Westie Diet #1 is listed at the end of this section. We also add a digestive enzyme to all our Westies meals to help their system adjust to their new diet; a favorite is Gentle Digest which can be found at Whole Foods. Remember, sudden changes in your Westies diet can cause an upset stomach and diarrhea. It is important to introduce the new diet gradually, over a period of 7 to 10 days.

We also recommend that you do not give your Westie table scraps no matter how long those big beautiful eyes stare at you – **don't give in!**

## Recipes

### HIGHLANDER HASH

#### INGREDIENTS:

- ½ pound ground turkey (you may also use salmon or tilapia)
- 1 raw carrot, quartered and chopped into ¼ inch slices
- 1 raw zucchini, quartered and chopped into ¼ inch slices
- 1 raw yellow squash, quartered and chopped into ¼ inch slices
- 1 medium apple, cored, cut into 8 pieces and chopped into ¼ inch slices
- 2 Tbsps chopped fresh parsley (optional)
- ½ tsp ground turmeric (optional)

#### DIRECTIONS:

Brown ground turkey over medium heat in a 12 inch non-stick pan for 3-4 minutes, stirring constantly, breaking up the turkey. Ground turkey should be still slightly pink. Add carrot, zucchini, squash, and apple. Cook 5 minutes, stirring frequently. Add parsley and turmeric if desired and cook 2 minutes more, continuing to stir. Cool and serve. This recipe may be stored up to 4 days in the refrigerator and also freezes well.

We serve 1-2 Tbsps on California Natural kibble or 1/3-1/2 cup as a main dish. This recipe will feed 2 Westies for up to 4 days. Keep refrigerated and you may reheat in the microwave.

### Perry's No-peek Chicken & Rice

#### INGREDIENTS:

- 1 pound skinless/boneless chicken breast
- 8 cups chicken broth OR water OR vegetable broth
- 5 carrots chopped in 1/4 slices
- 3 stalks celery chopped in 1/4 slices
- 2 medium red potatoes (or white) cut in 1/4 cubes
- 2 cups uncooked brown rice

#### DIRECTIONS:

Place all ingredients except for brown rice in crockpot & cook on high for 1 1/2 hours. Remove chicken and shred, return to pot, add rice and cook another 1 1/2 hours. Remove from heat, stir & let cool for 1 hour before serving. This quantity will feed 6 dogs 2x's a day for 7 days. Recipe freezes well and can be cut in half. Serve 1 Tbsp on top of California Natural kibble.

## **Stanley's Wild about Salmon**

### **INGREDIENTS:**

1/2 pound Alaskan Salmon Fillet

12 oz frozen peas & carrots

12 oz frozen cut green beans

### **DIRECTIONS:**

Preheat oven at 350 degrees. Wrap salmon in foil and bake 20 minutes or until salmon becomes opaque and flakes easily. Steam frozen vegetables in a large pot. The water in the frozen vegetables will contribute to the steaming process. When done, shred the salmon with a fork, and mix with the vegetables. This recipe will feed 2 dogs, twice daily for 4 days. Serve 1-2 Tbsp on California Natural kibble per meal. Keep refrigerated and reheat in the microwave.

## **Westie Skin Issues**

Every Westie with a compromised immune system may need a particular diet adjusted to that dogs specific need. In this section, our focus is Westies with skin allergies. We will discuss your Westies diet, [vitamins](#) and treats that we have personally put to the test including treats to avoid.

For example; a diet we use to treat our Westie with Epidermal Dysplasia did not work well for our Westie with Malassezia Dermatitis.

Our Westie with Atopic Dermatitis did not do well on a chicken & rice formula, but did show vast improvement once the diet was switched to duck & potato. Another example is dogs with debilitated kidneys that require a diet low in protein and sodium, because their bodies lack the ability to process these substances.

**Limited ingredients and a formula the Westie is likely not to have consumed in the past is key. This is a starting point for Westies with skin allergies.** We know that foods, whether for dogs or humans, must have a balanced diet to provide energy and have a suitable combination of the major nutrients – proteins, carbohydrates, and fats, and also have a sufficient amount of the minor nutrients – vitamins and minerals in proper proportions. The major nutrients that all animals need include **carbohydrates**, which provide energy, and in excess are converted into body fat; **fats** which are the most concentrated form of energy; proteins which provide the body building elements in the diet.

The minor nutrients include the vitamins, minerals, which, although critical to the animal's health, are required in rather small amounts. The vitamins are usually divided into two groups; **fat soluble** (vitamins A, D, E and K) and **water soluble**, the B complex vitamins and vitamin C. We add these additional vitamins to our Westies diet to help restore their "already" compromised system into a healthier state.

## **Healthy Treats/Snacks:**

- **Raw Baby Carrots**
- **Cooked Squash**
- **Green Beans**
- **Low Fat Cottage Cheese (1 Tablespoon – this is a great method for administering medication)**
- **Charlee Bear Dog Treats (only 3 calories per treat – can be found at Petco and Trader Joe's)**
- **Apple Slices**
- **Innova Health Bars (we use the small bar size and break them in halves)**
- **Dried Chicken Strips**
- **Turkey Jerky (we make our own, however Costco carries this product at the best price)**

## **Treats/Snacks to Avoid:**

- **Fatty meats and trimmings which can cause diarrhea or pancreatitis**
- **Cabbage, broccoli or brussel sprouts which can promote intestinal gas**
- **Onions and garlic – poisonous**
- **Grapes and raisins – poisonous**

- **Popcorn**
- **Chocolate**
- **Soft moist commercial treats (high in fat, sugar and salt)**
- **Pig ears**
- **Avocado**
- **Commercial Dog Treats (as with food, close attention should be paid to the label to verify the actual quality and ingredients of the dog treat)**

Treats that are high in protein and fat may be required for dogs who are extremely active, while dogs who are more sedentary should be fed treats that are lower in protein, fat and overall calories, because they burn less energy.

**Choosing the best diet takes some effort on your part, but put together with daily exercise, and a lot of love, it plays an important and vital role to your Westie's health.**

**Supplements and Ingredients:** These items can be found at Whole Foods and Petco. Though expensive at the local store, price comparisons can greatly be reduced by internet shopping – take into consideration “shipping charges” and look for sites that provide “free shipping”.

**Halo Dream Coat** provides the finest balance of full spectrum essential fatty acids missing from commercial, cooked or processed pet foods. Six natural, cold-pressed oils are proven to be the perfect compliment for quickly achieving a glorious, glowing new coat and healthier skin. Also elevates their immune system with Garlic and Evening Primrose Oil. Use daily for the coat you've always dreamed of! **Ingredients:** Soybean oil, wheat germ oil, safflower oil, sunflower oil, garlic oil, cod liver oil, anise, linoleic acid, Vitamin A, Vitamin D, Vitamin E, oleic acid, linoleic acid.

**Grizzly Salmon Oil™** is derived only from wild Alaskan Salmon. The salmon oil naturally retains its balanced blend of valuable fatty acids and is further protected by adding all-natural Rosemary Extract. It contains inherent antioxidants and traces of vitamins that naturally occur in the salmon. Our all-natural product will not interfere with your dog's intake of vitamins from other sources.

Grizzly Salmon Oil™ supplies a range of different omega-3 fatty acids, including the long chain Omega-3 fatty acids EPA and DHA. As dogs and cats age, they face increased risk of heart problems, stiffening joints and loss of zest and vigor. These health risks may be reduced by a diet consistently supplemented with readily accessible, long chain omega-3 fatty acids found only in cold water fish oils like e.g. Grizzly Salmon Oil. These omega-3 fatty acids are essential building blocks all dogs and cats need for maintaining a balanced metabolism. Scientific studies also show these fatty acids help maintain the immune system as well as a lustrous, shiny coat.

Additional dietary and nutrition information can be found on the West Highland White Terrier Club of America’s (WHWTCA) website at [www.westieclubamerica.com](http://www.westieclubamerica.com) and the San Francisco Bay West Highland White Terrier Club (SFBWHWTC) website at [www.sfbaywestieclub.com](http://www.sfbaywestieclub.com). A list of premium foods that made the Whole Dog Journals recommended food list can be subscribed to at [www.whole-dog-journal.com](http://www.whole-dog-journal.com).

**The dietary information provided is for informational purposes only and is not meant to be a substitute for the advice obtained by your own veterinarian. You should always consult your veterinarian.**