

## Common Herbs and Low Glycemic Vegetables for Added Nutrients

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Knowing what is in your dog's food is so important. Whether you are feeding homemade, prepared raw, or anything else, adding in a few nutritional foods will help your dog thrive.

The vitamins and minerals that your dog needs daily to grow and remain healthy should come from real food, not synthetically made ingredients added to "fortify" pre-made foods. When a food says that it is fortified this means it has added man made components. These formulated dog food ingredients will never be as good as the nutrients you will get from real food.

A simple way to add nutrition to your dog's diet, no matter what you are feeding as the base meal, is to add some common nutritional herbs and low starch vegetables.

You only need a small amount (as protein should always be your main ingredient) and you can prep them before hand by making a puree with them, freeze and add to the main meal on a regular basis.

### Common Herbs for added nutrients

**Alfalfa** - many minerals, vitamins and protein

**Ground Flaxseed** - rich source of omega-3 essential fatty acids

**Parsley** - contains essential vitamins (A,B,C and K), fiber, calcium, iron, magnesium, niacin

**Sage** - contains vitamins, minerals and antioxidant compounds that promotes digestive health

**Turmeric** - lowers inflammation and aids in reducing pain

### Low glycemic vegetables for added nutrients

**Asparagus** - vitamins, minerals and antioxidants that support the kidneys

**Broccoli** - promotes cellular health

**Cabbage** - reduces inflammation, detoxifies the body, immune boosting.

**Cauliflower** - loaded with vitamin C, phytonutrients and flavonoids

**Kale** - high in chlorophyll which helps the body absorb carcinogens

\*All of these vegetables are low glycemic and will not have an impact on your dogs blood sugar levels like a starchy vegetable will.