

# vöndi's

## Vegan Diet

*"The Healthy Natural Alternative"*

### **A VEGAN DIET FOR YOUR DOG – A FIRST IN SOUTH AFRICA**

Vegans and vegetarians are often faced with the dilemma of choosing the best diet to feed their companion canines, taking into consideration not only their own ethics, but also the best interests of the dog/s they are taking care of.

Fortunately, even though many people would assume that a dog couldn't possibly be fed a 100% vegan diet, nothing could be further from the truth!

Despite descending from wolves, the domestic dog is classified as an omnivore. The classification in the Order Carnivora does not necessarily mean that a dog's diet must be restricted to meat. Unlike an obligate carnivore, a dog is neither dependent on meat-specific protein nor a very high level of protein in order to fulfill its basic dietary requirements. Dogs are able to healthily digest a variety of foods including vegetables and grains, and in fact dogs can consume a large proportion of these in their diet. In the wild, canines often eat available plants and fruits.

As a matter of interest, there is even one dog which could completely be a Vegetarian and that is the Chow Chow. The Chow Chow originated in China (Tibet) where it was raised as a meat source for human consumption. Since the Chow Chow was used as a meat source for human consumption, it was fed a diet of grains and vegetables - to produce a tender marbled meat.

Some may still argue that a vegan diet for a dog is unnatural in some way, but its important to note that in nature dogs wouldn't eat anything like what is commonly found nowadays - in a can or in pellet form.. Most commercial pet food is made of very questionable meats, not fit for human consumption, that would otherwise be thrown away. These foods are filled with preservatives and other additives that, over time, can detriment the health of your pet. Indeed, studies conducted on pets fed commercial meat pet food reveal that diet-related complications can include "kidney, liver, heart, neurological, visual, neuromuscular and skin disease, bleeding disorders, birth defects, compromised immune system and infectious disease."

So, not only is it possible to feed dogs a non-meat diet, it can also be very nutritious and balanced. In Europe, there are plenty of commercially available, healthy vegan diets. There is no reason why vegan / vegetarian pet lovers in our country shouldn't have the same choice.

For this reason Vondis Holistic Pet Nutrition has developed a well researched balanced Vegan diet, where you can be assured that your companion will receive all the correct nutrition and thus enable them to lead happier, healthier lives.

### **Vegan Diet – Recipe and Nutritional Value**

In presenting any nutritious meal for human or pet, meat or vegan, there are two important considerations. The cooking method which you use to prepare your food and the other is the quality and choice of ingredients.

Vondis has always adopted scientific procedures to prepare the food and therefore, certain ingredients are left to simmer on a low heat and there are some that are included raw. This **very special Vondi's cooking process ensures maximum nutritional value and digestibility.**

In choosing the ingredients, we have utilized scientific and nutritional data to formulate a recipe that is totally balanced and nutritious and **that will ensure a healthier and longer life. Some of the ingredients include brown rice, millet, lentils, peas, barley, wheat germ, rolled oats, beetroot, butternut, sweet potato, carrots and a variety of freshly picked herbs. To ensure the perfect balance we also supplemented with calcium gluconate, zinc gluconate, taurine, yeast, lecithin, kelp, dandelion and vitamin c.**

In all case we only use natural, real and wholesome foods that are certainly free of preservatives

We are also proud to be considered as “Friends of The South African Vegan Society” – [www.vegansociety.co.za](http://www.vegansociety.co.za)

\* Available from selected stockists in Cape Town and Gauteng

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