

Green Bean Diet

Start with putting your dog on a senior or low calorie diet. Also it is best for your dog to eat TWICE a day, it burns calories better. Remember that when changing any dog's diet, the change should be gradual. If you are changing dog food, then get that change done BEFORE you start with the veggies.

Consider the amount of kibble you are currently feeding your dog, now cut that in HALF.

Take the missing half and double the amount in veggies. I use green beans. Usually the gallon can I purchase at Costco. If you are concerned about the salt, you may rinse the beans. So now you have cut the kibble ration and added veggies.

An example is:

The dog was originally on ONE cup of kibble each feeding. The kibble is now ONE HALF a cup of kibble and that half cup of missing kibble is now ONE cup of veggies.

I keep the veggies in a large container in the refrigerator, then I keep a plastic measuring cup in the container. At one time I had FIVE dogs on the weight reduction diet.

Some dogs do not like green beans, so try other lower calorie veggies. One is pumpkin (the mashed fresh), not the pumpkin for the pies, or any that is in syrup. Try carrots, mine like the little ones, they even like them for snacks. Try to stay away from corn (too high in calories), and the gas causing veggies like broccoli, cauliflower, and cabbage (like my dogs would EVER eat cabbage), although mine do love the rest of the veggies. Some even like zucchini, and even my kids didn't eat zucchini. I always knew dogs were easier than kids. Your dog WILL NOT starve. She will get used to the green beans, even though your dog might convince you he / she is dying without all that food.