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Although its rather unappealing name may certainly have you thinking other wise, **putting your dog on the BARF diet** may be exactly what's required to maximize his or her health and longevity. **The BARF diet** is formulated to resemble as closely as possible the **diets of dogs in the wild**, where food is fresh, and often freshly killed.

Why is **feeding your dog BARF** so important for his or her health? It has to do with the digestive organs which secrete enzymes to break down food so that it's used properly by the body. For instance, when **carbohydrates and proteins are eaten** at the same time, the **protein enzymes start working** first. The carbs wait, and while they wait, they **ferment and release toxins in the body**.

Meats are only to be given at one meal, along with other **heavy proteins like eggs or milk**. Do not mix this with grains. At the other meal, give the carbs – the **fruits and grains**, if you choose to use them. **Veggies** can be given with either **grains or proteins**. Fruits, except apples, should be **fed alone and at least twenty minutes before or after anything else**.

Feeding grains at all in a BARF diet is still highly controversial for the same reasons you already read. **Dogs are not cows and don't need grains** to survive and thrive. That's not to say you can't feed them, it's just to say it's not a good idea as it **really does them no good**.

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