Go to: www.hilarysblend.ca
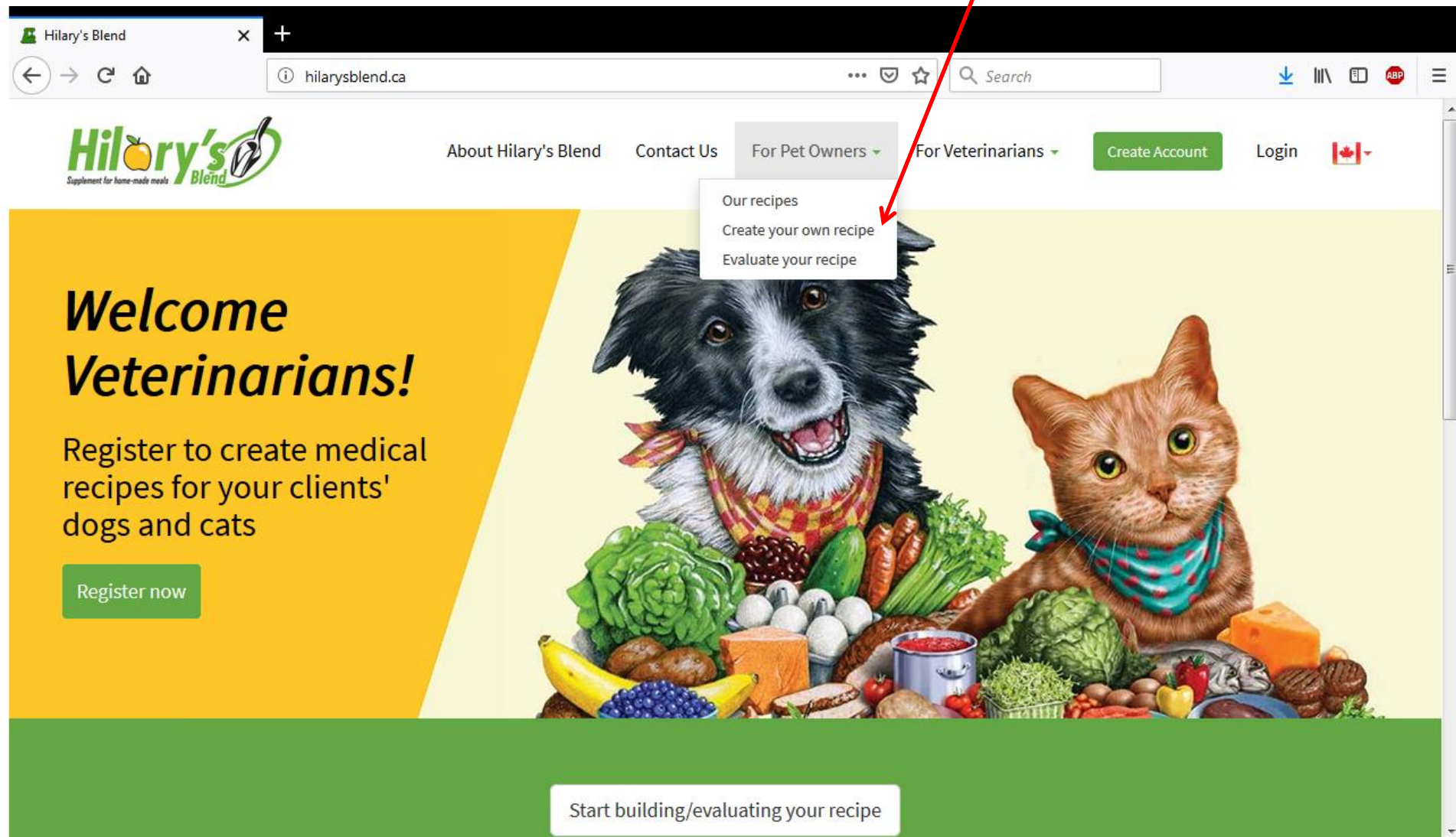
Under "For Pet Owners" tab, pick "Create your own recipe"

Fill in the pet information

(Use Health condition "Healthy")

Click green button to build a new recipe

For cancer

- We want less than 25% of calories from carb
- We want to use fresh fruits and vegetables (raw or lightly steamed) instead of starches or grains
- If the dog can tolerate higher fat, we want to increase the % of calories coming from fat, if not we need to increase calories from protein
- Ideally, we want an omega-6 to omega-3 ratio less than 2 (include some fish or fish oil in the recipe)

- Adjust Ingredient Quantities

Approx. Volume	Ingredients	Weight	Ingredient category
2 cups, chopped	Egg, whole, cooked, hard-boiled	275g	Protein
10 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	275g	Protein
2 1/4 tsp	Oil, sunflower, linoleic, (approx. 65%)	10g	Oils
3/4 cup, chopped	Broccoli, cooked, boiled, drained, without salt	118g	Vegetable
6 sprout	Brussels sprouts, cooked, boiled, drained, without salt	118g	Vegetable
2/3 cup	Spinach, cooked, boiled, drained, without salt	118g	Vegetable
3/4 cup	Blueberries, raw	118g	Fruit (raw)
2 scoops	Hilary's Blend	20g	Vitamins and minerals

Feeding guide:

Your pet requires **317** kCals per **day.**
This recipe contains **120** kCals per **100g.**
Your pet requires **264** grams/day of this recipe.

Select the recipe yield:

per 1 kilograms of ingredients ▾

Protein   Fat   Carbohydrate

Carbohydrate (14%)

Protein (38%)

Fat (48%)
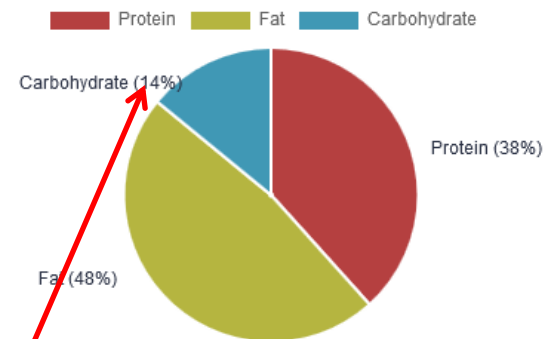
I picked eggs, salmon, sunflower oil, broccoli, Brussels sprouts, spinach and blueberries from the "kitchen cupboard" then clicked "Next" to get a recipe.

The software gave me the above recipe which is balanced and meets the criteria. It has less than 25% of calories from carb

hilarysblend.ca/recipebuilder-Step3.aspx

Q Search

Unsaved Recipe - Healthy 🖨

This recipe is prepared for: Dog (Health Adult) AAFCO

Recipe details   Nutritional details

How can you purchase Blend?

fluffy
Male, Adult
5 kgs / 5 kgs
(Other)
Health Adult
Change profile

Want to modify this recipe?
- Change ingredients
- Adjust Ingredient Quantities

Approx. Volume	Ingredients	Weight	Ingredient category
2 cups, chopped	Egg, whole, cooked, hard-boiled	275g	Protein
10 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	275g	Protein
2 1/4 tsp	Oil, sunflower, linoleic, (approx. 65%)	10g	Oils
3/4 cup, chopped	Broccoli, cooked, boiled, drained, without salt	118g	Vegetable
6 sprout	Brussels sprouts, cooked, boiled, drained, without salt	118g	Vegetable
2/3 cup	Spinach, cooked, boiled, drained, without salt	118g	Vegetable
3/4 cup	Blueberries, raw	118g	Fruit (raw)
2 scoops	Hilary's Blend	20g	Vitamins and minerals

If you click on "Nutritional details" tab
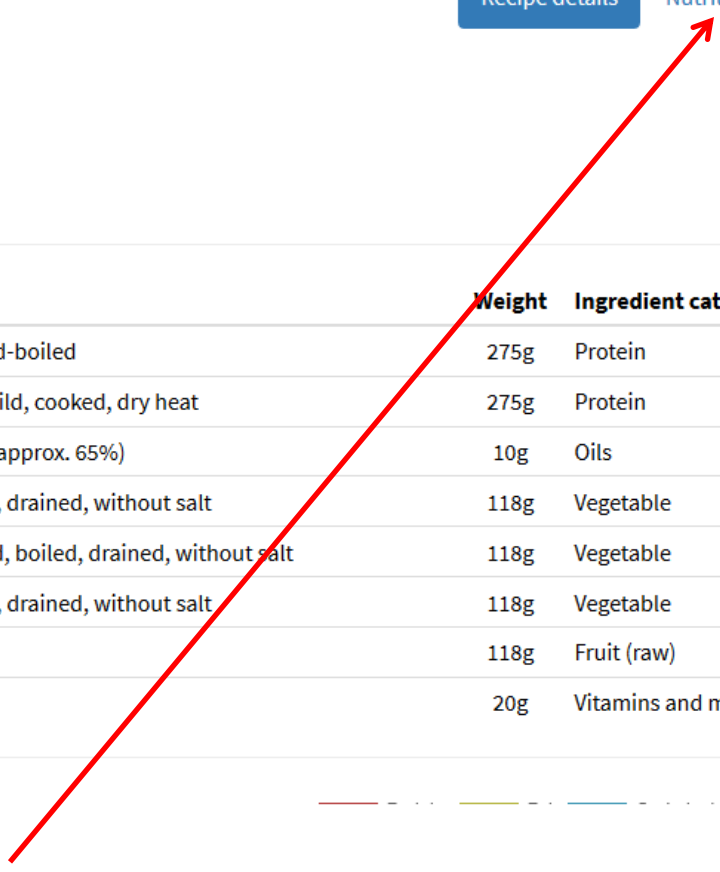
Note:
For healthy dogs we ideally target an omega-6 to omega-3 ratio of between 5:1 and 20:1. This recipe's ratio is lower than ideal for healthy dogs. This is most likely due to the recipe containing fish (fish is very high in omega-3 oils) or too much fish oil relative to plant oil. This recipe is great for short term feeding but we recommend that the pet also be fed some non-fish recipes to provide a healthier omega-6 to omega-3 balance.

RATIOS

Calcium to Phosphorus ratio	1.3477:1
Omega-6 to Omega-3 ratio	1.9499:1

	Per 100g As fed	Per 100g Dry matter	Per 1000 kCal
SUMMARY			
Protein	11.47 g	53.26 g	95.55 g
Total lipid (fat)	6.33 g	29.39 g	52.72 g
Fiber, total dietary	1.76 g	8.16 g	14.64 g
Calcium, Ca	307.49 mg	1427.56 mg	2561.19 mg
Phosphorus, P	228.14 mg	1059.18 mg	1900.28 mg
Potassium, K	492.83 mg	2288.02 mg	4104.93 mg
Sodium, Na	76.13 mg	353.43 mg	634.09 mg
Magnesium, Mg	35.87 mg	166.53 mg	298.77 mg
MICRO-MINERALS			

Sidebar:
3 kgs / 3 kgs
(Other)
Health Adult
Change profile

You can see that it has an omega-6 to omega-3 ratio of less than 2.
This is because I included salmon in the recipe.

• Adjust Ingredient Quantities

Approx. Volume	Ingredients	Weight	Ingredient category
1 1/8 lbs	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	550g	Protein
1 1/8 tsp	Oil, sunflower, linoleic, (approx. 65%)	5g	Oils
1/4 tsp	Fish oil, salmon	1g	Oils
3/4 cup, chopped	Broccoli, cooked, boiled, drained, without salt	118g	Vegetable
6 sprout	Brussels sprouts, cooked, boiled, drained, without salt	118g	Vegetable
2/3 cup	Spinach, cooked, boiled, drained, without salt	118g	Vegetable
3/4 cup	Blueberries, raw	118g	Fruit (raw)
2 scoops	Hilary's Blend	20g	Vitamins and minerals

Feeding guide:

Your pet requires **317** kCals per **day**.
This recipe contains **150** kCals per **100g**.
Your pet requires **210** grams/day of this recipe.

Select the recipe yield:

per 1 kilograms of ingredients ▾

Protein | Fat | Carbohydrate

Carbohydrate (12%)

Protein (44%)

Fat (44%)

Suppose I picked beef instead of eggs and salmon for protein and used salmon oil instead of salmon as a source of omega-3s.
The software gave me the above recipe which is balanced and has less than 25% of calories from carb but…

5 kgs / 5 kgs
(Other)
Health Adult
Change profile

Note:
For healthy dogs, we ideally target an omega-6 to omega-3 ratio of between 5:1 and 20:1. This recipe meets this target and is ideal for long term feeding.

RATIOS

Calcium to Phosphorus ratio	1.2035:1
Omega-6 to Omega-3 ratio	16.5409:1

	Per 100g As fed	Per 100g Dry matter	Per 1000 kCal
SUMMARY			
Protein	16.66 g	63.51 g	110.82 g
Total lipid (fat)	7.40 g	28.20 g	49.20 g
Fiber, total dietary	1.76 g	6.70 g	11.69 g
Calcium, Ca	298.42 mg	1137.40 mg	1984.61 mg
Phosphorus, P	247.94 mg	945.03 mg	1648.94 mg
Potassium, K	523.63 mg	1995.80 mg	3482.39 mg
Sodium, Na	74.48 mg	283.87 mg	495.31 mg
Magnesium, Mg	37.80 mg	144.05 mg	251.36 mg
MICRO-MINERALS			
Iron, Fe	6.97 mg	26.55 mg	46.33 mg
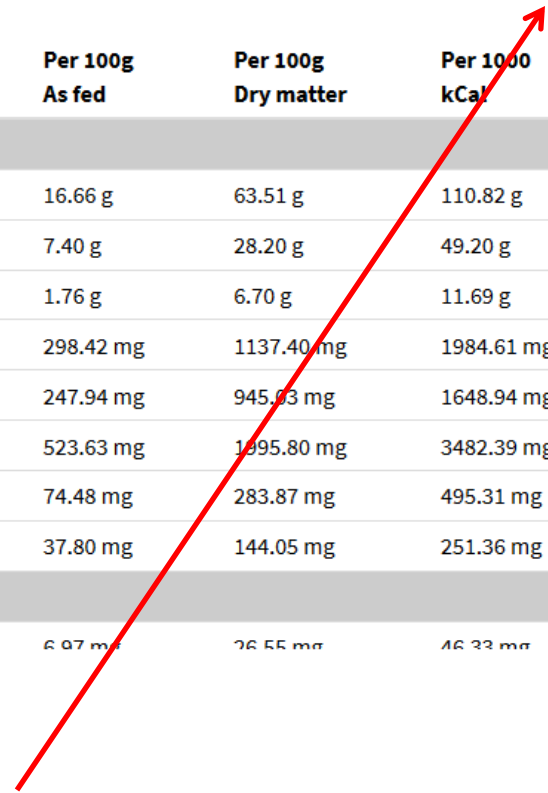
the omega-6 to omega-3 ratio is higher than ideal. Ideally we want a ratio less than 2.

Male, Adult
5 kgs / 5 kgs
(Other)
Health Adult
Change profile

● **Adjust Ingredient Quantities**

Approx. Volume	Ingredients	Weight	Ingredient category
1 1/8 lbs	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	550g	Protein
1 1/8 tsp	Oil, sunflower, linoleic, (approx. 65%)	5g	Oils
1/4 tsp	Fish oil, salmon	1g	Oils
3/4 cup, chopped	Broccoli, cooked, boiled, drained, without salt	118g	Vegetable
6 sprout	Brussels sprouts, cooked, boiled, drained, without salt	118g	Vegetable
2/3 cup	Spinach, cooked, boiled, drained, without salt	118g	Vegetable
3/4 cup	Blueberries, raw	118g	Fruit (raw)
2 scoops	Hilary's Blend	20g	Vitamins and minerals

Feeding guide:

Your pet requires **317** kCals per **day**.
This recipe contains **150** kCals per **100g**.
Your pet requires **210** grams/day of this recipe.

Select the recipe yield:

per 1 kilograms of ingredients ▾

■ Protein ■ Fat ■ Carbohydrate

Carbohydrate (12%)

Protein (44%)

Fat (44%)

Use "Adjust ingredient quantities" link to modify the recipe

fluffy
Male, Adult
5 kgs / 5 kgs
(Other)
Health Adult
Change profile

Modify ingredient quantities:

Ingredient	Quantity (grams)	
Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	550	- 1 1/8 lbs
Oil, sunflower, linoleic, (approx. 65%)	5	- 1 1/8 tsp
Fish oil, salmon	1	- 1/4 tsp
Broccoli, cooked, boiled, drained, without salt	118	- 3/4 cup, chopped
Brussels sprouts, cooked, boiled, drained, without salt	118	- 6 sprout
Spinach, cooked, boiled, drained, without salt	118	- 2/3 cup
Blueberries, raw	118	- 3/4 cup
Hilary's Blend	20	- 2 scoops

Cancel   Evaluate Recipe

Want to modify this recipe?
- Change ingredients
- Adjust Ingredient Quantities

javascript:__doPostBack('ctl00$mainContent$wucRecipe$lkbModifyQuantities','')

"Adjust ingredient quantities" link takes you to this screen which shows the previous recipe.
To reduce the omega-6 to 3 ratio, you need to increase the fish oil

hilarysblend.ca/recipebuilder-Step3.aspx

fluffy
Male, Adult
5 kgs / 5 kgs
(Other)
Health Adult
Change profile

Modify ingredient quantities:

Ingredient	Quantity (grams)	
Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	491	- 1 lbs + 1 oz
Fish oil, salmon	13	- 2 7/8 tsp
Oil, sunflower, linoleic, (approx. 65%)	5	- 1 1/8 tsp
Broccoli, cooked, boiled, drained, without salt	118	- 3/4 cup, chopped
Brussels sprouts, cooked, boiled, drained, without salt	118	- 6 sprout
Spinach, cooked, boiled, drained, without salt	118	- 2/3 cup
Blueberries, raw	118	- 3/4 cup
Hilary's Blend	20	- 2 scoops

Cancel   Evaluate Recipe

Want to modify this recipe?
- Change ingredients
- Adjust Ingredient Quantities

javascript:__doPostBack('ctl00$mainContent$wucRecipe$lkbModifyQuantities','')

I decreased the beef and increased the salmon oil then I ask the software to evaluate the new recipe

- Adjust Ingredient Quantities

Approx. Volume	Ingredients	Weight	Ingredient category
1 lbs + 1 oz	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	491g	Protein
2 7/8 tsp	Fish oil, salmon	13g	Oils
1 1/8 tsp	Oil, sunflower, linoleic, (approx. 65%)	5g	Oils
3/4 cup, chopped	Broccoli, cooked, boiled, drained, without salt	118g	Vegetable
6 sprout	Brussels sprouts, cooked, boiled, drained, without salt	118g	Vegetable
2/3 cup	Spinach, cooked, boiled, drained, without salt	118g	Vegetable
3/4 cup	Blueberries, raw	118g	Fruit (raw)
2 scoops	Hilary's Blend	20g	Vitamins and minerals

Feeding guide:

Your pet requires **317** kCals per **day**.
This recipe contains **147** kCals per **100g**.
Your pet requires **214** grams/day of this recipe.

Select the recipe yield:

per 1 kilograms of ingredients ▾

Protein   Fat   Carbohydrate

Carbohydrate (12%)

Protein (40%)

Fat (48%)
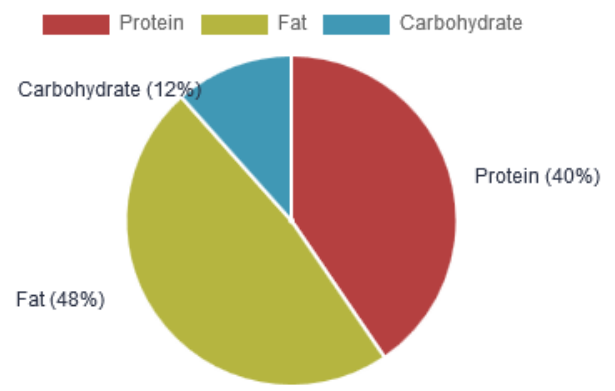
The software gives me a new recipe using the numbers I put in.
If I check the "Nutritional details" tab….

hilarysblend.ca/recipebuilder-Step3.aspx

5 kgs / 5 kgs
(Other)
Health Adult
Change profile

Note:
For healthy dogs we ideally target an omega-6 to omega-3 ratio of between 5:1 and 20:1. This recipe's ratio is lower than ideal for healthy dogs. This is most likely due to the recipe containing fish (fish is very high in omega-3 oils) or too much fish oil relative to plant oil. This recipe is great for short term feeding but we recommend that the pet also be fed some non-fish recipes to provide a healthier omega-6 to omega-3 balance.

RATIOS

Calcium to Phosphorus ratio	1.2762:1
Omega-6 to Omega-3 ratio	1.2818:1

	Per 100g As fed	Per 100g Dry matter	Per 1000 kCal
SUMMARY			
Protein	14.97 g	50.62 g	101.47 g
Total lipid (fat)	7.88 g	26.65 g	53.42 g
Fiber, total dietary	1.76 g	5.96 g	11.94 g
Calcium, Ca	297.55 mg	1005.90 mg	2016.42 mg
Phosphorus, P	233.14 mg	788.16 mg	1579.95 mg
Potassium, K	498.33 mg	1684.64 mg	3377.01 mg
Sodium, Na	69.35 mg	234.46 mg	469.99 mg
Magnesium, Mg	36.24 mg	122.52 mg	245.60 mg
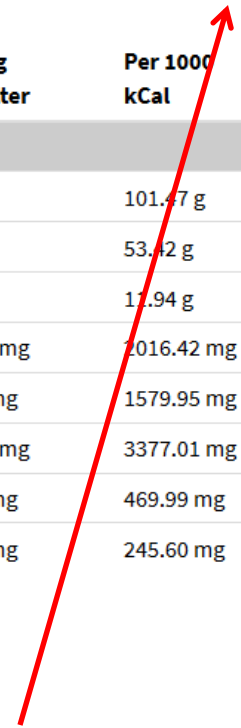
The new recipe now has an omega-6 to omega-3 ratio less than 2.

What about a dog that can't tolerate higher fat recipes?

- More calories need to come from either protein or carbohydrate (ie starch)

- If using starch, pick a low glycemic index starch like barley or oats

- Alternatively make a very high protein recipe (ie low in fat <u>and</u> carb)

- Use low fat meats such as turkey, crab, sole, halibut, cod, elk

Health Adult
Change profile

Approx. Volume	Ingredients	Weight	Ingredient category
15 oz	Turkey, breast, from whole bird, meat only, roasted	432g	Protein
2 fillets	Fish, flatfish (flounder and sole species), cooked, dry heat	200g	Protein
5/8 tsp	Fish oil, menhaden	3g	Oils
1/4 tsp	Oil, sunflower, linoleic, (approx. 65%)	1g	Oils
1/2 cup, chopped	Broccoli, cooked, boiled, drained, without salt	85g	Vegetable
4 sprout	Brussels sprouts, cooked, boiled, drained, without salt	85g	Vegetable
1/2 cup	Spinach, cooked, boiled, drained, without salt	85g	Vegetable
5/8 cup	Blueberries, raw	85g	Fruit (raw)
2 1/2 scoops	Hilary's Blend	25g	Vitamins and minerals

Feeding guide:

Your pet requires **317** kCals per **day**.
This recipe contains **98** kCals per **100g**.
Your pet requires **323** grams/day of this recipe.

Select the recipe yield:

[per 1 kilograms of ingredients ▼]

■ Protein   ■ Fat   ■ Carbohydrate

Carbohydrate (14%)

Fat (17%)

Protein (69%)

Here is a recipe using two low fat meats (turkey and sole) with the same
vegetables. Note that less than 25% of calories are from carbs, and less than 18%
of calories are from fat.
If I check the "Nutritional details" tab….

5 kgs / 5 kgs
(Other)
Health Adult
Change profile

Note:
For healthy dogs we ideally target an omega-6 to omega-3 ratio of between 5:1 and 20:1. This recipe's ratio is lower than ideal for healthy dogs. This is most likely due to the recipe containing fish (fish is very high in omega-3 oils) or too much fish oil relative to plant oil. This recipe is great for short term feeding but we recommend that the pet also be fed some non-fish recipes to provide a healthier omega-6 to omega-3 balance.

RATIOS	
Calcium to Phosphorus ratio	1.2442:1
Omega-6 to Omega-3 ratio	1.9996:1

	Per 100g As fed	Per 100g Dry matter	Per 1000 kCal
SUMMARY			
Protein	16.78 g	68.56 g	171.19 g
Total lipid (fat)	1.90 g	7.76 g	19.37 g
Fiber, total dietary	1.53 g	6.26 g	15.64 g
Calcium, Ca	357.39 mg	1459.97 mg	3645.40 mg
Phosphorus, P	287.22 mg	1173.34 mg	2929.70 mg
Potassium, K	432.22 mg	1765.66 mg	4408.69 mg
Sodium, Na	140.30 mg	573.13 mg	1431.05 mg
Magnesium, Mg	38.58 mg	157.62 mg	393.56 mg
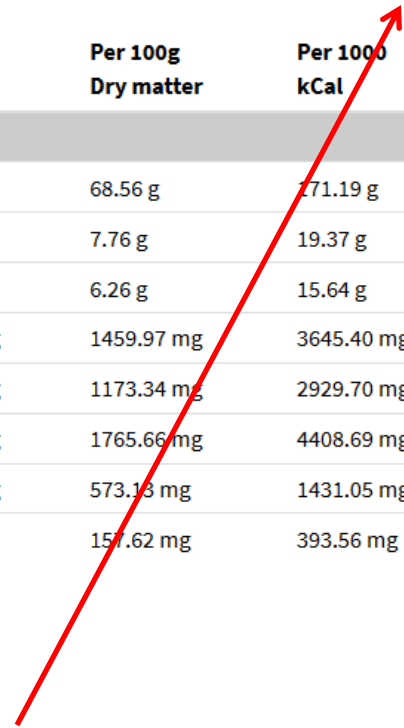
This recipe has an omega-6 to omega-3 ratio less than 2 so this is a low fat, low carb, high protein recipe with appropriate omega-6 to 3 ratio for cancer.

- Adjust Ingredient Quantities

5 kgs / 5 kgs
(Other)
Health Adult
Change profile

Approx. Volume	Ingredients	Weight	Ingredient category
1 1/2 lbs	Turkey, breast, from whole bird, meat only, roasted	690g	Protein
2 fillets	Fish, flatfish (flounder and sole species), cooked, dry heat	270g	Protein
7/8 tsp	Fish oil, menhaden	4g	Oils
1/4 tsp	Oil, sunflower, linoleic, (approx. 65%)	1g	Oils
3 1/2 scoops	Hilary's Blend	35g	Vitamins and minerals

Feeding guide:

Your pet requires **317** kCals per **day**.
This recipe contains **130** kCals per **100g**.
Your pet requires **242** grams/day of this recipe.

Select the recipe yield:

per 1 kilograms of ingredients

Protein   Fat   Carbohydrate

Carbohydrate (6%)

Fat (18%)

Protein (76%)

A simpler recipe would leave out the vegetables and use only the meat and oils.
This recipe reuired more adjustment to get the fat below 20g per 1000 kcal while
still hitting the target omega-6 to 3 ratio. This recipe has less than 25% of calories
are from carbs, and 18% of calories are from fat.
If I check the "Nutritional details" tab….

(Other)
Health Adult
Change profile

Note:
For healthy dogs we ideally target an omega-6 to omega-3 ratio of between 5:1 and 20:1. This recipe's ratio is lower than ideal for healthy dogs. This is most likely due to the recipe containing fish (fish is very high in omega-3 oils) or too much fish oil relative to plant oil. This recipe is great for short term feeding but we recommend that the pet also be fed some non-fish recipes to provide a healthier omega-6 to omega-3 balance.
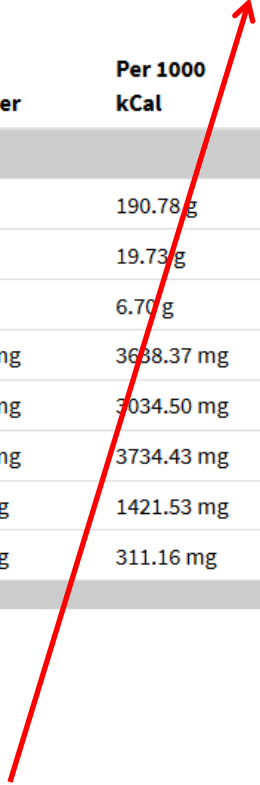
RATIOS

Calcium to Phosphorus ratio	1.1990:1
Omega-6 to Omega-3 ratio	1.9876:1

	Per 100g As fed	Per 100g Dry matter	Per 1000 kCal
SUMMARY			
Protein	24.91 g	79.66 g	190.78 g
Total lipid (fat)	2.58 g	8.24 g	19.73 g
Fiber, total dietary	0.88 g	2.80 g	6.70 g
Calcium, Ca	474.96 mg	1519.24 mg	3638.37 mg
Phosphorus, P	396.13 mg	1267.08 mg	3034.50 mg
Potassium, K	487.50 mg	1559.35 mg	3734.43 mg
Sodium, Na	185.57 mg	593.58 mg	1421.53 mg
Magnesium, Mg	40.62 mg	129.93 mg	311.16 mg
MICRO-MINERALS			

The new recipe now has an omega-6 to omega-3 ratio less than 2 and has only 19.73g of fat per 1000 kcal, so it is a low fat recipe.