

## Grains, Pasta, Eggs & Supplement Nutrition Data

Author: Tony Booth (www.tony-booth.com)

Note: Phosphorus values are used to prioritize list ranking, so those with the **least phosphorus content** are at the top of the list. This should make it easier to choose the most suitable grains, pulses and pasta to include in homemade diets for kidney failure dogs. The values given are **per 100grams** of cooked and rinsed grains, pulses and pasta, unless otherwise stated. Brown and whole-meal versions of grains and pasta are not included, as they are harder to digest and therefore not advised for dogs.

The top ranking foods are not necessarily the best for a dog with kidney disease. Despite phosphorus being lower, other adverse elements such as sodium and potassium may be higher than other preferable options. The best tend to be those low in phosphorus and sodium and high in carbohydrate. Omega-3 and Omega-6 need to be balanced to the best 1:3 ratio in the daily diet, so more or less of either needs careful overall consideration. Bear in mind that while Omega-6 fatty acids can be stored in the canine body, Omega-3 (which is beneficial to kidney failure dogs) cannot and therefore has to be obtained from within the diet. Some canine nutritionists suggest more Omega-3 and less Omega-6 is beneficial. When giving omega-3 (for example, as pure organic salmon oil) it is important to give a canine formulated vitamin E with it. The recommendation when feeding eggs is to feed 3 egg whites to every 1 egg yolk, so the high Omega-6 content of the yolk is balanced with the high Omega-3 content of the egg-whites. Depending on what is being fed (in home-cooked recipes), it may be better to feed egg white only. But note that egg-whites are high in protein.

Magnesium, potassium, calcium and some vitamins also play a role in kidney failure and their emphasis for more or less within the diet will depend on current blood level results. Selenium is an antioxidant mineral dogs need, but it is also a toxic substance and presents a moderate danger to kidney failure dogs, who cannot metabolize it properly. The US National Research Council recommends 37 mcg selenium daily for 10-pound dogs and up to 207 mcg daily for dogs weighing 100 pounds. Dietary intake for a healthy dog should not exceed 900mcg for every 450 grams of food eaten. Selenium is represented in the chart as "Selinm" and measured in mcg. There are 1,000mcg in 1mg.

A separate list for calorie content is given at the end of each section, which is useful if you are looking to add weight to an already under-weight dog. Protein plays a vital role in canine health and vitality. The protein needs to be high-quality to be beneficial to kidney failure dogs, so the best foods are those that have been organically produced with no growth additives, pesticides, insecticides or preservatives used in either the growing or processing stages. Resdtricted protein is required for some types of kidney disease and in late stages.

<u>Grain/Pulse/Pasta</u>	<u>Phos</u>	<u>Potassium</u>	<u>Sodium</u>	<u>Calcium</u>	<u>Vitamins (top4)</u>	<u>Iron</u>	<u>Omega-3</u>	<u>Omega-6</u>	<u>Protein</u>	<u>Carbs</u>	<u>Magnesium</u>	<u>Satd Fats</u>	<u>Selinm</u>
Tapioca (dry)	7mg	11mg	1mg	20mg	Nil	1.6mg	1mg	2mg	0.2g	88.7g	1mg	Nil	0.8mcg
White Rice glutinous (sticky/Thai)	8mg	10mg	5mg	2mg	Nil	0.1mg	3mg	66mg	2g	21g	5mg	Nil	5.6mcg
Couscous	22mg	58mg	5mg	8mg	E & K	0.4mg	3mg	60mg	3.8g	23.2g	8mg	Nil	27mcg
White Rice (short grain)	33mg	26mg	Nil	1mg	B6	1.5mg	9mg	41mg	2.4g	28.7g	8g	0.1g	7.5mcg

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White Rice (long grain)	43mg	35mg	1mg	10mg	B6	1.2mg	13mg	62mg	2.7g	28.2g	12mg	0.1g	7.5mcg
Barley	54mg	93mg	3mg	11mg	B6, K & A	1.3mg	21mg	193mg	2.3g	28.2g	22mg	0.1g	8.6mcg
Spaghetti	58mg	44mg	1mg	7mg	E	1.3mg	24mg	295mg	5.8g	31g	18mg	0.2mg	26mcg
Pasta	76mg	31mg	Nil	1mg	B6 & A	0.3mg	10mg	316mg	2.6g	28g	36mg	0.1g	2.8mcg
Wild Rice	82mg	101mg	3mg	3mg	E, K, B6 & A	0.6mg	95mg	119mg	4g	21.3g	32mg	Nil	0.8mcg
Rice flour :	98mg	76mg	Nil	10mg	B6 & E	0.4mg	67mg	313mg	5.9g	80g	35mg	0.4mg	15mcg

**Calories:**

Rice Flour :	366 calories per 100grams
Tapioca (dry) :	358 calories per 100grams
Spaghetti :	158 calories per 100grams
White Rice (long grain):	130 calories per 100grams
White Rice (short grain) :	130 calories per 100grams
Pasta :	126 calories per 100grams
Barley :	123 calories per 100grams
Couscous :	112 calories per 100grams
Wild Rice :	101 calories per 100grams
White Rice glutinous : (sticky/Thai)	97 calories per 100grams

<u>Eggs &amp; Supplements</u>	<u>Phos</u>	<u>Potassium</u>	<u>Sodium</u>	<u>Calcium</u>	<u>Vitamins (top4)</u>	<u>Iron</u>	<u>Omega-3</u>	<u>Omega-6</u>	<u>Protein</u>	<u>Carbs</u>	<u>Magnesium</u>	<u>Satd Fats</u>	<u>Selinm</u>
Pure Salmon Oil (per teaspoon)	Nil	Nil	Nil	Nil	Nil	Nil	1589mg	69mg	Nil	Nil	Nil	1g	Nil
Pure Coconut Oil (per teaspoon)	Nil	Nil	Nil	Nil	E & K	Nil	Nil	81mg	Nil	Nil	Nil	3.9g	Nil
Egg White 33g (one egg white only)	5mg	54mg	55mg	2.3mg	B12 & B6 trace	Nil	Nil	Nil	3.6g	0.2g	3.6mg	Nil	6.6mcg
Egg Yolk 17g (from one fresh egg)	66mg	18mg	8mg	22mg	E, B6, A & D	0.5mg	38mg	601mg	2.7g	0.6g	1mg	1.6g	9mcg
Egg (one large 50g) hard-boiled	86mg	63mg	62mg	25mg	B12, E, B6 & A	0.6mg	39mg	594mg	6.3g	0.6g	5mg	1.6g	15mcg

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**Calories:**

Egg (one large hard-boiled egg) :	77 calories
Egg Yolk (one large 17g) :	54 calories
Pure Salmon Oil (per teaspoon) :	41 calories
Pure Coconut Oil (per teaspoon) :	39 calories
Egg White (one large 33g) :	19 calories

Combined Data Source: [www.nutritiondata.self.com](http://www.nutritiondata.self.com) and the USDA National Nutrient Database.

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