Meat, Poultry & Fish Nutrition Data

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<u>Note</u>: Phosphorus values are used to prioritize list ranking, so the meat, poultry or fish with the **least phosphorus content** is at the top of the list. This should make it easier to choose the most suitable to include in homemade diets for kidney failure dogs. The values given are **per 100grams** baked or roasted from fresh, unless otherwise stated.

It is important to note that dogs suffering from pancreatitis in addition to kidney failure need to have the fat content of their diet restricted. Please consult your vet about the best diet for your dog under such circumstances.

The top ranking food products are not necessarily the best for a dog with kidney disease because, despite phosphorus being lower, other adverse elements such as sodium and potassium may be higher than other preferable options. Meat, fish and poultry that is not recommended for kidney failure dogs have been omitted from this list.

The best products tend to be those low in phosphorus and sodium and higher in high-quality protein, fat and carbohydrates. High-quality protein is found in human-grade meats, poultry and fish sold for human consumption. 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. 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 this document, which is useful if you are looking to add weight to an already under-weight dog.

Meat/Fish/Poultry	Phos	Potassium	Sodium	Calcium	Vitamins (top4)	Iron	Omega-3	Omega-6	Protein	Carbs	Magnesium	Satd Fats	Selinm
Beef (green) Tripe	66mg	42mg	68mg	81mg	E, B12, A & C	0.7mg	8mg	143mg	12g	2g	15mg	1.4g	12mcg
Chicken Leg with skin	174mg	225mg	87mg	12mg	K, B6, E & A	1.3mg	200mg	2590mg	26g	Nil	23mg	3.7g	21mcg
Lamb Shoulder	184mg	251mg	66mg	20mg	E, B6, K & B12	1.9mg	360mg	1180mg	22g	Nil	23mg	8.7g	25mcg
Chicken Leg skinless	183mg	242mg	91mg	12mg	B6, E, A & D	1.3mg	170mg	1620mg	27g	Nil	24mg	2.3g	22mcg
Turkey Leg with skin	200mg	252mg	80mg	23mg	E, B6, D & B12	2.6mg	110mg	1240mg	28g	Nil	24mg	1.7g	40mcg
Turkey Leg skinless	204mg	258mg	81mg	22mg	B6, E, A & D	2.7mg	80mg	920mg	29g	Nil	25mg	1.3g	41mcg

Meat/Fish/Poultry	Phos	Potassium	Sodium	Calcium	Vitamins (top4)	Iron	Omega-3	Omega-6	Protein	Carbs	Magnesium	Satd Fats	Selinm
Beef (with fat)	208mg	319mg	63mg	9mg	E, B6, A & D	2.7mg	190mg	490mg	26g	Nil	23mg	7.8g	20mcg
Beef (fat trimmed off)	212mg	325mg	63mg	9mg	E, B6, A & D	2.7mg	150mg	390mg	27g	Nil	23mg	6.3g	20mcg
Chicken Breast with skin	214mg	245mg	71mg	14mg	B6, E, A & B12	1.1mg	110mg	1410mg	30g	Nil	27mg	2.2g	25mcg
Turkey Breast with skin	216mg	279mg	53mg	15mg	B6, E, A & B12	1.6mg	60mg	640mg	29g	Nil	28mg	0.9g	30mcg
Chicken Breast skinless	228mg	256mg	74mg	15mg	B6, E, A & K	1.0mg	70mg	590mg	31g	Nil	29mg	1.0g	27mcg
Salmon (cooked)	252mg	384mg	61mg	15mg	C, B6, A & B12	0.3mg	2260mg	666mg	22g	Nil	30mg	2.5g	41mcg
Pork Leg (with fat)	272mg	374mg	62mg	12mg	B6, E & B12	1.0mg	40mg	1250mg	29g	Nil	27mg	5.2g	47mcg
Mackerel (cooked)	278mg	401mg	83mg	15mg	B6, C, A & B12	1.6mg	1422mg	147mg	24g	Nil	97mg	4.2g	51mcg
Pork Leg (lean meat)	281mg	373mg	64mg	7mg	B6, C, E & D	1.1mg	20mg	690mg	31g	Nil	29mg	2.9g	49mcg
Mackerel in Olive Oil (canned, drained)	301mg	194mg	379mg	241mg	E, C, B6 & A	2mg	1377mg	99mg	23g	Nil	37mg	1.9g	37mcg
Sardines (in water)	488mg	396mg	503mg	380mg	B3, E, B12 & D	2.9mg	1600mg	3210mg	24g	Nil	38mg	1.5g	52mcg
Sardines (in oil) drained	490mg	397mg	505mg	382mg	B3, E, B12 & D	2.9mg	1480mg	3544mg	25g	Nil	39mg	1.5g	52mcg

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Calories:

Beef (with fat) :   291 calories per 100grams

Lamb Shoulder :   279 calories per 100grams

Mackerel (cooked) :   262 calories per 100grams

Beef (fat trimmed off) :	261 calories per 100grams
Pork Leg (with fat) :	252 calories per 100grams
Chicken Leg with skin :	232 calories per 100grams
Salmon Fillet (cooked) :	206 calories per 100grams
Pork Leg (lean meat) :	206 calories per 100grams
Sardines (in water) :	206 calories per 100grams
Sardines (in oil) drained :	208 calories per 100grams
Chicken Breast with skin :	197 calories per 100grams
Chicken Leg skinless :	191 calories per 100grams
Turkey Leg with skin :	170 calories per 100grams
Chicken Breast skinless :	165 calories per 100grams
Turkey Leg skinless :	159 calories per 100grams
Mackerel (canned, drained) :	156 calories per 100grams
Turkey Breast with skin :	153 calories per 100grams
Beef (green) Tripe :	94 calories per 100grams

Combined Data Source: nutritiondata.com and the USDA National Nutrient Database.