

Adding small oily fish to the diet can help provide a great source of Omega 3 fatty acids, specifically EPA & DHA.

EPA & DHA are known to support brain health, maintain eye health, support healthier skin & coat, work with probiotics to boost beneficial bacteria in the gut, lower heart disease risks, fight inflammation, and so much more.

Without this great source of EPA & DHA your dog may become deficient which can lead to depression, hot spots, ear infections, slow wound healing, dry or flaky skin, dull or greasy coat and more!

Feeding Amounts

Depending upon what diet you feed your dog, determines what level of oily fish your dog will need. A 100% Organic varied diet needs less, a majority farmed diet needs more, a non-raw diet needs the most!

What to Feed

Some members blitz fish in a food processor and use as a topper, others chop them up, others feed whole. Some choose defrosted, some choose frozen. It's completely up to you!

There is a multitude of choice available to you when it comes to feeding fish. Some great choices are:

- [Sprats](#)
- Herring
- Mackerel
- Sardine
- Whitebait
- Salmon (feed more sparingly as it is larger so may contain more heavy metals than other choices)

AVOID:

- Feeding tuna as this is extremely high in heavy metals and therefore very detrimental to your dogs health & wellbeing.
- Crabsticks, they are not actually crab meat!
- Using tinned fish in oils, brine or sauces. Even thoroughly washing the tinned fish will not remove any salts, oils, sugars and other ingredients as the fish will have absorbed them.
- Tinned fish in our supermarkets. There are actually the poor-quality cast-offs from the fish market. Due to this, they should only be used in emergency situations when absolutely necessary.

Fish Oils Are NOT Recommended

Fish oils are not ideally recommended as they have been scientifically proven to rapidly turn rancid upon contact with air. This oxidative stress can lead to chronic illness including joint disease, heart disease, liver disease, kidney disease, cognitive decline and even some cancers.

Fish oils come from the fats which is where fish store any toxins they have come across in their environment. As our rivers and oceans are becoming so heavily polluted now with chemicals and heavy metals, all effort should be made to feed whole natural sources of fish wherever possible.

Due to the risks associated with fish oils, we instead recommend feeding a variety of small oily fish, which of course come with extra nutrients too from protein to calcium, selenium & niacin.