

# Hypoallergenic Treats for Food Allergic Dogs and Cats

In choosing a treat, remember to avoid any ingredients your pet has eaten previously, and try to match the meat and grain in the treat to those that are in the recommended diet.

<b>Company</b>	<b>Treat</b>	<b>Ingredients</b>
Broadleaf Venison (USA), Inc. Pet Products Division 800.336.3844 323.826.9890 <a href="mailto:info@realmeattreats.com">info@realmeattreats.com</a>	Venison Jerky Treats	venison, chicory, lecithin, sea salt, mixed tocopherols, garlic
Hare Today Phone/Fax 814-587-2178 <a href="http://www.hare-today.com/">http://www.hare-today.com/</a> <a href="mailto:murfette@earthlink.net">murfette@earthlink.net</a>	Dehydrated ground rabbit	Ground rabbit
Jones Natural Chews, Co 350 Church Street Woodstock IL 60098-3442 1-877-481-2663 <a href="http://www.jonesnaturalchews.com/">http://www.jonesnaturalchews.com/</a>	1. Rabbit Jerky Treats, 2. Venison Little Boost Sausage	1. rabbit, rye flour, salt 2. venison, rye flour, salt
PetExtras.com 30498 Wallmark Lk. Dr. Chisago City, MN 55013 (651)257-8533 fax * (651)257-8534 <a href="http://www.PetExtras.com">www.PetExtras.com</a> <a href="mailto:PetExtrasToo@yahoo.com">PetExtrasToo@yahoo.com</a>	Ostrich Tendons	Ostrich tendons
Dick Van Patten's Natural Balance Pet Foods, Inc. 12924 Pierce Street, Pacoima, California 91331 1 (800) 829-4493 <a href="http://www.naturalbalanceinc.com/">http://www.naturalbalanceinc.com/</a>	Potato & duck bite-sized treats for dogs	Potatoes, Duck, Canola Oil, Natural Flavor, Mixed Tocopherols, Citric Acid, Rosemary Extract.
Earthdog 402 Benita Drive Nashville, Tennessee 37211 <a href="http://www.earthdogonline.com/">http://www.earthdogonline.com/</a> Toll-free: 877.654.5528 <a href="mailto:info@earthdogonline.com">info@earthdogonline.com</a>	Hemp dog treats	100 % hemp seeds
Whole Life Pet Treats 25 Downing Parkway Pittsfield, MA 01201 877-210-3142 <a href="http://www.wholelifepet.com">www.wholelifepet.com</a>	Cod treats	Freeze dried cod
SitStay.com 5831 N 58th St Lincoln Ne 68507 800-748-7829, 402-467-3426 Fax 402-467-5055 <a href="http://www.sitstay.com/index.shtml">http://www.sitstay.com/index.shtml</a>	1. Rabbit ears 2. Sam's Yams 3. Squidies	1. Dried rabbit ears 2. Dried sweet potatoes 3. Dried squid

<i>Source</i>	<i>Meats available</i>	<i>Ideas for preparation</i>
<b>Supermarkets, Farmers markets</b>	1. Quail, duck, goose 2. fruit (blueberries, apple slices, melon, banana) 3. dried fruits (blueberries, apples, etc)	“
<b>Exotic Meats.com</b> <a href="http://www.exoticmeats.com">www.exoticmeats.com</a> <b>2245 148th Ave N.E.</b> <b>Bellevue, WA 98007</b> <b>Phone:(425) 641-1069</b> <b>Toll Free:(800) 680-4375</b>	Alligator, kangaroo, antelope, yak, goose, ostrich, and much more	
Asian food markets	Dried fish	“

### **Hypoallergenic meats:**

Alligator  
Frog legs  
Emu  
Ostrich  
Goose  
Quail  
Caribou/venison  
Rabbit  
Venison  
Kangaroo  
Rattlesnake

### **Hypoallergenic grains and starches**

Quinoa  
Millet  
**Amaranth**  
Spelt

## ***How to Make Jerky\****

For dogs and some cats eating hypoallergenic elimination diets, one of the few sensible options for treats is the meat selected for the diet. Jerky is a great training treat.

#### *Yield:*

Four lbs of trimmed fresh meat yields 1 pound of jerky.

#### *Safe Preparation:*

Since Salmonella and E. coli O157:H7 are major concerns when handling raw meats, safe handling is paramount. These are less of a problem in rabbit, duck, emu/ostrich and deer meat as the handling may be in different equipment than chicken and beef, but it is still wise to be careful. E.coli especially is very persistent on dry counters and in refrigerators, and so may survive in dry foods.

To make a safer jerky:

1. Wash, rinse and sanitize cutting boards, utensils and counters before and after contact with raw meat.
  - a. a sanitizing solution is 1 tsp of chlorine bleach to 1 gallon of water, used as an immersion for 7 seconds
2. Consider precooking meat
3. Place the prepared jerky in a pre-heated 275°F oven for 10 minutes

#### *Drying*

Cut meat in strips. Pre-heat oven to 145-150° F for 15-30 minutes. Dry 8-12 hours. To test for dryness, remove a strip, let cool slightly, then bend the jerky. It should crack but not break.

When done, transfer strips from racks to a clean surface. Pat off any beads of oil and let cool.

#### *Storage*

Place cooled jerky strips in an airtight plastic bag or jar with tight fitting lid. Minimize air in this container as this changes the flavors and leads to rancidity – fill as much as possible and in bags, squeeze out the air. Store in a cool, dry, dark place or in refrigerator or freezer. Be sure the jerky is labeled with the date – it should keep for about 1 month at room temperature, 3-6 months in the refrigerator, and 1 year in the freezer.

\*Information adapted from “Handy Reference for Drying Meat Jerky”, by Katherine J.T. Humphrey, Judy Price, Donna Scott and Christina Stark, Cornell University  
[http://www.cce.cornell.edu/food/ed\\_resources/pdf\\_files/HandyRefDryingMeat2002rev.pdf](http://www.cce.cornell.edu/food/ed_resources/pdf_files/HandyRefDryingMeat2002rev.pdf)

## ***Cooked biscuits***

I don't presently have a generic recipe for baking homemade hypoallergenic treats, but if you are adventurous, you can develop one for me! Dog biscuit recipes tend to start with about 2 cups of flour, ½ cup of meat, a few tablespoons of broth and the same amount of oil, and salt. Remember to choose ingredients your pet has never eaten before!

#### *Ingredient ideas for biscuits and cooked treats:*

- Flour: amaranth, rye, millet, tapioca, kamut, spelt, sorghum buckwheat, nut, quinoa, teff
- Meat (the novel meat prescribed for the diet)
- Broth (from boiling that meat)
  - Fat (from roasting the meat being used, or from alternative oils such as pumpkin seed, hemp seed, walnut)
- Egg replacer: mimics what eggs do in recipes. Consists of Potato Starch, tapioca starch flour, leavening (calcium lactate [not derived from dairy], calcium carbonate, citric acid [corn derived]), cellulose gum, carbohydrate gum.

Here is one I found:

- 4 cups chickpea flour
- 1 cup apple sauce
- 2 tsp cinnamon

2 tsp carob

Preheat oven to 325°. Combine ingredients in a food processor. Cover a large cookie sheet with parchment paper. Turn out dough onto a lightly floured surface and knead well. Cut into desired shapes, or take small pieces of dough, roll out to pencil thickness and cut pieces appropriate for a dog or cat's size. Place on cookie sheet and bake for 20 minutes, then turn oven down to 175° and allow cookies to bake for 40 more minutes. Turn oven off, and allow cookies to cool before removing them. Store in an airtight container or a ziplock bag.