

Feeding schedule

I ask myself the question; could I go a whole day with just one or two meals? The answer is NO, so personally I do not expect my dog to.

One thing to note about bostons is they have a high metabolism rate and they are an active breed so they are burning calories. You may need to adjust the amount of food you are feeding from what is stated on the back of the food bag based on your dog's activity level. Manufactures are giving a general estimate. This does not take in all factors.

Spread out your dog's daily food amount over a few meals. Like with us, it can be more satisfying to a dog to have smaller, more frequent meals. Your dog is less likely to scarf down their food too fast if they are not approaching their meal on an empty stomach. If your schedule permits three small meals a day instead of two regular size meals it will be more satisfying to your dog as they will feel content throughout the day.

Keep in mind that vegetables and fruits are also good for your dog and can be used between meals to keep them content. This is better than a dog treat/biscuit. Fruits consist of pears, bananas, strawberries, and apples without the peel. Vegetables to consider are green beans, carrots, lettuce, cucumber, yams, pumpkin, and zucchini.

There is also a list of fruits and vegetables your dog needs to stay away from as they are harmful to their health. Foods like onions, avocado, grapes, pits of peaches and plums. [Click here for list of human foods that are good and bad for your dog](#)

It is also important to not exercise for at least an hour (longer if possible) before and especially after eating, especially large breed dogs, due to stomach bloat and twisting of the gut.