

COD AND BARLEY

Mix thoroughly after each ingredient:

- 7 oz (after cooking) Baked cod, finely flaked
- 2¾ cups Cooked pearled barley
- 1 level scoop (lightly packed) Hearthstone Homemade Nutrient Formula-A*
- ½ tsp Hearthstone Homemade Nutrient Formula-B*
- 6 tsp Corn Canola Oil blend (or half corn and half canola)

**Brand substitution or omission may result in a nutritionally imbalanced recipe.*

*** For consistency, all oil measurements are in teaspoons, but remember there are 3 teaspoons per tablespoon, so whenever possible convert to tablespoons for the most accurate measuring, especially when doubling or tripling recipe.*

Store in air tight containers and refrigerate for use within 3 days, or freeze in well sealed containers and use within 2 weeks.

NUTRITION FACTS: (see Feeding Chart for quantity to feed)

Makes 23oz; Calories(approx)1000(43 kcal/oz); Protein-23% ME; Fat-29% ME; Carbohydrate-48% ME; Fiber-7.6% DM

NUTRIENTS	Amount/ 1000 kal	% of NRC/ 1000 kcal	% of AAFCO/ 1000 kcal
A (IU)	2,093	166%	146%
C (IU)	106	**	**
D (IU)	200	147%	140%
E (IU)	69	920%	493%
K (mg)	0.515	126%	**
Thiamine B1(mg)	1.2	214%	414%
Riboflavin B2(mg)	2.4	185%	381%
Pantothenic Acid B5(mg)	6.1	163%	210%
Niacin B3 (mg)	19.9	468%	603%
Pyroxidine B6 (mg)	2	533%	690%
Folic acid B9 (mg)	0.185	272%	370%
Cobalamin B12 (mg)	0.017	189%	283%
Choline (mg)	483	114%	**
Calcium (mg)	2265	227%	133%
Iron (mg)	31	413%	135%
Magnesium (mg)	381	254%	346%
Phosphorus (mg)	1970	263%	141%
Potassium (mg)	3115	312%	183%
Sodium (mg)	492	246%	289%
Chloride (mg)	425	142%	163%
Zinc (mg)	40	267%	118%
Copper (mg)	3.5	233%	167%
Manganese (mg)	3.1	258%	221%
Selenium (mg)	0.279	319%	930%
Iodine (mg)	0.45	205%	105%
Protein (gm)	54.7	219%	107%
Fat (gm)	32.7	237%	234%
Linoleic Acid (gm)	6.2	221%	214%
Alpha Linolenic Acid (gm)	1.5	1364%	**
EPA & DHA (gm)	0.55	500%	**
Tryptophan (gm)	1.1	314%	239%
Threonine (gm)	2.3	213%	168%
Isoleucine (gm)	2.4	253%	226%
Leucine (gm)	4.3	253%	254%
Lysine (gm)	4.5	511%	250%
Methionine (gm)	2	241%	**
Methionine & Cystine (gm)	2.7	166%	220%
Phenylalanine (gm)	2.3	204%	**
Phenylalanine & Tyrosine (gm)	4.1	222%	196%
Valine (gm)	2.8	228%	252%
Arginine (gm)	3.1	352%	212%
Histadine (gm)	1.5	313%	294%

**No established requirements