

woofs

FREE GUIDE

The 7-Day Happy Tummy Food Swap Playbook

Treats and table food that upset tummies · 7 easy swaps · a 7-day food log



For Woofs pet parents

₱399 value

Your Woofs is on the way

Woofs adds 6 billion good bacteria to the gut with every chew. What your dog eats every day matters too. This playbook fixes the food side in 7 days.

1

We pack and ship your order.

2

The rider texts or calls you.

Have the cash ready. You pay when the parcel is in your hands.

3

Day 1 is the day it arrives.

Start the chew at half the dose for 3 days. Do Swap 1 the same day.

Inside: Treat Check · 7 Swaps · 10% Rule · 7-Day Food Switch · Poop Score · Food and Poop Log · Handaan Card

Tonight: the 5-minute treat check

Open your dog's treat jar and look at what your family feeds from the table. Tick each one your dog gets in a normal week.

	Food	Why it can upset the tummy
☐	Lechon skin, crispy pata, chicharon	Very fatty. Too much fat can cause vomiting or diarrhea.
☐	Adobo, ginisa, longganisa, tocino	Often cooked with onion or garlic. Both are unsafe for dogs.
☐	Hotdog, corned beef, tuyo, bagoong	Very salty. Many also have onion or garlic.
☐	Rice soaked in sabaw or sauce	The sauce brings salt, fat, onion and garlic.
☐	Kakanin, leche flan, bread, biscuits	Sugar and fat. Many dogs get gas from them.
☐	Bright-coloured store treats	Some have many added flavours and colours.
☐	Chicken or fish with bones	Cooked bones can splinter. This is a safety risk, not just a tummy issue.

Count your ticks. Each tick is a swap to make this week.

The 7 swaps (one a day)

Make one swap each day. By Day 7, your dog eats less fat and salt, and no onion or garlic.

Day	Instead of	Give this
1	Table scraps as treats	The Woofs chew as the daily treat. Hand it over after the walk.
2	Lechon skin, chicharon	A few pieces of plain boiled chicken. No skin, no bones, no salt.
3	Hotdog, longganisa, tocino	Half a plain boiled egg, chopped. Small dog: a quarter egg.
4	Rice with sabaw or sauce	Plain rice with 1 to 2 spoons of plain boiled kalabasa (squash).
5	Kakanin, bread, biscuits	Small cubes of plain boiled kamote, or carrot sticks.
6	Fish with bones (paksiw, prito)	Plain boiled boneless bangus (not marinated) or tilapia fillet. Check again for bones.
7	Many different treats a day	One treat routine: the Woofs chew plus 1 or 2 healthy extras.

The 10% rule

Keep treats and extras under 10% of your dog's food for the day. The rest is your dog's normal complete dog food.

Changing dog food? Switch in 7 days

A sudden food change is one of the top reasons for loose stools. Mix the new food in slowly.

Days	Old food	New food
1 to 2	75%	25%
3 to 4	50%	50%
5 to 6	25%	75%
7	0%	100%

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The Poop Score

Poop is the easiest way to see how the gut is doing. Check it once a day.

Score	What it looks like	What it means
1	Hard, dry pellets	Too dry. Check water intake.
2	Firm, holds its shape, easy to pick up	The goal
3	Soft, loses shape when picked up	Watch it. Check food and treats.
4	Very soft piles	Too soft. Stop table food and extra treats. Give only the normal dog food.
5	Watery	Diarrhea. See the vet card if it lasts.

First 3 days of the chew: poop can be a little softer. This is common as the gut adjusts.

TOOL

7-Day Food and Poop Log

Day	Swap done	Treats today	Poop score	Gas?	Notes
1	☐				
2	☐				
3	☐				
4	☐				
5	☐				
6	☐				
7	☐				

Handaan and visitors

- **Tell guests one rule:** "No table food for the dog, please." Let one guest hand over today's Woofs chew.
- **Keep the trash closed.** Bones and leftovers from parties are a common cause of tummy trouble.
- **Keep plates off low tables.** Lechon and adobo are hard for a dog to resist.

See your vet right away if:

- Your dog vomits more than once, or diarrhea lasts more than 1 day
- There is blood in the poop or the vomit
- The belly looks swollen and hard. Or your dog tries to vomit, but nothing comes out. This is an emergency. Go to a vet now.
- Your dog ate onion, garlic, chocolate, grapes, cooked bones, or something toxic
- Your dog will not eat or drink, or seems weak

Woofs is a food supplement for dogs, not a medicine. It does not replace your vet.