

The Good and The Bad Concerning your Pets Diet

It is important to feed your dog the most nutritional diet you can. Just as you would not consider eating foods loaded with carcinogens, artificial colors, sweeteners, carbohydrates, and other additives for yourself, take a closer look at what you are putting into the diets of your pets.

Though the bag may look very appealing with a well designed label, it may not be in the best interest of your pet to consume the kibble inside.

As pets have become a more integral part of our lives, we have been more aware of what we put into their dinner bowls. But are we prepared to properly judge the protein content of the wide variety of kibble available today?

One common mistake that many of us make is we believe that if the first ingredient listed on the bag of kibble is lamb, chicken, or beef then the kibble must be high in protein content. This is not always the case.

Whole meat contains a significant amount of water weight. If the ingredient list starts out with beef, and there is no other animal protein listed until 9th or 10th down the list, the food does not contain a lot of animal protein.

Instead, one should select kibble with more than one meat source (chicken, beef or lamb) in the top two or three ingredients listed, followed by poultry or beef meal (dried meat protein without the water weight). Foods of this type always contain much higher levels of animal protein relative to the other inert ingredients like grains and vegetables.

How Can You Recognize Good Ingredients in Dog Food?

- The indicators of high-quality dog food include significant amounts of protein.
- Two meat sources should be among the top three ingredients.
- Whole, unprocessed grains and vegetables have notably higher levels of vitamins and minerals than processed foods.

How Can You Recognize Bad Ingredients In Dog Food?

- Artificial Preservatives (examples include Sodium Alginate, Xanthan Gum)
- Artificial Colors (caramel coloring or sodium nitrite for color retention)
- Sweeteners

The following is a list of dry dog food that is approved by *The Whole Dog Journal*, a monthly publication for the natural care and training for your K-9. Please note, to view the list in it's entirety, you may subscribe online to *The Whole Dog Journal*.

Back to Basics

Beowulf Natural Foods
Syracuse, NY
800-525-4802
www.beowulfs.com

Burns

Burns Pet Nutrition
Chesterston, IN
877-983-9651
www.bpn4u.com

Canidae

Canidae Corp.
San Luis Obispo, CA
800-398-160
www.canidae.com

Chicken Soup for the Pet Lover's Soul

Diamond Pet Products
Meta, MO
800-442-0402
www.chickensoupforthepetloverssoul.com

Drs. Foster & Smith

Rhineland, WI
800-826-7206
www.drsofostersmith.com

Eagle Pack Holistic Select

Eagle Pet Products, Inc.
Mishawaka, IN
800-255-5959
www.eaglepack.com

Hund-N-Flocken

Solid Gold Health
El Cajon, CA
800-364-4863
www.solidgoldhealth.com

Lifespan

Petguard
Green Cove Springs, FL
800-877-pet guard
www.petguard.com

Timberwolf Organics

Yukon Nutritional Co.
Dundee, FL
863-439-0049
www.timberwolforganics.com

Innova

Natura Pet Products
Santa Clara, CA
800-532-7261
www.naturapet.com

Wellness

Old Mother Hubbard
Lowell, MA
800-225-0904
www.oldmotherhubbard.com

This product can be found at
Earthfare in Asheville

In addition to finding these foods on the above web sites, Hendersonville Co-op, Hendersonville Pet Supply on Spartanburg Hwy, and Pets Mart are a few places that may help you find recommended kibble for your dog.