

Choosing Dog & Cat Food

PURCHASING QUALITY FOOD

Read the actual ingredients!

- The **FIRST 3** ingredients should contain a meat or meat meal such as chicken, beef, turkey or other meats.
- **NO** wheat, corn, soy, gluten, sugar or fructose.
- Good dog and cat dry food costs at least \$1.90 per pound (e.g., \$28.00 for a 15lb bag).
- Be aware that organic foods can cost more, but some are made with mostly grains.
- You can't often buy good quality food in the grocery or discount stores.

KEEP FOOD SAFE WHEN YOU GET IT HOME

- Dry food is susceptible to food spoilage that can make your pet sick.
- Sometimes food problems (mold or stale) are invisible, but your pet may tell you by refusing to eat it.
- Don't buy more than you will use in a couple of weeks.
- Keep food in its original bag inside a tightly sealed container. Otherwise, wash your food container every time you buy a new bag because containers can harbor molds and bacteria.
- Store food in a cool, dry place. Your garage is not the best choice.

TREATS

TREATS ARE CALORIES TOO! Include treats when counting calories for daily intake. Read the labels and stick to minimal ingredients, meats being the best. Alone, treats are not a balanced diet. They should promote health as a *complement* to your pet's regular meals.

BE CAUTIOUS WITH DENTAL TREATS

Many are made with highly irritating ingredients. Few have ingredients that actually improve dental health. Some can cause upset stomachs due to poor digestibility.

WHAT ABOUT SPECIALTY FOODS?

These foods address specific conditions or life styles, such as weight loss, senior, joint, hair ball and specific breed formulas. These foods are probably not needed. You can often accomplish the condition-specific food's goal by adding a supplement to a good quality, all-life stages food.

POINTS TO REMEMBER:

- Read labels. Occasionally change brands & ingredients.
- Read actual ingredients, not "front-of-bag" marketing.
- Store food properly.
- It is very important to know how many calories are in your pet's food and treats. Foods can vary widely so feeding amounts will differ with every brand of food.
- You don't need condition-specific foods.

An excellent resource for detailed pet food information and many more choices is DogFoodAdvisor.com



**Cats Need to
Eat Wet Food
Canned or Frozen
Eliminate Dry Food Completely**

Great Quality Foods:
*Fromm, Nature's Logic,
Northwest Naturals,
Open Farm, Raw Bistro,
Rawz, Small Batch,
Stella & Chewy's
Steve's Real Food,
Zignature*

