



Recommended Food List

Food is medicine. We are told that humans need to eat whole, minimally processed fresh foods and that we should vary our diets. We often get different advice for our animals. As a veterinarian, it's amazing to see how improving a pet's diet can improve its health and life! We are passionate about nutrition because it changes lives!

Dogs and cats are carnivores, so it is nutritionally important for them to eat meat-based protein. **Dogs** need 50-80% meat-based protein. **Cats** need 90% of their diet to be meat-based protein. No dry food meets these requirements without supplementation. We recommend all or mostly canned food for cats to help prevent UTIs, urine crystals, urine blockages that could turn into emergencies (male cats), and better digestion.

Simple, cost-effective ways to improve your dog's diet and health:

- Decrease your pet's food by 20-30% and replace it with whole protein (meat, eggs, bone broth protein) and vegetables daily.
- Feed your dog 10% organ meats.
- Feed 1-ingredient treats. Ideas: Dried liver/meat, green beans, carrots, or eggs.

Big 3 rules:

- Avoid foods and treats that contain corn or wheat. These are lower-quality protein sources.
- Avoid animal by-products.
- Avoid dyes.

A fresh food diet is best for all living beings. A fresh, species-appropriate diet provides support for the body to maintain a vibrant state of being for many years. We recommend the following diets: Rehydrated, freeze-dried, Balanced homemade (raw or cooked), or home-made purchased diets.

Raw: Viva raw, Evolve (Dr. Siegel)

Whole food diets: Chi Dog, AllProvide, Darwin's, Nom Nom, Farmer's Dog

Rehydrated: Dr. Harvey's, Honest Kitchen

Toppers/hydrators/frozen raw: Primal, Sunday's, Medicus, Yumwolf, Spot & Tango.

Homemade: Schedule a nutritional consultation.

We recognize it is not always possible to feed these. **Always choose GRAIN FREE.** Some options for dry/canned foods include:

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| ● Only Natural Pet | ● Tiki Cat | ● Evo's |
| ● Nulo | ● Weruva | |
| ● Wellness Core | ● Zignature | <u>Cost-effective:</u> |
| ● Merrick | ● Canidae | ● Aldi: Pure Being |
| ● Stella and Chewy's | ● Open Farm | ● Walmart: Pure Balance |
| ● Chicken Soup for the Soul | ● Pure Vita - Duck and Oatmeal | ● Fleet Farm: Wilderness |
| | ● Orijin | |
| | ● Before Grain | |



Dog food is changing dramatically. One hundred years ago, there was no such thing as dog food. Dogs ate the meat and vegetables and hunted for their food. Dog food has allowed a convenience to feed our pets, but whole nutrition can also be supplemented or a homemade diet. The diet you feed your dog should be realistic for your family, but you can feed everything from dry food to a homemade diet, and there are a lot of mixed options in between!

Many pet food companies are making a carbohydrate-based diet, with very little animal protein. It is important that your dog's protein mainly comes from meat and eggs, not corn, wheat, or other carbohydrates. Meat is expensive, and many pet food companies are adding cheap, non-edible ingredients that are not safe for your pet. Your dog needs meat and water, which are often deficient in kibble. If you are feeding kibble, purchase a meat-based food with no corn, wheat, by-products, or dyes. It is recommended to add 20-30% meat/veggies/eggs on top of or supplement food to help increase the total protein, micronutrients, and water in your dog's diet.

Most treats have terrible ingredients. Many of them are just made of wheat, dye, and meat flavoring. These ingredients often lead to allergies or other inflammatory disease processes. It is recommended to feed a one-ingredient treat. Ideas include dried organ meats (liver, heart, etc), meats, eggs, frozen fruits/vegetables, and other meat or veggies in your refrigerator.

What you and your pet eat goes into the body every day! When we eat ingredients and "food substances" that were not made for our bodies, our immune system reacts to protect us. Over time, this chronic inflammation is what leads to chronic disease, cancer, inflammatory bowel disease, and many other inflammatory diseases. In 1973, 1 in 10 dogs were diagnosed with cancer; today, 1 in 3 are diagnosed with cancer. This is primarily due to the change in feeding commercial and overly processed dog food. Diet is the number one change you or your pet can make for better health!

Feed your dog organ meat, especially liver and heart. Cook it up as snacks for your pet or purchase dehydrated treats. Adding organ meat to your pet's diet is one of the best ways to improve their overall nutrition and health.

Remember, the food you feed your pet feeds their whole body. The cat and dog are carnivores and need functional proteins that are high-quality and bioavailable. The goal is to include as many functional (whole, non-processed) foods in your dog's diet as possible. Eliminate as many non-functional foods from your dog's diet as possible.

Recommended books:

- The Forever Dog, Rodney Habir, and Dr. Karen Becker
- Yin and Yang Nutrition for Dogs, Dr. Judy Morgan and Hue Grant

YouTube video: Pet Fooled full movie - The Shocking Truth about the Pet Food Industry.



Pet Food Ingredients to Avoid:

1. **Wheat:** The #1 allergen in dogs and a contributing factor in obesity.
2. **Corn:** Useless filler that is known to cause allergies and is difficult for dogs to digest.
3. **Corn Gluten Meal:** Patented as a weed killer in 1991. Used as a cheap filler.
4. **Soy:** Considered low-quality incomplete protein, well known to create food allergies in pets.
5. **Other names for soy:** Soybean oil, Soybean meal, Soybean germ meal, Soy flour, grits, Hulls, Soy protein concentrate, Soy isoflavones, Isolated soy protein, and Textured vegetable protein.
6. **Animal Digest:** The worst of all ingredients. Unspecified parts of unspecified animals.
7. **By-Product Meal:** Heads, feet, feathers, bones, blood, intestines, lungs and ligaments.
8. **Artificial Colors and flavors:** Blue 2, Red 40, Yellow 5 and 6, 4-MIE, caramel color, Allura red AC
9. **Ethoxyquin:** Used in the production of rubber and banned for use in human food.
10. **Cellulose:** Just another name for sawdust.
11. **Egg Product:** Eggshells or eggs that may have gone rancid or spoiled.
12. **Brewers Rice:** The broken shells of rice that lack nutrients and have been discarded by other food manufacturing processes. Floor sweepings.
13. **Sugar/High fructose corn syrup/many others:** Unnecessary and adds empty calories.
14. **Propylene glycol:** Added as a sweetener. Used in antifreeze solutions, hydraulic fluids, and as a solvent.
15. **Render fats**
16. Meat or bone meal, especially fish meal.
17. **Melamine**
18. **Vegetable oil:** Triggers inflammation, especially in arthritic patients.
19. **Carrageenan:** A Thickener derived from seaweed. It can cause gastrointestinal inflammation and other health issues.
20. **Vitamin K3** (the synthetic form of vitamin K). Avoid all of the following names: Menadione sodium bisulfate, Menadione dimethyl-pyrimidinol bisulfate, Menadione dimethyl-pyrimidinol bisulfite, Menadione sodium bisulfate complex.
21. **Preservatives:** Common names: Synthetic antioxidants linked to cancer and other health issues. Avoid the following: Butylated hydroxytoluene (BHT), BHA, Nitrites/nitrates, Sulfites (potassium bisulfate), Sodium Tripolyphosphate, Monosodium Glutamate (MSG), Sodium Hexametaphosphate, Propyl gallate, Polydextrose, Sorbitol, Ethoxyquin, Azo. There are many more. If you can't say it, it is probably bad.
22. **Meat Flavoring:** Avoid foods that say "flavored" or "with" (i.e., fish flavored dog food or dog food with fish). These foods are only required to have 3% of the diet consisting of that protein source.