

Dog Food: What to do?

www.sugabear.net

Dry dog foods often contain large amounts of grain and meat that are not good for your dog, but your average customer wouldn't be able to tell if it was good or bad. This information will help you feed your dog the best diet possible.

Look For:	Watch For:	Additives to Avoid
Oats Rice Ground Barley	Wheat (#1 cause of allergies) Soybean Meal (#2 cause of allergies) Corn (difficult to digest, causes allergies) Beet Pulp (liver problems/causes allergies) Brewer's Yeast (by-product) Brewer's Rice (by-product) Cellulose (by-product) Rice Bran (filler) Oat Bran (filler)	BHA, BHT, & Propyl Gallate (all carcinogenic = can cause cancer) Food Coloring Corn Syrup (allergies) Wheat Middlings (allergies) Ethoxyquin (hazardous chemical used as fish preservative)

Look For:	Watch For:	Meats to Avoid
Chicken, Beef, Lamb, or Salmon Meal (Pre-cooked before weighing to reduce water content and create a more accurate meat content)	Chicken, Beef, Lamb, or Salmon Meat (ingredients are listed by weight so if one meat is first but followed by several grains then after cooking the meat's weight is reduced by 80%, putting it much further down on the ingredient list)	Just "Animal" or "Meat" (possibly euthanized cats and dogs or road kill) "Poultry" (Any bird, ex: vultures) "By-Products" (the leftovers with little nutritional value)

Examples of How to Look at Ingredients:

Without looking at the next page try to rank these foods from 1 to 6 based on their ingredients. Write down the rank you gave to each of them and compare to the rankings on the next page.

Brand	Ingredients (listed by weight)
Iams	Corn Meal, Chicken By-Product Meal, Ground Whole Grain Sorghum, Dried Beet Pulp
Avoderm	Chicken Meal, Ground Whole Brown Rice, Ground Whole Rice, Oatmeal, Rice Bran
Orijen	Deboned Chicken, Chicken Meal, Turkey Meal, Russet potato, lake whitefish, chicken fat,
Nutro Max	Chicken Meal, Wheat Flour, Ground Whole Wheat, Rice Bran, Poultry Fat
Instinct	Duck Meal, Turkey Meal, Salmon Meal, Canola Oil, Tapioca, Tomato Pumice
Canidae (all life)	Chicken Meal, Turkey Meal, Brown Rice, White Rice, Lamb Meal, Chicken Fat, Herring
Nutro Ultra	Chicken Meal, Whole Brown Rice, Ground Rice, Lamb Meal, Rice Bran
Science Diet	Corn Meal, Chicken By-Product Meal, Animal Fat (preserved with BHA, and citric acid)
Diamond	Beef Meal, Cracked Pearled Barley, Whole Grain Brown Rice, Rice Bran, Chicken Fat
By Nature	Chicken Meal, Ground Barley, Ground Oats, Ground Brown Rice, Chicken Fat, Lamb
Nature's Best	Chicken, Brown Rice, Whole Grain Wheat, Cracked Pearled Barley, Soybean Meal
Pedigree	Ground Yellow Corn, Meat and Bone Meal, Corn Gluten Meal, Chicken By-Product Meal

Which Brands Are Best?

Dog Food Analysis (www.dogfoodanalysis.com/) rates dog foods based on their ingredients. They take into account the type and quantity of meat, grain, and of course other additives. There are few foods that receive 6 stars, but there are plenty with 1s or 2s. Please avoid those foods even if they are easier to find. Doesn't your dog deserve better?

What's Available at Stores?

Though it varies at stores, they often carry these brands. Ratings given (if applicable) for Puppy food.

Petsmart/Petco		Petsmart Only		Walmart	
Bil-Jac	★	Active Care	★★	Kibbles and Bits	★
Eukanuba	★	Alpo	★	Ol'Roy	★
Iams	★	Authority Harvest	★★★★	Maxx. Nutrition	★★★★
Nutro MAX	★★	Avoderm	★★★★★	Pedigree	★
Nutro Natural	★★	Beneful	★	Iams	★
Pro Plan	★	Blue Buffalo	★★★★★	Pro Plan	★
Purina ONE	★	By Nature	★★★★★	The Good Life	★
Royal Canin	★★	Nature's Best	★★	Purina	★
Science Diet	★	Nature's Recipe	★★★		
Diamond	★★★	Nutro Ultra	★★★		
		Pedigree	★		
		The Goodlife	★		

Where's the Really Good Stuff?

Often feed stores or pet businesses will carry the best brands that large stores don't and you can find out which ones do by going to the website's Dealer Locator. Be sure to call ahead first though, as some of these dealers might not carry the specific type you need. Normally they will order it for you, but it might take a week or two.

6 Stars	(Some of these brands only have one or two types rated a 6)
Solid Gold Barking At The Moon	www.solidgoldhealth.com
Wellness Core, Ocean, or Reduced Fat	www.wellnesspetfood.com
Orijen	www.championpetfoods.com/orijen/about/
Instinct	www.naturesvariety.com
Innova EVO	www.naturapet.com
Taste of the Wild High Prairie or Wet Lands	www.tasteofthewildpetfood.com
5 Stars	
Artemis Fresh Mix or Maximal Dog	www.artemiscompany.com
Canidae All Life Stages	www.canidae.com
Chicken Soup For The Puppy Lover's Soul	www.chickensoupforthepetloverssoul.com
Innova Adult Dog & Puppy Food Dry	www.naturapet.com
Nature's Logic	www.natureslogic.com
Nature's Variety Prairie	www.naturesvariety.com
Show Bound Naturals	www.healthypetfoodsinc.com/show.cfm
Wellness Super5Mix Chicken or Lamb	www.wellnesspetfood.com
Wellness Just for Puppy	www.wellnesspetfood.com

I hope that these two pages will help you give your dog the best nutrition possible in a Dry Food. Just don't forget about wet, raw, or cooked by you. Now those, if done right, could be 7's 😊