



All 4 Paws Dog Training Guide to Buying Healthy Dog Food

Proper nutrition is key to keeping your best friend healthy and happy for years to come. We recommend that you choose a quality food with healthy, wholesome ingredients to keep your dog in optimal health. It is important to understand that the pet food industry is the primary outlet for human by-products, which are allowed to be used in pet foods. Many of these ingredients are, at best, scary. It's not always easy to determine which pet foods are actually "healthy" for your dog. By looking for a few key ingredients and avoiding several others, you can help ensure a long and happy life for your dog. Of course, you can always add a variety of fresh foods to your dog's kibble to enhance the nutrition like fresh meat, eggs, and yogurt. Home cooked and raw diets are other options as well. A great resource is the book "Raw and Natural Nutrition for Dogs: The Definitive Guide to Homemade Meals" by Lew Olsen, PhD and the newsletter section of her website www.b-naturals.com.

Ingredients to look for:

Named Meat or Fish
(chicken, turkey, lamb, beef, herring, etc.)

AND

Concentrated named meat proteins
(chicken meal, turkey meal, lamb meal, herring meal, etc.)

Whole grains and starches
(brown rice, barley, sweet potatoes)

Fresh, whole fruits and vegetables
(whole potatoes, carrots, tomatoes, alfalfa, apples, etc.)

Named fats from quality sources
(chicken fat, lamb fat, sunflower oil, herring oil, etc.)

Natural preservatives
(mixed tocopherols, Vitamin E)

Antioxidants
(Vitamin A, C and E)

Chelated minerals
(iron proteinate, manganese proteinate, etc.)

Protein
(Should be the first ingredients listed)

Carbs and Veggies

Fats and Oils

Vitamins, Minerals, Supplements

Ingredients to avoid:

Unnamed food ingredients
(poultry by-products, meat and bone meal)

AND

Protein fillers
(corn gluten meal, wheat gluten, egg product meal)

Carb overload
(refined flours, wheat, mill runs, brewer's rice)

Processed fruits and vegetables
(dehydrated potatoes, tomato pumice, alfalfa meal)

Fats from non-specific sources
(animal fat, poultry fat, vegetable oil)

Synthetic preservatives
(BHA, BHT, ethoxyquin)

Coloring
(caramel color, FD&C colors)