

Foods We Recommend



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The Bottom Line

Good nutrition is essential to good health

Cheap ingredients make a cheap diet

The better the food the more digestible

Healthy Food, Healthy Pets

Optimum health begins with a wholesome, healthy diet. For humans, it is well recognized that proper diet can help us lead longer, healthier lives; why should it be different for our pets?

First, keep in mind no one food is best for every dog or cat. Each individual pet has their own specific needs whether it depend on their life stage, activity level or any special medical considerations. However, what *is* similar for all pets is that a healthy diet made with high quality ingredients will benefit them.

Feed the best food you can afford to feed. In general, more expensive diets contain better quality ingredients. Ingredients such as corn gluten meal, wheat or soybean are not only cheap but less digestible.

Unfortunately, cheap foods also often contain more sugar, salt and artificial flavor- additives that pets love. Yet, this is like feeding junk food to children every day. They may love it- but it isn't healthy!

Compare the labels. Look for food with a variety of quality protein sources like chicken, beef, lamb and fish. These ingredients have a high percentage of protein in the form of digestible, usable amino acids. Not only are they better for your pet, you can feed less due to their higher concentration of nutrition. This often means that on a per-serving basis, economy foods with cheaper ingredients cost the same or more than more premium diets.

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Raw Food

The benefits of raw food are diverse and plentiful. It is a highly bioavailable source of natural proportions of vitamins, minerals, enzymes, proteins and amino acids that promote healthy skin and coat, digestive health, support the immune system and improve energy.

Home-prepared diets can be great source of raw natural food for your pet IF they are properly balanced. It is recommended that you work with a nutritionist and follow a published recipe if your pet eats all home-prepared food.

An easy way to feed a raw diet is to purchase one that is pre-formulated as a complete and balanced diet such as Nature's Variety Raw Frozen Diets. This can then be fed alone or added to more processed forms of food such as dehydrated raw diets, dry kibble or canned food.

Label Comparisons- Ingredient Lists

Nature's Variety® Raw Frozen Diet Chicken Formula

Chicken, Raw Ground Chicken Bone, Turkey, Turkey Liver, Turkey Heart, Apples, Carrots, Butternut Squash, Ground Flaxseed, Chicken Eggs, Broccoli, Lettuce, Spinach, Dried Kelp, Apple Cider Vinegar, Parsley, Honey, Salmon Oil, Olive Oil, Blueberries, Alfalfa Sprouts, Persimmons, Duck Eggs, Pheasant Eggs, Quail Eggs, Inulin, Rosemary, Sage, Clove.

Nature's Variety Instinct® Chicken Meal Formula

Chicken Meal, Tapioca, Chicken Fat (preserved with Mixed Tocopherols and Citric Acid), Pumpkinseeds, Menhaden Fish Meal, Alfalfa Meal, Montmorillonite Clay, Natural Chicken Flavor, Vitamins (Choline Chloride, Vitamin E Supplement, Ascorbic Acid, Biotin, Niacin Supplement, Vitamin A Acetate, D-Calcium Pantothenate, Riboflavin Supplement, Pyridoxine Hydrochloride, Ethylenediamine Dihydriodide, Thiamine Mononitrate, Vitamin B12 Supplement, Beta Carotene, Vitamin D3 Supplement, Folic Acid), Dried Kelp, Minerals (Zinc Proteinatate, Iron Proteinatate, Manganese Proteinatate, Copper Proteinatate, Sodium Selenite), Chicken Liver, Sea Salt, Inulin, Flaxseed Oil, Dried Enterococcus Faecium Fermentation Product, Dried Lactobacillus Acidophilus Fermentation Product, Apples, Carrots, Peas, Cottage Cheese, Chicken Eggs, Freeze Dried Chicken, Freeze Dried Turkey, Freeze Dried Turkey Liver, Freeze Dried Turkey Hearts, Ground Chicken Bone, Butternut Squash, Broccoli, Lettuce, Spinach, Salmon Oil, Apple Cider Vinegar, Parsley, Honey, Blueberries, Alfalfa Sprouts, Persimmons, Olive Oil, Duck Eggs, Pheasant Eggs, Quail Eggs, Rosemary Extract, Sage, Clove

Wellness® Complete Health Chicken Recipe

Deboned Chicken, Chicken Meal, Oatmeal, Ground Barley, Ground Brown Rice, Tomato Pomace, Rye Flour, Canola Oil (preserved with mixed tocopherols, a natural source of Vitamin E), Tomatoes, Rice Bran, Deboned Whitefish, Natural Chicken Flavor, Carrots, Spinach, Sweet Potatoes, Apples, Blueberries, Ground Flaxseed, Ground Millet, Dicalcium Phosphate, Calcium Carbonate, Potassium Chloride, Minerals [Zinc Sulfate, Zinc Proteinatate, Iron Proteinatate, Ferrous Sulfate, Copper Proteinatate, Copper Sulfate, Manganese Proteinatate, Manganese Sulfate, Sodium Selenite], Vitamins [Beta-Carotene, Vitamin E Supplement, Ascorbic Acid (Vitamin C), Vitamin A Supplement, Niacin, Calcium Pantothenate, Riboflavin, Vitamin D-3 Supplement, Pyridoxine Hydrochloride, Thiamine Mononitrate, Folic Acid, Biotin, Vitamin B-12 Supplement], Choline Chloride, Taurine, Mixed Tocopherols (a natural preservative), Glucosamine Hydrochloride, Chondroitin Sulfate, Chicory Root Extract, Garlic, Yucca Schidigera Extract, Green Tea Extract, Dried Lactobacillus plantarum, Enterococcus faecium, Lactobacillus casei, Lactobacillus acidophilus fermentation products.

Chicken Soup for the Dog Lover's Soul® Adult

Chicken, turkey, chicken meal, ocean fish meal, cracked pearled barley, whole grain brown rice, oatmeal, millet, white rice, chicken fat (preserved with mixed tocopherols), potatoes, egg product, tomato pomace, duck, salmon, flaxseed, natural chicken flavor, choline chloride, dried chicory root, kelp, carrots, peas, apples, tomatoes, blueberries, spinach, dried skim milk, cranberry powder, rosemary extract, parsley flake, yucca schidigera extract, L-carnitine, Enterococcus faecium, Lactobacillus casei, Lactobacillus acidophilus, Saccharomyces cerevisiae fermentation solubles, dried Aspergillus oryzae fermentation extract, vitamin E supplement, iron proteinatate, zinc proteinatate, copper proteinatate, ferrous sulfate, zinc sulfate, copper sulfate, potassium iodide, thiamine mononitrate, manganese proteinatate, manganous oxide, ascorbic acid, vitamin A supplement, biotin, calcium pantothenate, manganese sulfate, sodium selenite, pyridoxine hydrochloride (vitamin B6), vitamin B12 supplement, riboflavin, vitamin D supplement, folic acid.

Purina One® Lamb and Rice

Lamb (natural source of glucosamine), brewers rice, corn gluten meal, whole grain corn, poultry by-product meal (natural source of glucosamine), oat meal, animal fat preserved with mixed-tocopherols (form of Vitamin E), lamb meal, animal digest, potassium chloride, calcium carbonate, calcium phosphate, salt, caramel color, L-Lysine monohydrochloride, choline chloride, zinc sulfate, ferrous sulfate, Vitamin E supplement, manganese sulfate, niacin, Vitamin A supplement, calcium pantothenate, thiamine mononitrate, copper sulfate, riboflavin supplement, Vitamin B-12 supplement, pyridoxine hydrochloride, garlic oil, folic acid, Vitamin D-3 supplement, calcium iodate, biotin, menadione sodium bisulfite complex (source of Vitamin K activity), sodium selenite.

Science Diet® Adult Active

Ground Whole Grain Corn, Chicken By-Product Meal, Animal Fat (preserved with mixed tocopherols and citric acid), Dried Beet Pulp, Soybean Oil, Dried Egg Product, Flaxseed, Potassium Chloride, Iodized Salt, Choline Chloride, vitamins (L-Ascorbyl-2-Polyphosphate (source of vitamin C), Vitamin E Supplement, Niacin, Thiamine Mononitrate, Vitamin A Supplement, Calcium Pantothenate, Biotin, Vitamin B12 Supplement, Pyridoxine Hydrochloride, Riboflavin, Folic Acid, Vitamin D3 Supplement), Vitamin E Supplement, minerals (Ferrous Sulfate, Zinc Oxide, Copper Sulfate, Manganous Oxide, Calcium Iodate, Sodium Selenite), preserved with Mixed Tocopherols and Citric Acid, Beta-Carotene, Rosemary Extract.

Beneful Healthy Harvest®

Ground yellow corn, corn gluten meal, whole wheat flour, animal fat preserved with mixed-tocopherols (form of Vitamin E), soy protein concentrate, soybean meal, pearled barley, brewers rice, tricalcium phosphate, sugar, water, animal digest, sorbitol, phosphoric acid, salt, potassium chloride, L-Lysine monohydrochloride, calcium carbonate, sorbic acid (a preservative), dried spinach, dried sweet potatoes, dried apples, dicalcium phosphate, choline chloride, calcium propionate (a preservative), DL-Methionine, added color (Red 40, Yellow 5, Blue 2, Yellow 6), zinc sulfate, ferrous sulfate, Vitamin E supplement, manganese sulfate, Vitamin A supplement, niacin, Vitamin B-12 supplement, calcium pantothenate, riboflavin supplement, copper sulfate, biotin, garlic oil, thiamine hydrochloride, pyridoxine hydrochloride, thiamine mononitrate, folic acid, Vitamin D-3 supplement, menadione sodium bisulfite complex (source of Vitamin K activity), calcium iodate, sodium selenite.

*ingredient lists as taken from company websites 12/2008

Pet Foods We REALLY LIKE

Old Mother Hubbard (Wellness) • Nature's Variety (raw food diets, Instinct & Prairie)
• Natura (Evo, Innova) • Honest Kitchen (dehydrated raw food diets)
• Canidae

Pet Foods We Think Are PRETTY GOOD

Chicken Soup for The Pet Lover's Soul • Solid Gold
• Dick Van Patten's Natural Balance • Eagle Pack

Pet Foods We Think Are AVERAGE

Iams • Purina O.N.E. • Purina ProPlan • Royal Canin • Nutro • Diamond

Pet Foods We DON'T LIKE

O' Roy • Sprout • Beneful • Pedigree • Hill's Science Diet
• Purina Dog Chow • Generics of any kind