

# Categories of pet foods

Economy brands	Ol' Roy; Old Yeller; Disney
Grocery store brands	Pedigree; Purina; Beneful; store brands
Premium brands	Nutro; Iams; Hill's Science Diet; Royal Canin
Prescription brands	Hill's; IVD; Waltham
Superpremium/Health brands	Natura (California Natural, Innova, EVO); Canidae; Wellpet (Eagle Pack, Wellness); Merrick; Primal; Bravo

## FAST FACTS ABOUT PET FOOD

Excerpt from 1999 Good Dog! Inc.

"It costs less to feed a Super-Premium dog food than an Economy dog food. The secret is in the nutritional power of the food. A Super-Premium dog food contains much more energy and protein in every kibble than an economy brand. In one test we ran, we had to feed five times as much of the Economy brand dog food to get the same nutritional benefits of the Super-Premium. Despite the lower cost per bag of the Econo brand, it costs you more to feed than a Super-Premium, because you use more bags. How does cost fit in to the dog food picture? We measured the cost of 40 pound bags of various maintenance/adult dog foods and took the manufacturers' suggested feeding instructions. We then calculated the cost of feeding a 40 lb house dog for a day.

The Premium foods studied had an average of 22% crude protein and 10% crude fat. The Super-Premium dog foods examined had an average of 27% crude protein and 15% crude fat. The Economy brands averaged 20% crude protein and 8% crude fat.

The Super-Premium foods suggested feeding an average of 1-3/4 cups of food per day for our 40 lb dog. Premium brands recommended 3-1/4 cups, while the Econo brands instructed feeding 6 cups a day.

It costs an average of 24 cents a day to feed a dog a Super-Premium brand, compared to 26 cents a day for a Premium brand, and 31 cents a day for an Econo brand. **That's right - the Econo-brand actually costs you 7 cents more a day to feed your dog than a Super-Premium does.** In order to give your dog the nutrition he needs, he has to eat 3-1/2 times more of the Econo brand than the Super-Premium food.

Thus, the big difference is in the poop! The seven cents more that you spend on an Economy brand buys you piles more in the yard cleanup department. Super-Premium dog foods are more digestible so more of the nutrients are utilized. This means less poop is produced. Super-Premiums are more nutrient dense and less expensive to feed than Economy, Regular and some Premium brands."

















REMEMBER, YOU CAN FIND A GREAT SELECTION OF SUPERPREMIUM FOODS AT **NATURAL PET SUPPLY 283-PETS (7387)**

When switching your dog or cat to a new food, do it gradually. If at any time your pet starts exhibiting digestive problems, slow the rate of switch. As always, if problems persist, contact your veterinarian.

## WHAT TO LOOK FOR IN COMMERCIAL PET FOOD

GOOD	BAD	AVOID
Superior sources of protein – <b>whole fresh meats</b> or <b>single sources of meat meal</b> (chicken, lamb, beef, etc.). Meat and/or single meat sources should be the first two to three ingredients	Food <b>fragments</b> (brewer's rice, flours, brans, gluten, etc.). High quality dry & canned foods should contain a bare minimum of these.	<i>Generic fats or proteins</i> such as "animal fat" which can be just about anything, most often recycled grease from restaurants (can be rancid). Look for a specific label such as "beef fat" or "chicken fat"
<b>Whole Grains</b> Barley, brown rice, whole oats, amaranth, millet, quinoa	Meat <b>by-products</b> – while these are not necessarily bad, they are less expensive protein sources and can compromise the integrity of the food	<i>Artificial preservatives</i> – BHA, BHT, Ethoxyquin
<b>Whole, fresh vegetables and/or fruits</b>		<i>Artificial colors</i> – your pet does not care what color his/her food is. They definitely do not need a daily lifetime exposure to these unnecessary chemicals
		<i>Propylene glycol</i> – safety is very debatable so it's best to avoid
Taken from <i>Top Dog Foods for Total Wellness, The Whole Dog Journal</i>		<i>Sweeteners</i> – corn syrup, sucrose, etc. are sometimes added to lower quality foods to increase their appeal but can aggravate health problems, including diabetes

## How to properly switch your pet's food

			
			
			
			
<b>25% New Days 1-3</b>	<b>50% New Days 4-6</b>	<b>75% New Days 7-9</b>	<b>100% New Day 10</b>

Great links: [www.shirleyswellnesscafe.com](http://www.shirleyswellnesscafe.com); [www.burns-pet-nutrition.co.uk](http://www.burns-pet-nutrition.co.uk); [www.mercolahealthypets.com](http://www.mercolahealthypets.com); and last but not least, [www.naturalpetsupplyonline.com](http://www.naturalpetsupplyonline.com)