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Choosing Pet Foods:

1. Choose a food appropriate for the age and type of your pet (puppy vs. adult, large breed vs. small breed, etc.).
1. Make sure it is AAFCO approved.
2. Look for meat (not meat meal) as first ingredient. Ingredients are listed in order from most abundant in the food to least abundant.
3. Look for a grain (not grain meal and not a by-product) as the second ingredient or third ingredient.
4. Next determine if you need anything extra: glucosamine for arthritis for instance.

As of May 29th, 2009, here is a list of compared foods compiled by our practice (please realize these are examples and this list is not all inclusive):

Grade A= meat as first ingredient and a whole carbohydrate as second or third ingredient

Grade B= the first ingredient is stated as a meat meal

Grade C= the first ingredient is a carbohydrate, not a meat at all, and the meat is a meal or by-product.

Note: a by-product is less nutritious than a meal.

Dog Foods:

From Whole Foods:

Pet Promise (A)

From PetsMart:

1. Blue Buffalo Lamb/Rice Dry (A)
2. Science Diet Natures Best Dry (A)
3. Purina One Dry (B+)
4. Natures Recipe Dry (B+)
5. Royal Canin Maxi Lg Breed Dry (B)
6. Alpo Dry (C)

From Costco:

Kirkland Signature (A)

Cat Foods:

From Whole Foods:

Pet Promise (A)

From PetsMart:

1. Fancy Feast Canned (A)
2. Blue Buffalo Organics (A)
3. Royal Canin Indoor (B)
4. Whiskas Dry (B)
5. Fancy Feast Dry (C)
6. Purina One (A)
7. Science Diet Fish or Chicken (A)

From Costco:

Kirkland Signature (A)

Home Cooked, Fresh Ingredient Recipe

1/2 cup brown rice
2 cups chopped mixed veggies (cauliflower, broccoli, carrots)
1 cup ground organic chicken/turkey/lamb
1/2 cup uncooked oats
3 cage-free omega –3 eggs
1 cup fat-free plain yogurt
1 cup chicken or beef broth
1/2 cup water with 1 chicken stock cube dissolved

Cook the rice and put it in a medium size casserole or pie dish with the vegetables, chicken, and oats. Mix well.

In a bowl, beat together the eggs, yogurt, and broth. Fold the egg mixture into the rice mixture. Cook in the oven at 375F for 30 minutes, or until set.

Cut into wedges and serve. (unused portions can be frozen.)

A Balanced low-residue homemade formula for adult dogs

Food as Fed formulation for an 40 lb. dog

Ingredients

Rice, white, cooked	8 oz.
Cottage cheese	8 oz.
Egg, large, boiled	4 oz.
Oil, vegetable	1/2 tsp
Salt, substitute (KCl)	1/4 tsp
Calcium carbonate	1/4 tsp

* Also feed one human adult vitamin-mineral tablet daily