

# Nutrition Resources

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Animal Medical Center's Usdan Institute for Animal Health Education

## **National Research Council publications:**

- Your Dog's Nutritional Needs:  
[http://dels.nas.edu/resources/static-assets/banr/miscellaneous/dog\\_nutrition\\_final\\_fix.pdf](http://dels.nas.edu/resources/static-assets/banr/miscellaneous/dog_nutrition_final_fix.pdf)
- Your Cat's Nutritional Needs:  
[http://dels.nas.edu/resources/static-assets/banr/miscellaneous/cat\\_nutrition\\_final.pdf](http://dels.nas.edu/resources/static-assets/banr/miscellaneous/cat_nutrition_final.pdf)

## **World Small Animal Veterinary Association Global Nutrition Committee Tool Kit**

[http://www.wsava.org/WSAVA/media/PDF\\_old/WSAVA-Global-Nutrition-Toolkit\\_0.pdf](http://www.wsava.org/WSAVA/media/PDF_old/WSAVA-Global-Nutrition-Toolkit_0.pdf)

- Resources for veterinarians (diet history form, caloric requirement charts, etc.)
- Resources for pet owners (evaluating information in the internet, selecting a pet food)

## **Pet Nutrition Alliance**

<http://www.petnutritionalliance.org/>

- Resources include a nutritional calculator for determining calorie needs

## **Petdiets.com**

<http://www.petdiets.com>

- Excellent website written by a board-certified veterinary nutritionist for pet owners (Nutrition Library, FAQs)
- Nutrition consultation including diet formulations by veterinary nutritionist
- Well-referenced article on raw diets (cost \$5): <http://www.petdiets.com/Library/Articles/Dogs/Foods-and-Feeding>

## **Tufts Cummings School of Veterinary Medicine Clinical Nutrition Service**

<http://vetnutrition.tufts.edu/petfoodology/>

- Information on pet nutrition, selecting a pet food, ingredients, raw diets, home-prepared diets
- Excellent pet food nutrient calculator [http://vetnutrition.tufts.edu/2017/08/nutrient\\_converter/](http://vetnutrition.tufts.edu/2017/08/nutrient_converter/)

## **Weeth Nutrition**

<http://weethnutrition.wordpress.com>

- Excellent website written by a board-certified veterinary nutritionist for pet owners

## **The Ohio State University Veterinary Medical Center**

<http://vet.osu.edu/vmc/nutrition-support-service>

- Includes a basic calorie calculator, how to choose a diet, understanding pet food labels, myths

## **American Academy of Veterinary Nutrition**

<http://www.aavn.org>

- Provides a list of individuals/institutions that provide nutrition consultation services
- Veterinarians & technicians can join the academy to access to member information and a list serve

## **American College of Veterinary Nutrition**

[www.acvn.org](http://www.acvn.org)

- FAQ section (How to choose the best diet, how much to feed, natural/human grade terminology, raw foods, safety of foods, supplements, home prepared diets)

## **Association for Pet Obesity Prevention**

<http://www.petobesityprevention.com>

- Information regarding body weight, caloric needs, and weight loss tools (always confirm caloric information with the specific pet food manufacturer)

## **FDA Pet Food Site**

<http://www.fda.gov/AnimalVeterinary/Products/AnimalFoodFeeds/PetFood/default.htm>

- Information on FDA regulation of pet food with links to food safety, recalls, pet food labels, selecting foods
- Review this FDA link for recall information:  
<http://www.fda.gov/AnimalVeterinary/SafetyHealth/RecallsWithdrawals/default.htm>
- Review this FDA link for information on safe handling and raw foods:  
<http://www.fda.gov/animalveterinary/resourcesforyou/animalhealthliteracy/ucm368730.htm>

## **CDC (Centers for Disease Control and Prevention) Site**

<https://www.cdc.gov/features/pet-food-safety/index.html>

- Information on FDA regulation of pet food safety, proper handling of pet foods, information on feeding raw foods

## **AAFCO (Association of American Feed Control Officials) Talks Pet Food**

<http://talkspetfood.aafco.org>

- Discusses how to read a pet food label, selecting a pet food, ingredients, safety, regulation of pet food, etc.)

## **Foodsafety.gov**

<http://www.foodsafety.gov/keep/types/petfood/>

- Federal Food Safety information site has a section on pet foods (safe food handling, a recall & alerts widget for human and pet foods, and links additional FDA sites related to pets and food)

## **The American Veterinary Medical Association**

- Recalls & Alerts:  
<https://www.avma.org/News/Issues/recalls-alerts/Pages/pet-food-safety-recalls-alerts.aspx>
- Review article on raw meat-based diets:  
<http://avmajournals.avma.org/doi/full/10.2460/javma.243.11.1549>

## **Pet Food Institute**

<http://www.petfoodinstitute.org>

- Pet food manufacturers' organization discusses ingredients, how pet food is made, pet food safety, labeling requirements, overview of federal and state regulation of pet food, etc.

## **BalanceIT**

[www.balanceit.com](http://www.balanceit.com)

- Obtain nutritionally balanced home-prepared recipes for healthy adult dogs and cats

## **National Institute of Health Office of Dietary Supplements**

[http://dietary-supplements.info.nih.gov/Health\\_Information/Health\\_Information.aspx](http://dietary-supplements.info.nih.gov/Health_Information/Health_Information.aspx)

- NIH site for human dietary supplements but somewhat applicable to pets (**always** consult with your vet before giving a dietary supplement to a pet since some supplements that are safe for humans can be toxic to dogs or cats)
- Article on evaluating health information on the Internet, how to spot fraud, etc.
- Look up specific supplements to see what scientific evidence exists to support use in humans

## **Consumer Lab**

<https://www.consumerlab.com>

- Independent testing of human and some veterinary supplements