



# PET FOOD GUIDE

DR. ANGELA KRAUSE, DVM





# THE WHYS

We all love our pets, desperately. But sometimes what we feed them can unknowingly be harmful or simply not promote a healthy, happy and long life for our cat and dog companions. That's where the Pet Food Guide comes into play.

## THE PET FOOD GUIDE WILL SHOW YOU

-  How to distinguish what's hype on the pet food label and what's not.
-  Which common commercial pet food ingredients might be harming your pet.
-  How to avoid dangerous products made in China that could potentially, hurt or kill your pet.
-  Select the best and healthiest diet and pet food for your dog or cat.

At the end of this guide you'll be able to find the healthiest food for your pet and feel confident you are feeding them the very best.

# THE DO'S

## KNOW THE MANUFACTURER

Over the years, many reputable brands have sold out to large companies like Procter and Gamble or Nestle. These larger companies may not share the same values as the name on the label implies and are simply buying the brand name.

Over time, the quality of ingredients may start to decrease in order to increase the profit margin. Unfortunately, the food formula can change before the labeling on the bag changes. This can wreak havoc on the health of your pet, especially ones with food sensitivities.



# THE DO'S

## HUMAN QUALITY INGREDIENTS

If it's safe enough for you to eat then it is safe enough for your cat or dog.

Though pet food companies are restricted to the claims they can make on their labels and may not be able to state that their product is safe for human consumption, it is worth some investigating to determine the quality of ingredients in your dog or cats' food.

Search the company's website or even give them a call to get a definitive answer.

## WHERE'S THE MEAT?

The answer should be in the 1st position in the ingredient list – not second, not third and not any ingredient other than meat. Ingredients are listed in order of most present to least present in the formulation. Dogs and cats need a high quality protein diet. Beef, chicken, lamb or another quality protein must always be the first ingredient.

## MEET AAFCO STANDARDS

The American Association of Feed Control Officials sets the industry standard for the minimum and sometimes maximum amount of vitamins and minerals for dog and cats' diets. While science may have a long way to go before we can perfectly understand the nutrient requirements of cats and dogs, we shouldn't ignore the science we already have. Check the label for this important requirement!

## FEED LESS PROCESSED FOOD

The most processed form of dog and cat food is kibble. Canned is less processed and contains more moisture and is probably more palatable as well. Home cooked diets are very minimally processed (most of you eat, "basically", a home cooked diet).

Raw diets are the least processed and possibly best for your pet. Homemade food is more difficult to store and prepare and also tend to be very expensive. Do your best for your pet within your means.



# THE DON'TS

## CORN

This is a really cheap source of protein and can be the culprit of tons of inflammatory conditions like ear infections or diarrhea. Most corn is, also, genetically modified and therefore, has pesticide residue. Eating pesticides for every meal can change the bacteria in the intestines and cause unwanted health problems.

## SOY

This is, also, a cheap source of protein. Unfortunately, soy can cause unwanted hormonal changes in your pet's body because it is high in xenoestrogens. Soy has been linked to estrogen dominance and hypothyroidism in people.

## BHT

This chemical preservative has been shown to be toxic when ingested. With other safe preservatives readily available, there is no need to feed your beloved animal this toxic ingredient.

## BE FOOLED

Green washing is a term used when a company employs words like 'natural', 'holistic', 'fresh' and 'healthy' in a deceptive manner. This is a marketing tactic that can often fool the consumer and misrepresent the actual product. For example, many pet food manufacturers use the word 'holistic' in the name of their food. This implies, often falsely, that the ingredients are somehow higher in quality or healthier. Be skeptical.

## STOP RESEARCHING

As pet owners become more educated and demand better commercial food, the pet food manufacturers respond. A decade ago, one could count the number of high quality brands on one hand. Now, there are so many, it's hard to keep up! Keep researching and investigating new brands as they come on the market.



# MY PICKS

## BEST COMMERCIAL BRANDS

### TASTE OF THE WILD (<http://bit.ly/TastetheWild>)

I have used the food with my own animals for years. They like the taste, and it is a little easier on my pocketbook.

**Pro:** It is one of the more affordable grain free options for dogs and cats.

**Con:** Canola oil is used in almost all of the formulas. Canola oil is not the best source of fat and is almost always genetically modified.

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### ORIJEN

This is a high quality food that has been around for years. To my knowledge it has never been recalled.

**Pro:** The ingredients are top notch and include many organ meats. **Con:** Depending on the location, it can be pricey.

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### HONEST KITCHEN (<http://bit.ly/HonestKitchen>)

I had to add this because so many of my patients love this brand and do quite well on these diets. This is a freeze dried, raw product that comes in a grain free line.

**Pro:** This company has taken the time to get FDA approval to label their product 'human grade'. Many of the ingredients are actually organic!

**Con:** Besides the price, this food is a great choice!

# MY PICKS

## BEST COMMERCIAL BRANDS

### WELLNESS (<http://bit.ly/WellnessFOOD>)

This is a pretty good food that is readily available at larger markets like Whole Foods.

**Pro:** There is a huge variety of flavors and packaging. For cats this can be great.

**Con:** I must admit, some of their ingredients such as barley (contains gluten) and carrageenan (irritates the intestines) are not my favorite.

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### I AND LOVE AND YOU (<http://bit.ly/landLoveandYouPetFood>)

I have a special love for this food because it is local and it is a solid company with great people.

**Pro:** They have a great variety and generally use very high quality ingredients.

**Con:** Some of their products do use canola oil.



# FELINES

## CATS AND CARBS

Cats are not small dogs! We have made the mistake of feeding them like dogs for many years. As a result inflammatory disease like diabetes and gum disease are at an all time high in domestic cats. The bottom line is, cats and carbs don't mix. Cats are obligate carnivores. This means they **MUST** eat meat. They simply cannot survive without it. We have, mistakenly, fed cats higher carbohydrate diets with additions of grain, corn and potato, to their detriment.

## DO'S AND DON'TS

- 🐾 No grains! That means no wheat, rice, barley, quinoa or millet. Find a **grain free** food.
- 🐾 **No corn ever!**
- 🐾 This is a really cheap way to add protein and has way too many carbs.
- 🐾 A **canned diet** is superior to kibble, always!
- 🐾 If you never feed your cat kibble again, your cat would be healthier. An all wet, grain free diet for your cat is ideal.
- 🐾 Consider a prepackaged **raw food**. This is the least processed food with the proper (small) amount of carbohydrates.





# FOOD SAFETY

## RECALLS

Most recalls are due to Salmonella or E. coli contamination in a plant that manufactures dozens of brands of dog and cat food. These situations pose a much **higher threat to the people handling the food** and less to the animals that consume it. Other contaminants, like **mold and melamine**, have proven to be much more **dangerous** to our pets.

Unfortunately, since there is very little regulation of the pet food industry and many ingredients will continue to be sourced from overseas, commercial foods will continue to endanger our animals. **Be selective** in the company you choose and research where the ingredients come from. The more truly natural the product, the better!

## RAW FOOD DIETS

Raw food contains bacteria like Salmonella, E. coli and Campylobacter. While these bacteria are harmful to humans, they are **generally not problematic for dogs and cats**. I would, however, avoid feeding raw food to animals with a suppressed immune system. Also, out of an abundance of caution, I do not recommend raw food be fed in households with young children or adults with a suppressed immune system.

For many dogs and cats in my practice, inflammatory bowel disease and allergies disappear when they're placed on a raw food diet. These diets are higher in enzymes and protein and are minimally processed. Even better, there is a large selection of prepackaged raw foods commercially available.

## HOME COOKING

Home cooking is a great alternative or addition to commercial diets. Cooked food, for some animals, is easier to digest compared with a raw diet. Home cooking is, also, safe for the humans of the household, including small children and those with compromised immune systems.

It is of great importance that a home prepared diet be **balanced** and provide all the necessary vitamins and minerals. If you would like to learn how to create your own balanced recipes and use a pet nutrition calculator, please visit [www.DrAngieKrause.com](http://www.DrAngieKrause.com) for webinars on home cooking and holistic treatments for your pet.