

Nutrition

Myths and Facts

Tremendous confusion these days.

1. Use caution when deciding from whom to accept nutrition advice. The stock boy at the local pet supply store is usually not a good bet. Always ask what education/background they have in clinical nutrition.

2. The words "all natural", "human grade", "holistic" and "organic" (true organic foods have the green and white USDA/organic symbol on them) on pet food labels currently have no regulation. Also be cautious of the phrases "with" or "dinner/supper".

3. Dogs and cats in the wild eat the whole carcass, not just the skeletal meat.

4. As with most other things in life, you often get what you pay for. That doesn't mean that all high priced foods are great, but it is almost impossible for a pet food manufacturer to include high quality proteins without charging appropriately.

5. Rotate - Don't mix.

6. Adding in fresh veggies and meats in moderate quantities is not a bad idea.

7. www.dogfoodproject.com

www.petdiets.com

www.balanceit.com

www.safeharborvet.com (pet library)

8. Wholesome, nutritious, balanced home cooked diets can be achieved with lots of research and hard work. Bear in mind that many of the diets found on the internet have been shown to be unbalanced.

The "natural" diets of cats: rabbits and mice are inherently taurine deficient. Not such a problem if you only live 3-5 years in the wild.

9. With hundreds of diets, comparing foods may be impossible. However, you could go with companies that have more rigid quality assurances, are ISO compliant, test the batches prior to mixing and processing, do feeding trials, do digestibility trials, and refrain from unsupported claims on the label.