

Four Determinants of Ca- nine Health:

1. Food
2. Environment
3. Health Care
4. Genetic predisposition

Of these, **you** are responsible for three:

Food- High quality *species appropriate* food.

(While kibble is NOT species appropriate food, some are more nourishing than others)

Environment- Safe, contaminant and stress free.

Health Care- Preventive health care is most cost-effective.

Why it Matters...

1. Today's dogs successfully evolved over 20,000 years—without going extinct—eating raw prey
2. Dry kibble was invented in the early 1900s to dispose of human food production wastes/by-products (feathers, fur, skin, head, organs, etc.)
3. Logically, the better your dog eats today the healthier she will be tomorrow and over her lifetime
4. Since our canine companions can no longer choose their own food, you and I must make responsible and informed food choices

What to Look For

The **first ingredient** should be a *specific* meat meal or fish meal (chicken meal, lamb meal, beef meal, mackerel meal, etc) and *at least one more* in the first 4-6 ingredients. Grain-free kibbles are less likely to cause food allergies.

Variety

Alternating between two kibbles from different manufacturers that work well for your dog helps avoid excess or missing ingredients/supplements that may cause problems for your animal. Switch weekly; don't feed the same kibble 365 days a year.

Consider feeding freeze-dried, dehydrated, or preparing a real food meal once a week in place of kibble. See: **Real Dog, Real Body, Real Food.**

Watch for Changes

With any new food, watch for subtle changes in your dog's skin, coat, appetite, energy level, mood, itchiness, discharges or odors, body weight, and especially poop size and consistency (quality food and properly functioning digestive system produces smaller, formed, brown, firm poop). If negative changes occur, try a different food. If the change persists, consult a canine healthcare person.

How Often to Feed

Feed once or twice per day. Remove food not consumed in 15-20 minutes. Grazing (leaving food out all day) leads to overweight dogs.

How Much to Feed

Always begin feeding based on manufacturer's instructions on bag. Feed to desired/target weight, not to present weight. Keep bag for reference.

Dog's Weight

Like people, each dog has an 'ideal weight range.' You should be able to easily feel her ribs as you lightly run your fingertips along her side. Generally, slightly thinner is healthier (like us).

Overweight Dogs

Overfeeding is one of the cruelest animal abuses humans commit. Feed overweight dogs *less* of high quality high protein (meat-based) kibble *plus* occasional raw food. Avoid 'lite' or 'prescription' kibble. *Exercise:* You and the dog.

Senior Dogs

Avoid *Senior* and *Prescription* kibble. Feed high protein (>30%), low carbohydrate kibble—especially for dogs with cancer. Protein should be meat-based. Avoid heavily plant-based proteins (e.g., rice, corn, potato, wheat). Try real food meal once a week.

Supplements

Nutritional supplements provide enzymes and nutrients destroyed during kibble manufacturing. Be smart—read the supplement ingredient list.

About

Golden Girls Canine Health

The cover dog on this brochure was a *throw-away dog*. Watching her and many other dogs in my foster care thrive on premium quality kibble, I wanted to learn more. What I have learned has changed my understanding of dog nourishment—real food is healthiest. No more kibble for my dogs!

Golden Girls Canine Health provides an opportunity for people to increase their knowledge about canine companion health. Information applies to all dogs.

References: To Learn More

1. Whole Dog Journal, annual February issue
www.whole-dog-journal.com
2. *Raw & Natural Nutrition for Dogs*
by Lew Olsen, PhD
3. www.dogaware.com
4. American Holistic Veterinary Medical Association
www.ahvma.org

What the Golden Girls Eat

Many ask what the Golden Girls eat that keeps them so healthy. The Golden Girls have been eating a Biologically Appropriate Real Food (BARF) diet since they adopted me. Their meals consist of raw meat, raw meaty bones, offal (organ meat), and a few nutritional supplements. Foster dogs are fed grain-free **premium quality** kibble and a BARF diet.

Yes, quality kibbles are expensive ≈\$1.30/day. But, my cable TV costs \$2.25/day. A no-brainer!

Golden Girls Canine Health was begun in honor and memory of Jennifer, my canine companion for 11 wonderful years. If I knew then what I know now, she probably would have lived a longer healthier life.



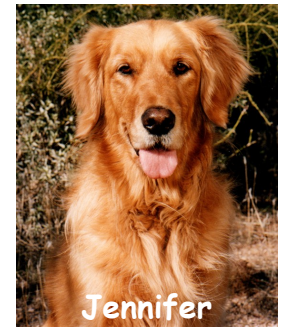
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Rev. AUG15

Kibble

Your Choices Shape Their Chances

How to Choose Healthier Ingredients



Jennifer

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Golden Girls Canine Health

as a Public Service

To show your support, please buy my Amazon.com e-book:

Dog Adoption: A Self-Assessment Handbook

(100% of royalties donated to senior Golden Retriever rescue veterinary care)

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About This Table. This table is an alphabetized *sample* of dog kibble (dry 'food') generally intended for adult dogs on a maintenance diet. Unless otherwise noted, products are chicken-based, grain free and 'premium.' Included are some heavily-advertised brands as well as some higher quality but lesser known brands. Use this table as a starting point for determining healthy kibble for your canine companion (use **color codes at right**). Healthier kibble will have 2-3 **GREEN** ingredients, no **RED** ingredients and few or no **BLUE** ingredients. Also avoid manufactured treats and snacks without checking ingredients.

Healthy Protein Ingredients

- (organic is better)
- Turkey & Turkey meal
 - Chicken & Chicken meal
 - [Named] Fish & Fish meal (e.g.: mackerel)
 - Lamb & Lamb meal
 - Eggs
 - Beef & beef meal
 - Other *specific* meat or meat meal (buffalo, deer, etc.)

Unhealthy Ingredients

- (just plain unhealthy)
- [all] By-products
 - [any] Gluten or gluten meal
 - [any] Digest
 - Glandular [anything]
 - Meat & Bone meal
 - Salt
 - Sugar
 - BHA, BHT, Ethoxyquin (preservatives)
 - Non-specific meal/fat

Filler Ingredients

- (cheap, readily available, takes up space, poor nourishment source)
(* = frequent cause of allergies)
- [any] starch, bran, flour
 - Potato*, rice, barley, peas
 - [any] pulp, pomace
 - Soy*, wheat*, corn*, oats
 - Cellulose

	Acana Wild Prairie	Blue Wilderness	Eagle Pack Original Adult Formula ‡	Iams Premium Protection ‡	Innova EVO Turkey & Chicken	Kirkland Chicken ‡	Natural Balance: Synergy ‡	Nature's Recipe Chicken	Nature's Variety: Instinct Chicken	Nutro Ultra ‡	Orijen Adult	Pedigree Adult Complete Nutrition ‡	Purina One SmartBlend Chicken & Rice ‡	Science Diet Ideal Balance ‡	Solid Gold Sun Dancer
Protein (min)	31	34	26	27	42	26	28	27	38	25	38	21	26	26	30
Fat (min)	17	13	14	12	22	16	16	12	20	13	18	10	16	17	14
Calories/cup	434	409	350	298	516	362	360	Not avail	462	334	478	307	383	360	385
Ingredients in order listed by manufacturer	Deboned chicken	Deboned chicken	Chicken meal	Chicken by-product meal	Turkey	Chicken	Chicken	Chicken	Chicken meal	Chicken	Boneless chicken	Ground whole corn	Chicken	Chicken	Chicken
	Chicken meal	Chicken meal	Pork meal	Corn meal	Chicken	Chicken meal	Chicken meal	Potatoes	Chicken	Chicken meal	Chicken meal	Meat & bone meal	Brewers rice	Brown rice	Chicken meal
	Green peas	Turkey meal	Brown rice	Ground sorghum	Turkey meal	Brown rice	Brown rice	Chicken meal	Chicken fat	Brown rice	Chicken liver	Corn gluten meal	Corn gluten meal	Brewers rice	Tapioca
	Turkey meal	Tapioca starch	Dehulled barley	Ground barley	Salmon meal	Cracked pearl barley	Chicken fat	Pea protein	Chicken eggs	Ground rice	Whole herring	Animal fat (BHA)	Whole grain corn	Pearled barley	Peas
	Chicken liver oil	Peas	Oatmeal	Fish meal	Menhaden Meal	Chicken fat	Beet pulp	Peas	Chickpeas	Rice bran	Boneless turkey	Soybean meal	Poultry by-product meal	Chicken meal	Whitefish meal
	Field beans	Tomato pomace	Rice	Chicken	Chicken fat	Egg product	Pearled barley	Sweet potatoes	Peas	Chicken fat	Turkey meal	Ground whole wheat	Whole grain wheat	Whole grain oats	Canola oil
	Red lentils	Chicken fat	Peas	Dried beet pulp	Peas	Beet pulp	Lamb meal	Poultry fat	Tapioca	Lamb meal	Turkey liver	Brewers rice	Soybean meal	Chicken fat	Tomato pomace
	Deboned turkey	Flaxseed	Chicken fat	Chicken flavor	Tapioca starch	Potatoes	Salmon meal	Apples	Tomato Pomace	Salmon meal	Eggs	Dried beet pulp	Animal fat	Pea protein concentrate	Quinoa
	Whole egg	Natural flavor	Brewers dried yeast	Chicken fat	Natural flavors	Fish meal	Oatmeal	Pumpkin	Montmorillonite Clay	Natural flavors	Boneless walleye	Natural flavor	Animal Digest	Flaxseed	Dried eggs
	Deboned walleye	Dried egg	Flaxseed	Dried egg product	Apples	Flaxseed	Dried egg	Natural flavor	Natural flavor	Flaxseed	Whole salmon	Salt	Glycerin	Dried beet pulp	Potatoes

Notes: Underlined = 2 or more forms of the same non-meat ingredient
‡ = Contains grains

For information only. No products are recommended.

Table Update: AUG15

Who Makes What?

Many "pet food" companies in the US are subsidiaries of major multinational corporations. Within company expect same ingredients, different order.

Nestlé/Purina: Alpo, Beneful, Dog Chow, Chef-Michael's, Pro Plan, Purina One, Merrick

Colgate/Hill's: Science Diet, Prescription Diet

Mars: Eukanuba, Iams, California Natural, EVO, Healthwise, Karma, Mother Nature, The Good Life Recipe, Nutro, Pedigree, Royal Canin

Smuckers/Big Heart: Natural Balance, Nature's Recipe, Gravy Train, Kibbles 'n Bits