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## FEED YOUR DOG LIKE YOU FEED YOUR FAMILY

### Balance your Dog's Nutrition with Quality Ingredients

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#### **WATER:**

Water is essential to life. Your dog's daily needs for water are met by drinking fresh water and eating a healthy, balanced diet. You may not realize that even dry dog foods have about 5% moisture in the kibble.

- Many ingredients used in pet foods contain moisture. Fresh and frozen meats, broths, fruits, and vegetables all have built-in water.
- Your pet needs to have plenty of fresh water available at all times for optimal health.

#### **CARBOHYDRATES:**

Carbohydrates give your dog the energy to run and play all day long. These important ingredient sources also contain essential vitamins, minerals, and fiber to aid proper digestion and satisfy hunger.

- There are many varieties of grains/carbohydrates that are used in dog foods. Some of the most common ones you will see on an ingredient list include: Whole grain wheat, brown rice, whole grain corn, pearled barley, potato, oats, beet pulp, brewer's yeast, flaxseed, soybeans, molasses, millet, alfalfa, distillers grains, and more.
- Whole grains provide the best source of insoluble fiber and keep blood sugar levels steady longer. Look for the word "whole" on the ingredient list, when looking at carbohydrate sources.

#### **PROTEIN:**

Fresh meats and meat meals provide the building blocks for strong muscles. Proteins are essential for your pet's growth, maintenance, and energy. There are many different animal sources of protein used in dog foods today. Meat meals are concentrated protein, made from high-quality meat sources that are dehydrated. Eggs and egg products are other examples of good-quality protein sources.

- What protein sources can you spot in the ingredient list on your dog's food? Some common high-quality sources include: Chicken, beef, lamb, pork, chicken meal, soybean meal, egg(s), fish meal, venison, duck, turkey, and more.
- Look for meals that name a specific type of meat in the name, for example: Chicken meal.

## FATS/OILS:

Fats and oils have many important functions in your pet's healthy body and make dog food taste better. Fatty acids such as Omega-6 and Omega-3 promote heart health, healthier skin and coat, and optimal brain function. These fatty acids are needed in the proper ratio for the body to function properly. Fish oil and flaxseed oil are excellent sources of omega-3 fatty acids.

- Some of the common fats/oils you will see on a bag of dog food include: Animal fats (chicken fat, pork fat, etc.), vegetable oils (such as soybean oil, sunflower oil, safflower oil, corn oil, canola oil, olive oil, etc.), fish oil, flaxseed oil, and more.

## MINERALS:

Essential minerals are found in common fruits, vegetables, meats, and whole grains. These ingredients help your dog's body to grow and stay strong, and promote good health.

- Minerals are divided into two groups: Macrominerals and trace minerals.
- Important macrominerals for dogs include: Calcium, phosphorus, magnesium, sulfur, sodium, chlorine, and potassium.
- Important trace minerals include: Iron, copper, manganese, zinc, selenium, iodine, chromium, and fluorine.

## VITAMINS:

Essential vitamins are provided by common fruits, vegetables, and plants. Vitamins are classified as either fat-soluble or water-soluble. Natural ingredients, as well as vitamin supplements, are added in the proper balance for your pet's good health.

- Fat-soluble vitamins are A, D, E, and K. Water-soluble vitamins are the B-complex vitamins and vitamin C. Fat-soluble vitamins require fats in order to be absorbed by the body.
- A pet food's ingredient list may contain supplemental vitamins such as: Beta-carotene, vitamin E, ascorbic acid (or vitamin C), B vitamins, vitamin D, and more.
- Ingredients such as carrots, apples, cranberries, broccoli, peas, sweet potatoes, etc., provide vitamins naturally.
- Antioxidants (such as vitamin C) are important vitamins that strengthen the immune system. Essential antioxidants also help preserve the pet food for storage.

\*A good-quality pet food will contain the proper ingredients, in the proper balance, to provide proper nutrition for your pet.