

## Four Determinants of Canine 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- Holistic preventive health care treats the whole dog, not just illness symptoms.

## Why it Matters...

1. Your canine companion cannot choose her own food. You, therefore, must make responsible and informed choices.
2. The better your dog eats today the healthier she will be tomorrow and over her lifetime.
3. While domesticated dogs have been around for over 15,000 years, dry dog food (kibble) was invented in the early 1900s to dispose of human food production wastes/by-products (feathers, hooves, feces, etc).

## 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 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 our brochure: 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 some raw food. Avoid 'lite' or 'prescription' kibble. Exercise: You and the dog.

## Senior Dogs

Avoid *Senior* and *Prescription* kibble. Feed high protein (24+), low carbohydrate kibble especially for dogs with cancer. Protein should be meat-based; avoid heavily plant-based proteins (e.g., rice, corn, soy, wheat, etc.). Try real food meal once a week.

## Supplements

Supplement all kibble with 'live' foods, such as raw meats and a small amount of steamed or grated raw vegetables. Nutritional supplements provide enzymes and nutrients destroyed during kibble manufacturing. Be smart - read the 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!

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

## References: To Learn More

1. Whole Dog Journal, annual February issue  
www.whole-dog-journal.com
2. American Holistic Veterinary Medical Association  
www.ahvma.org
3. www.dogaware.com

## 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, and a few nutritional supplements. Foster dogs are fed grain-free *premium quality* kibble and a BARF diet.

Yes, quality kibbles are expensive \$1.20/day/dog. But, my cable TV costs \$1.85/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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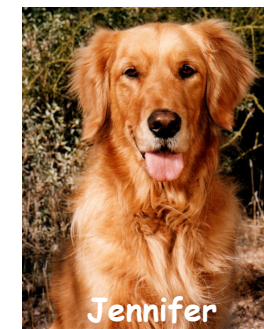
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# Kibble

## Your Choices Shape Their Chances

How to Choose Healthier Ingredients



Provided by

## Golden Girls Canine Health

as a Public Service

### OUR MISSION

Improve canine companion animal nourishment, environment, genetics, and health care.

**About This Table.** This table is an alphabetized *sample* of dog kibble (dry 'food') generally intended for adult dogs on a maintenance diet. Unless noted with a ‡, 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.

	Blue Wilderness	Eagle Pack Original Adult Formula ‡	Iams Premium Protection ‡	Innova Dry Dog Food ‡	Innova EVO Turkey & Chicken	Kirkland Chicken ‡	Natural Balance: Synergy ‡	Nature's Recipe Farm Stand Select ‡	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)	36	25	27	24	42	26	28	25	42	25	38	21	26	26	30
Fat (min)	13	15	12	14	22	16	16	13	22	13	18	10	16	17	14
Calories/cup	414	420	297	504	537	362	360	Not avail	490	334	478	Not avail	383	360	350
Ingredients in order listed by manufacturer	Deboned chicken	Pork meal	Chicken by-product meal	Turkey	Turkey	Chicken	Chicken	Turkey	Chicken meal	Chicken	Boneless chicken	Ground whole corn	Chicken	Chicken	Chicken
	Chicken meal	Yellow corn	Corn meal	Chicken	Chicken	Chicken meal	Chicken meal	Turkey meal	Tapioca	Chicken meal	Chicken meal	Meat & bone meal	Brewers rice	Pea protein	Chicken meal
	Turkey meal	Brown rice	Ground sorghum	Chicken meal	Turkey meal	Brown rice	Brown rice	Ground rice	Chicken fat	Brown rice	Chicken liver	Corn gluten meal	Corn gluten meal	Potato starch	Tapioca
	Peas	White rice	Ground barley	Barley	Chicken meal	Cracked pearl barley	Chicken fat	Barley	Pumpkin-seeds	Ground rice	Herring	Animal fat (BHA)	Whole grain corn	Dried potato	Peas
	Tapioca starch	Chicken meal	Fish meal	Brown rice	Potatoes	Chicken fat	Beet pulp	Poultry fat	Menhaden Fish meal	Rice bran	Boneless turkey	Soybean meal	Poultry by-product meal	Chicken meal	Whitefish meal
	Chicken fat	Chicken fat	Chicken	Chicken fat	Herring meal	Egg product	Pearled barley	Oatmeal	Alfalfa meal	Chicken fat	Turkey meal	Ground whole wheat	Whole grain wheat	Chicken fat	Quinoa
	Tomato pomace	Beet pulp	Chicken fat	Flaxseed	Chicken fat	Beet pulp	Lamb meal	Potato protein	Montmorillonite clay	Lamb meal	Turkey liver	Brewers rice	Soybean meal	Dried beet pulp	Potatoes
	Natural chicken flavor	Anchovy & sardine meal	Dried beet pulp	Natural flavors	Natural flavors	Potatoes	Salmon meal	Peas	Natural chicken flavor	Salmon meal	Eggs	Dried beet pulp	Animal fat	Flaxseed	Canola oil
	Dried egg	Oatmeal	Chicken flavor	Peas	Eggs	Fish meal	Oatmeal	Apples	Freeze dried chicken	Natural flavors	Boneless walleye	Natural flavor	Animal Digest	Chicken liver flavor	Tomato pomace
	Potatoes	Brewers dried yeast	Dried egg product	Herring	Apples	Flaxseed	Dried egg	Dried cranberries	Freeze dried turkey	Flaxseed	Whole salmon	Salt	Glycerin	Powdered cellulose	Sweet potato

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

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## 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

## 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

Del Monte: Gravy Train, Kibbles 'n Bits, Nature's Recipe, Natural Balance

Colgate/Hill's: Science Diet, Prescription Diet

Procter & Gamble: Eukanuba, Iams, California Natural, EVO, Healthwise, Innova, Karma, Mother Nature

Mars: The Good Life Recipe, Nutro, Pedigree, Royal Canin

For information only. No products are recommended.