

Four Determinants of Canine Health:

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

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

Nutrition- High quality *species appropriate* food.

While kibble is NOT species appropriate food, some are healthier than others.

Environment- Safe; contaminant and stress free.

Health Care- Holistic health care treats the whole dog, not just illness symptoms.

Why it Matters...

1. Your canine companion cannot choose his own food. Therefore, you must make responsible, informed, and intelligent choices.
2. The better your dog eats today the healthier he will be tomorrow. This also translates to lower *lifetime* healthcare costs.
3. While domesticated dogs have been around for over 14,000 years, dry dog food (kibble) was invented only about 80 years ago to dispose of human food production wastes/by-products (feathers, hooves, feces, etc). See Reference 2.

What to Look For

The **first ingredient** should be a *specific* meat or fish (chicken, lamb, beef, mackerel, etc) or *specific* meal (lamb meal, turkey meal, etc). Grain-free kibbles are less likely to cause food allergies.

Variety

Alternate between two kibbles that work well for your dog helps avoid ingredient deficiencies or excesses that may be problematic for your animal. Alternate daily or weekly. Don't feed the same kibble every day, 365 days a year.

Consider preparing a Biologically Appropriate Real Food (BARF) meal once or twice a week. See our brochure: Real Dog, Real Body, Real Food (call or email for more information).

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 stool size and consistency (quality food and properly functioning digestive system produces smaller, formed, brown, firm stools). If negative changes occur, try a different food. If the change persists, consult a canine health care 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

Begin feeding based on manufacturer's recommendations. Feed to desired / target weight, not to present weight.

Dog's Weight

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

Overweight Dogs

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

Senior Dogs

Generally, 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, soybean, wheat, etc.).

Supplements

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

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 whole view of the canine-homo sapien relationship.

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

References: To Learn More

1. Whole Dog Journal
www.whole-dog-journal.com
2. Animal Protection Institute
www.api4animals.org [search: *what's really in pet food*]
3. 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, raw veggies, and nutritional supplements. Foster dogs are fed Innova EVO and Nature's Variety grain-free, **premium quality** kibble (not a premium priced low quality kibble).

Yes, these kibbles are 'expensive' 86¢/day/dog. But, my cable TV costs \$1.45/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.

Golden Girls Canine Health

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Kibble

Your Choices Shape Their Chances

(Some Thinking Required)



Provided by
Golden Girls Canine Health
as a Public Service

OUR MISSION

Improve canine companion animal nutrition, 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. Included are some of the most popular manufacturer’s brands as well as some higher quality but less known brands.

Use this table as a starting point for determining healthy kibble for your canine companion (see **color codes at right**). Avoid kibble that is ‘lite’ or intended to reduce your dog’s weight (after a quick check of ingredients you will understand why). Also avoid manufactured treats and snacks without checking ingredients.

	Atta Boy	Beneful	Nature’s Recipe Lamb Meal & Rice	Eagle Pack Original Adult Formula	Iams Lamb Meal & Rice	Innova Dry Dog Food	Innova EVO † Red Meat	Kirkland Chicken (Costco)	Natural Balance	Nature’s Variety: Instinct † Chicken	Nutro Max Adult	Pedigree Adult Complete Nutrition	Science Diet Adult Original	Solid Gold Hund-n-Flocken Adult Dog	Wellness Super 5 Mix Chicken
Protein (min)	23	25	20	25	22	24	42	26	23	42	26	21	23	22	22
Fat (min)	9	10	12	15	12	14	22	16	13	22	16	10	14	10	12
Calories/cup	332	360	Not avail	420	324	557	487	362	Not avail	490	380	Not avail	365	367	407
Ingredients in order listed by manufacturer	Cooked yellow corn	Ground yellow low corn	Lamb meal	Pork meal	Chicken	Turkey	Beef	Chicken	Chicken	Chicken meal	Chicken meal	Ground whole corn	Chicken	Lamb	Deboned chicken
	Beef & bone meal	Chicken by-product meal	Cracked pearly barley	Ground yellow corn	Corn meal	Chicken	Lamb meal	Chicken meal	Brown rice	Tapioca	Wheat flour	Meat & bone meal	Ground whole grain corn	Lamb meal	Chicken meal
	Soybean meal	Corn gluten meal	Oatmeal	Ground brown rice	Ground sorghum	Chicken meal	Potatoes	Whole grain brown rice	Lamb meal	Chicken fat	Ground whole wheat	Ground wheat	Ground whole grain sorghum	Brown rice	Oatmeal
	Cooked wheat	Whole wheat flour	Ground rice	Chicken meal	Chicken by-product meal	Ground barley	Egg	Cracked pearl barley	Oatmeal	Pumpkin-seeds	Rice bran	Corn gluten meal	Ground whole grain wheat	Cracked pearly barley	Ground barley
	Wheat mill run	Animal fat	Chicken fat	Chicken fat	Ground barley	Ground brown rice	Sunflower oil	Chicken fat	Pearled barley	Menhaden Fish meal	Poultry fat	Animal fat (BHA & BHT)	Chicken by-product meal	Oatmeal	Ground brown rice
	Animal fat (with BHA)	Rice flour	Lamb digest	Dried beet pulp	Beet pulp	Potatoes	Buffalo	Egg product	Duck meal	Alfalfa meal	Corn gluten meal	Wheat mill run	Soybean meal	Millet	Tomato pomace
	Poultry by-product meal	Beef	Tomato pomace	Anchovy & sardine meal	Chicken fat	Natural flavors	Lamb	Beet pulp	Potatoes	Montmorillonite clay	Ground rice	Wheat flour	Animal fat	Rice Bran	Rye flour
	Digest of Poultry by-product meal	Soy flour	Sodium tripolyphosphate	Oatmeal	Dried egg product	Ground white rice	Venison	Potatoes	Carrots	Natural chicken flavor	Lamb meal	Natural flavor	Corn gluten meal	Ocean fish meal	Canola oil
	Fish meal	Sugar	Flax seed	Brewers dried yeast	Fish meal	Chicken fat	Beef cartilage	Fish meal	Chicken Fat	Vitamins	Natural flavors	Salt	Brewers rice	Canola oil	Tomatos
	Tomato pomace	Sorbitol	Potassium chloride	Flaxseed	Natural flavor	Herring	Herring oil	Flaxseed	Tomato pomace	Dried kelp	Yeast culture	Potassium chloride	Chicken liver flavor	Tomato pomace	Rice bran

Healthy Protein Ingredients

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

Unhealthy Ingredients

- (just plain unhealthy)
- 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 nutrition source)
(* = frequent cause of allergies)
- [any] bran, flour
 - Cellulose
 - Peanut hulls
 - Soy*
 - Wheat*
 - Corn*

Who Makes What?

Many major “pet food” companies in the United States are subsidiaries of major multinational companies:
Nestlé/Purina: Alpo, Beneful, Dog Chow, Kibbles and Chunks, HiPro, Mighty Dog, Pro Plan, Puppy Chow, Purina One, Fit & Trim
Del Monte: Gravy Train, Kibbles ‘n Bits, Nature’s Recipe
Colgate/Hill’s: Science Diet and Prescription Diet
Procter & Gamble: Eukanuba and Iams
Mars: Kal Kan, Mealtime, Pedigree, Nutro, The Good Life Recipe, WholeMeals

For information only. No products are recommended.

Notes: † = Grain-free; Underlined = 2 or more forms of the same non-meat ingredient