



Mountainview Animal Hospital

Alan J. Topal, DVM, P.C.
Holly E. Steuerwald, DVM

What You Should Know About Your Pet's Food

It may be difficult to choose a pet food with all the options that are currently available on the market. The choice you make regarding what to feed your pet can affect your animal's overall health for the rest of his or her life. Here are some things to consider when choosing a food for your pet.

- **Avoid by-products.** By-products may include anything from heads, feet and organs of livestock to, in some cases, even processed euthanized companion animals and road-kill. Especially, pet foods that list "meat by-products" or by-products from non-specific meat sources should be avoided.
- **Avoid Preservatives.** Preservatives such as Butylated hydroxyanisole (BHA) & Butylated hydroxytoluene (BHT) may cause cancer. Nitrates and nitrites have also been seen to have negative effects on the liver.
- **Look for a food where the protein source is the ingredient listed first.** Some pet foods list corn, wheat, or other fillers as the main ingredient on the food label. These foods may be less nutritionally adequate than those that have meat as the first ingredient. Large amounts of wheat, corn, and other fillers may trigger food allergies and skin problems in some pets. Also, whole meat sources, rather than meat "meals" tend to be less processed and more nutritious. Optimally, protein sources will comprise the first few ingredients on the food label.
- **Avoid "semi-moist" type pet foods.** Semi-moist foods (such as Moist and Meaty) have unhealthy ingredients in them to maintain the texture.

Good quality foods are often difficult to find at the grocery stores. A bigger selection of higher quality foods may be found at Agway (Claverack & Chatham), Country Living, Tractor Supply and Pet Smart. Foods we recommend include:

Canidae
Felidae
Merrick
Natures Variety
Nutro
Solid Gold
Wellness

If purchasing your pet's food at a grocery store is more convenient, there are some foods that are better than others: The foods on the "*FOODS TO AVOID*" list are all high in salt, contains preservatives and artificial colors which could be the cause of those pesky recurring skin conditions and ear infections.

Recommended

Purina One
Purina Pro Plan
Purina Naturals
Iams
Eukanuba

Foods To Avoid

'Ol Roy
Pedigree
Dad's
Beneful
Moist and Meaty
Alpo
Special Kitty
Skippy Premium
Friskies
Little Ceasar's

Kibble Select
Kibbles n' Bits
Ken L Ration

Dogs/Cats with Skin/Intestinal Allergies

****GRAIN FREE DIETS****
Wellness Core
Taste of the Wild
Prairie
Wellness Simple Solutions for Skin
Orijen
Natures Variety
EVO
Blue Buffalo
For Health (Tractor Supply Brand)
*****GRAIN FREE TREATS SOLD AT
AGWAY & COUNTRY LIVING**

*****IF YOU FEEL THAT YOUR PET MIGHT BE GAINING TOO MUCH WEIGHT, PLEASE CALL THE OFFICE AND WE WILL RECOMMEND HOW MUCH FOOD TO FEED YOUR PET.**