

WHAT WE RECOMMEND YOU FEED

YOUR CAT OR DOG

Want a healthy pet? Feed a GOOD FOOD!



Good nutrition is essential to good health. In humans, proper diet can prevent breast and colon cancer, heart disease, high blood pressure, diabetes and many other diseases. The same is true for our pets - the better the diet, the lower the risk of disease.

Feed the best food you can afford to feed. Cheap foods have inferior ingredients, poor quality control, are not as digestible, and may contain excesses or deficiencies of various nutrients. The better the food, the more digestible it is, so the less you have to feed. Sometimes more expensive brands are actually cheaper to use because you feed less. You may need to feed three times as much of a poor quality food to get the same amount of nutrition.

Treats should never exceed 10% of a pet's daily diet.

Healthy Treats:

Carrots, green beans, dried sweet potato • fresh fruit (but no grapes or raisins) • plain meat such as dehydrated chicken breast or chunks of lean meat or lunch meat • commercial treats that are low fat, low calorie & low sodium – read labels carefully

Treats to Avoid:

Other than CET™ chews, we don't recommend any treats or chews made outside the USA, especially ones from Mexico or China • Most biscuit and soft treats sold in grocery stores are high in fat and salt and provide no nutritional benefits. • Rawhides and Greenies™ need to be used with caution to avoid choking. Always supervise your dog while it eats one of these.

On the other hand, **many expensive pet store diets actually provide very poor nutrition**, despite their fancy marketing. Over a dozen brands, including Blue Buffalo, Taste of the Wild, Rachel Ray Nutrish, Fromm's, Zignature, and others, have been linked to heart failure in dogs. **Grain-free diets are especially problematic.**

We usually recommend feeding all or mostly dry food for dogs but many cats do better on canned foods, especially if they are overweight, diabetic or have kidney or bladder problems.

There is a lot of research that goes into a good brand of dog or cat food. We are still learning about the nutritional needs of our companion animals, and only the companies that are keeping up with the latest findings have incorporated them into their foods.

The following recommendations are our personal opinions, based on the reputation of the company, the level of its research and quality control, and the associations between certain foods and nutritionally related diseases. Remember, there is a big difference between **adequate** nutrition and **optimum** nutrition.

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Best Friends Feeding Recommendations

PET FOODS WE REALLY LIKE

• Hill's Healthy Advantage • Science Diet • Purina Pro Plan • Eukanuba • Royal Canin

80% of dogs and cats have dental disease by age three. For most pets, we recommend a diet that reduces plaque and tartar build-up. **You have to feed your pet anyway, why not feed a pet food that also helps to prevent periodontal disease?** This will save you money in dental care for your pet, as well as provide fresher breath and a healthier animal. Diets that provide excellent nutrition while also keeping teeth clean include: Hill's T/D, for older pets • Purina's DH, for younger pets • Some Hill's Healthy Advantage & Royal Canin diets • Science Diet Oral Care

PET FOODS WE THINK ARE PRETTY GOOD

• Iams • Purina ONE

PET FOODS WE THINK PROVIDE POOR QUALITY NUTRITION (PLEASE DON'T BUY THESE!)

• 9 Lives • Alley Cat • Bench and Field • Chuckwagon • Deli Cat • Diamond • Fancy Feast • Generics of any kind • Kibbles 'n Bits • Kirkland • Kozy Kitten • Moist and Meaty • Old Roy • Sprout • Whiskas

DIETS WE WANT YOU TO STAY AWAY FROM

• **Everything else!** Why?

1) We want a diet manufactured in the company's own plant, not in a giant production facility that makes diets for dozens of different brands. This ensures the company has control of the ingredients, the processing and the cleanliness of the plant.

2) We want one formulated by a nutritionist – that means a PhD in animal nutrition or a veterinarian board-certified in small animal nutrition. Nutrition is way too complicated to formulate on paper from a chart.

3) We want ingredient testing before those ingredients go into the food – for purity, for heavy metals, for fat and water content, for fiber balance and a host of other things.

4) We want the company to perform and publish nutritional research.

5) We want feeding trials, where the food is fed to live dogs who are tested and monitored for things like heart disease and kidney failure.

There are only four pet food companies that do all this. We used to give you a list of other brands we thought were acceptable, but we have cut way back because so many diets are problematic.

• **Anything Grain-Free**

Over the past few years, the FDA has been receiving more and more reports of serious heart disease and heart failure in dogs that improves when the pet's diet is changed. We don't yet know whether there is a toxin involved or a nutritional deficiency causing the problem. The vast majority of diets reported to the FDA for causing heart failure have been grain-free. It is thought that potatoes and legumes, such as lentils, green peas and chick peas, which are substituted for grains in these diets, are involved in the problem. Green peas have also been shown to increase risk for heart disease in cats and bladder stones in ferrets.

• **Raw diets**

There is no nutritional advantage to feeding raw, regardless of what you may find on the internet. These diets, whether frozen, freeze-dried or raw, all expose your dog to bacterial contamination. Salmonella, E. coli, Listeria and several other exotic diseases you've probably never heard of have been found in raw dog diets. Even worse, both handling these pet foods and cleaning up your pet's stools exposes you to these infections as well – even if your pet's stools look normal! No commercial raw diets meet the above criteria. Homemade raw diets made from recipes you find in books or online are nearly always lacking essential nutrients.

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