

## Recommended\*

- Acana
- Blue Buffalo - all canned and dry
- Eagle Pack (beef) - canned
- Freshpet (rolls and pouches)
- Fromm Family Gold (canned)
- Fromm Four Star Nutritionals (canned)
- Go! Daily Defense (dry) and Go! canned
- Horizon (dry) call sub-brands
- Orijen (dry and canned) all sub-brands
- Primal Raw Frozen Mixes (Raw Frozen)
- Simply Nourish Source (Dry)
- Stella & Chewy's Meal Mixer Superblends (Freeze-Dried)
- Wellness Core (all dry and canned)
- Whole Earth Farms (canned and dry)

*\*There are many more brands that fit this recommended list. Please use the tips to judge.*

## Not Recommended

1. Alpo Chop House (canned)
2. Alpo (dry)
3. Beneful (dry)
4. Cesar Savory Delights (wet tubs) - includes Angus Beef Flavor , Filet Mignon Flavor, etc. Cesar (dry)
5. Gravy Train Dog Food (canned and dry)
6. Hills Science Diet (canned and dry)
7. Kal Kan Dog Food (dry)
8. Kibbles & Bits (dry)
9. Ol' Roy (canned and dry)
10. Pedigree Dog Food\* (dry)\*This label includes 11 sub-brands such as *Pedigree Small Dog Complete Nutrition Grilled Steak and Vegetable Flavor* (plus other flavors)
11. Purina Dog Chow (dry)
12. Purina Moist and Meaty (semi-moist) -
13. Purina One (canned and dry)
14. Royal Canin Lifestyle Health Nutrition Urban Life (Dry)
15. Science Diet - see Hills.

the good, the bad,  
the ugly



## Label reading tips

Look carefully at the first 5 ingredients; they're what really matters. Pick foods where at last 3 out of those 5 ingredients, are quality protein (a *named* meat, such as beef and not a by-product).

Pick foods that **name** the source of meat - such as beef, lamb, chicken.

Avoid any food that says just "meat."

When the meat source is unnamed, it could be anything - roadkill, spoiled supermarket meat, dead, diseased or dying cattle — *even euthanized pets*.

A named **meat meal** is OK - such as beef meal. Just "meat meal" isn't OK.

Avoid all by-products, even named ones.

Avoid foods that include corn, corn gluten, wheat, and other cheap fillers, in the first 5 ingredients.

Beyond the first 5 ingredients, reject food that contains:

- *preservatives* like BHA, BHT, TBHQ, propyl gallate, ethoxyquin
- sugar, corn syrup, propylene glycol, sucrose, sorbitol, cane sugar
- artificial colourings, flavourings, MSG, caramel colour

## Ignore

Marketing buzz words like:

- gourmet
- pure
- natural
- super
- organic
- superior
- premium
- ultra.... etc.

The only term with a legally-binding meaning, is **Certified Organic**

## Here's why, in a nutshell, the 15 foods not recommended, are on that list

**Alpo Chop House** (canned) - contains both named and unnamed meats. Corn is high on the list, along with slaughterhouse waste (meat by-products).

**Alpo** (dry) - Limited meat protein. First 3 ingredients: corn; corn germ meal and *beef and bone meal*, a dry rendered product from slaughterhouse waste, including bone. Artificial color.

**Beneful** (dry) - chicken is the first ingredient which is good, but it's followed by two cheap fillers, corn and barley. Next, chicken by-product meal — slaughterhouse waste including feet, beaks, undeveloped eggs, etc.

**Cesar Savory Delights** (wet tubs) - includes Angus Beef Flavor, Filet Mignon Flavor, etc. After water, first ingredient is beef by-products (slaughterhouse waste, after all the meat has been removed); and meat by-products (same waste but from what animal??); artificial color; sodium nitrite preservative (linked to cancer).

**Cesar** (dry) - lots of meat by-products and unnamed meat sources; contains sugar; red dye; BHA preservatives.

**Gravy Train Dog Food** (canned and dry) leading ingredients are soybean meal; wheat flour; modified corn starch; animal fat (preserved with BHA); meat by-products. Wheat middlings, which critics say are floor sweepings. Yellow 5, yellow 6, blue 2 artificial dyes.

**Hills Science Diet** - the adult canned formula, for example, has a limited amount of meat protein; plus contains barley, corn and dried whey high up on ingredients list (all are minimal value to dogs); artificial colours. Some of the sub-brands include powdered cellulose, a non-digestible plant fiber to bulk up the food.

**Kal Kan Dog Food** (dry) - corn is the #1 ingredient, followed by unnamed meat and bone meal; soybean meal; ground wheat, and chicken by-product meal. BHA preservatives; artificial color.

**Kibbles & Bits** (dry) - #1 ingredient is corn, followed by soybean meal, a by-product of soybean oil production, (usually fed to farm animals). Unnamed meat sources; BHA preservative; corn syrup.

**Ol' Roy** (canned and dry) - unnamed meat by-products; generic oil (which could be used restaurant grease); iron oxide for red colouring; BHA preservative.

**Pedigree Dog Food\*** (dry) - ingredients in order: ground whole grain corn; meat and bone meal; corn gluten meal; animal fat preserved with BHA; soybean meal, chicken by-product meal. \*This label includes 11 sub-brands such as *Pedigree Small Dog Complete Nutrition Grilled Steak and Vegetable Flavor* (plus other flavors)

**Purina Dog Chow** (dry) - first 3 ingredients: whole grain corn; meat and bone meal; corn gluten meal. These are all of limited value biologically to dogs. Unnamed meat sources and unnamed by-products. Lots of artificial dyes: yellow 6, yellow 5, red 40, blue 2.

**Purina Moist and Meaty** (semi-moist) - ingredients are, in order, beef by-products (slaughterhouse waste); soy flour; soy grits; and 2 empty nutrients: high fructose corn syrup and corn syrup. Artificial dyes and preservatives.

**Purina One** (canned and dry) - plenty of unnamed meat sources including by-products (slaughterhouse waste). Brewers rice; corn gluten meal; whole grain corn; poultry by-product meal are all listed high up on the label in the dry version, and all are limited value biologically to dogs, according to many experts.

**Royal Canin Lifestyle Health Nutrition Urban Life** (Dry) - ingredients in order are: corn; chicken by-product meal; brewers rice; corn gluten meal. All of these are considered to be lower-quality proteins or simply fillers. Relies on plant-based protein, and named meat by-products.

**Science Diet** - see Hills