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How to Choose a Healthy Dog Food

Category: Health

It can be very confusing to know what's good dog food and what isn't.

The best place to begin is to read the labels of as many bags of food as possible. Learn what each ingredient means. Pay attention to your dog when he is on a certain food. Are his stools healthy? Coat healthy? Feeling good? Pay attention to how often your dog goes potty. If the dog food is high quality, he shouldn't be going to often. Maybe 2 to 4 times a day.

Meat. It's what's for dinner.

A good dog food will be digested better and slower. A less quality food will run through your dog quicker, making for more stools to pick up and your dog not digesting the food. Foods with too many fillers are just that- fillers meant to make the food and to fill up your dog, but not to retain it. A good dog food should have meat as the first ingredient. Meat meal can be next, and then may come the fresh ingredients. This can be potatoes, carrots, beets, salmon, apples or any number of vegetables. Food with Corn meal, gluten, soybean meal. Animal fat, animal by products, are all just fillers are not always from a healthy source. Some dogs do well on chicken when others do better on Lamb or beef. Some dog foods are higher in protein or carbs.

Age Matters

Keeping in mind your dogs age is important. It is not always a good idea to give puppies and older dogs food with very high protein. Have their blood levels checked if you are using a high protein, no grain dog food. As dogs age, their bodies digest food different, and usually a change is needed in the senior years. Bottom line- do your research. Fully check out the bag of food and ingredients, learn what each means, and pay attention to your dogs health.