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### What **TO** feed and what **NOT TO** feed your pet!!

There has been a lot of discussion about grain free diets for pets lately and unfortunately most of it is just that.... all talk. There is no benefit to feeding your pet a grain free diet therefore we **DO NOT** recommend feeding a grain free diet. There have been large studies done by the FDA that link grain free diets and boutique brands to increased cases of heart failure, in these cases dilated cardiomyopathy!!

Some of the food brands most linked to these cases of heart failure are: (note this is not a complete list, that can be found on the FDA website)

- Acana
- Zignature
- Taste of the Wild
- Earthborn Holistic
- Blue Buffalo
- California Natural
- Natural Balance
- NutriSource
- Nutro
- Rachael Ray Nutrish

In addition to these brands, we **DO NOT** recommend feeding your pet any diet with the following **MAIN** ingredients. Diets with these as the main ingredient have been linked to cardiac issues as well.

- Lentils, Legumes, Potatoes and/or sweet potatoes should be avoided!

Further, *as a general rule*, avoid raw diets (often have contamination) and designer brands bearing the names of celebrities, stores and so forth.

What we **DO** recommend feeding is a diet containing meat, grains, vegetables, and fruits. We suggest reading the label on the bag and opting for a food that is NOT grain free but rather with a label that says, “**complete and balanced**”. These brands have been around for a long time and meet or exceed the AAFCO minimum nutritional standards and are backed by feeding trials, quality control, and guaranteed nutritional analysis. The recommended brands are:

**Hill’s Science Diet, Royal Canin, Purina, Eukanuba and/or Iams, Nutro and Nature’s Recipe are all reliable brands.**

If you have questions about what is best for your pet’s nutritional needs, please be sure to ask your Veterinarian.