**Brands we recommend**:

Purina Pro Plan

Royal Canin

Hill’s Science Diet

Iams

**All four of these companies have veterinary nutritionists on staff that help formulate the diets to meet nutritional requirements.**

We do not recommend feeding for “all life stages”. Feeding for your dog or cat’s actual lifestyle is important. If fed an “all life stages” diet, the diet needs to meet requirements for just that-all life stages. Since puppies and kittens require the most nutritional needs to meet their growth, these diets are essentially a puppy or kitten food, which is not recommended for adults and seniors.

**Human Fad Diets that are not recommended**:

Grain Free- Linked to Diet induced Dilated Cardiomyopathy in dogs (can be fatal)

Raw- Potential for food borne illness and parasitism for both dogs/cats and humans exposed

Homecooked (ok if nutritionally calculated but does tend to be a lot of work and a large investment) Working with veterinarian or BalanceIt.com necessary to meet nutritional requirements

Limited Ingredient Diets (ok if systemically required, IE Food Allergies)

**Common misconceptions**:

Corn is not good for animals and is just used a filler: False; corn meets multiple nutritional requirements in an animal’s daily intake. It provides a level of protein, carbohydrates, fatty acids, antioxidants, and fiber.

Chicken meal is not good for animals and is used as a filler: False; Chicken meal is a great source of protein. For dry pet foods there needs to be a particular percentage of “wet” protein (ie: chicken) to “dry” protein (ie: chicken meal). The companies above that we recommend do extensive food trials and research to ensure the safety and efficacy for ingredients in their products.

If you ever have questions as to whether the diet you are considering for your pet is appropriate, seek advice from your veterinarian and/or veterinary team. Doctors and nurses are medically trained in nutrition and have extremely great advice to point you in the correct direction.