

Your Dog Will Thank You For High Quality Food!

Good Fat-Bad Fat: Part V OF V

By Nancy Secrist, Easdale: The Best Pet Care

My customer arrived with a little eight pound dachshund on lead and a bag of inexpensive, colorful dog food, and a cooler filled with home cooked chicken breast, rice, a powdered digestive supplement, cottage cheese, fish oil capsules and little one-serving "gravy" packets, topped off with a three page instruction manual on how to combine them to "get him to eat the food!" He had been to the vet several times in his three years with ongoing ear, skin and coat issues treated by antibiotics and steroids. At Easdale, we follow your feeding instructions and in this very case, did faithfully follow the directions. Consider though, if you feel that you need to add higher quality protein and fats to a commercial dog food, you would be spending less with better results by purchasing the best possible diet!



stimulates appetite as foods taste good and smell good too, leading to better self regulation of weight as the fat increases the sensation of feeling full.

Fats are a very important part of our diets. Fats provide protection from dry, itchy skin resulting in dandruff, dull, dry coat with constant shedding, diminished immune system function, heart disease, diabetes which is epidemic in our pets for the last ten years, and inflammation which can lead to cancer. High quality fats in the diet provide energy, absorption of the fat soluble Vitamins A, E, D, and K as well as normal development and function of cells, especially brain cells which are about 60% fat! High quality fat

What makes a fat high quality? Two main points that start with essential fatty acids which must be provided in a specifically balanced ratio. They are essential because the body cannot make them. Secondly, the ratio of omega-3 and omega-6 fatty acids reduces inflammation and are vital to continued good health and long life.

Avoid high storage temperatures as foods stored in high heat and humidity will have degraded nutrients even before the expiration date. Watch out for paper bag packaging; paper, no matter how shiny and colorful, allows the passage of air, causing oxidation leading to rancidity. Refuse to accept the generic term "vegetable oil, animal fat" or "animal digest." A sure sign of low quality foods are unspecified ingredients. Your pet will not do well on beef tallow; while very tasty to dogs, it is low in essential fatty acids.

Preservatives such as BHT, BHA, ethoxyquin, and sodium metabisulphite, colorings and digests should also be avoided. Finally, sweeteners have NO nutritional value whatsoever. I've even seen high fructose corn syrup in dog food! This is why it's hard to get some dogs to switch from very cheap highly sweetened grocery store brands; they have developed a sugar addiction. They are also at risk of dental decay, obesity and diabetes! Dogs live a short enough life without making their days with us fewer through poor diet.

Search for the best sources of omega-3 fatty acids used in quality dog foods such as fish oils (herring, salmon, etc.) and flax seed oils. Commonly used omega-6 fatty acid sources include pork fat, chicken fat (or any poultry fat), and safflower and sunflower oils. More than one of these fat sources listed is good! Preservatives such as mixed tocopherols (variations of Vitamin E) and Vitamin C are healthiest.

This concludes our series on canine nutrition. You can find all five segments in the Blog on www.bestpetcare.net. Curious about how your food stacks up? Check it out at www.dogfoodadvisor.com. Want to learn more about how to keep your pet healthy for the best quality of life? Come visit www.petfooddiva.com. If only pets could read, they would be reading this - help them out!

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