



How to Choose a Healthy Food for Your Dog

Picking the right dog food can feel overwhelming, but focusing on a few key details will help you make a smart, healthy choice for your dog.

1. Start With the Ingredient List

The first ingredient should be a clearly named animal protein like chicken, beef, salmon, or lamb. Avoid foods that list corn, wheat, or 'meat by-products' first. The more specific and recognizable the ingredients, the better the quality is likely to be.

2. Watch for Fillers and Additives

Low-quality foods often rely on fillers like corn, soy, and wheat to bulk up the product. These don't provide the same nutrition as real protein and can sometimes cause digestive or skin issues. Also avoid artificial dyes and preservatives whenever possible.

3. Look for “Complete and Balanced”

Check for an AAFCO statement on the bag. This tells you the food meets basic nutritional standards. Without this, the food may be missing key nutrients your dog needs to stay healthy long-term.

4. Choose the Right Formula

Puppies need higher calories and nutrients for growth, adults need maintenance diets, and seniors may need joint or weight support. Also consider breed size—large breeds and small breeds often have different needs.

5. Pay Attention to Your Dog's Response

A good food will show results: healthy weight, shiny coat, steady energy, and normal stool. If your dog has itching, diarrhea, or low energy, the food may not be a good fit—even if it looks good on paper.

Quick Tips for Choosing:

- Short ingredient lists are usually better
- Real meat should come first
- Avoid vague terms like 'animal meal'
- Higher price doesn't always mean better—read the label
- Always transition foods slowly over 5–7 days

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