

Monthly Scoop

Understanding Pet Nutrition

This month I'd like to ask the age old question "What is the best food to be feeding my dog"?

Surprisingly, there are actually quite a few options that you may have never thought of or even knew about.

Let's have a look at the options!



Ancestral Diet: Our dog's undomesticated cousins, such as wolves and foxes, along with their ancient ancestors lived of raw meat, bones, carrion, etc. They survived but did they thrive? The dietary demands of wild dogs were quite minimal as they were probably dead before the age of three years. Our dogs today live anywhere from 10 to 15 years. Dogs have been eating our table scraps and commercial food ever since but with no change to their gastrointestinal tract. They are still able to digest 85 to 95 percent of a commercial food.

All-meat or Raw Food Diet: So does raw food diets fit in closer to the Ancestral Diet and offer better nutrition for dogs? Well no and yes. No because there is no scientific evidence that shows benefits to a dog's health. Conversely, studies have shown that raw meats may contain harmful bacte-

ria and parasites that could cause illness. Proper cooking or processing does not decrease the digestibility of foods. Yes because some veterinarians argue that benefits include relief from allergies, and anal sac problems (Mojo's particular problem), better oral hygiene and improved skin and hair coat. Studies have been conducted that show pets respond very well to a balanced, wholesome natural diet.

Homemade Food: Yup! People actually get recipes and ingredients to make their food right at home. They can provide a lifestyle choice that celebrates natural foods. Fresh meats and produce with everything made from scratch. Some pet owners get scared by all the pet food recalls and feel homemade food offers a safer alternative to the commercial brand dog foods. And in some cases it's what the doctor ordered. For dogs with diseases that require a special diet, home prepared meals are recommended. This route can be more expensive and time consuming but it an easy way to make sure your pet gets some well balanced nutrition.

Commercial Food: This is way most of us go. We head to the grocery store, vet or pet store for our dog's food and treats. It's easy and convenient but can be either cheap or expensive depending on where you buy, what you buy and how much. The concern here is, what is the best brand to buy? There are so many commercial

Continued Page 2

Canine Correction

I wanted to bring to your attention to another skill Roland and Erin bring the pet industry. They are not only excellent pet waste removal technicians, they are expert dog trainers. Roland provides owners personalized dog training through his other company, Canine Correction. He and Erin specialize in "problem" dogs. Ones that have shown aggression

towards people and other dogs. In fact, Roland often takes on those last resort cases where the family is about to give up on their pet, looking to give the pet away or surrender them to the Humane Society where they face certain death. Often the dog is just misunderstood and the owners have not been given the proper tools and education on

how to deal with a dog. Dogs are pack animals and need leadership, if we appear weak to them, they take on the leader role and provide no respect for their owners even though they love them. Let Roland show you how to "speak dog" & create the relationship you always wanted with your dog! Visit CanineCorrection.com for more details.

NEWSLETTER

Volume 3, Issue 8
August 2009

Did you know:

- ☺ ...that one extra pound on a Chihuahua is equal to **38 lbs** on an average woman?
- ☺ ...that one ounce of cheddar cheese is equal to a human eating 1^{1/2} hamburgers or 1^{1/2} chocolate bars?
- ☺ ...that five extra pounds on a medium sized dog, like a Beagle, is the equivalent of nearly **25 lbs** on an average woman?
- ☺ ...that you can use your dog to help you get fit? Check out our blog!

Poooper of the Month

Pooh Busters is proud to present **Charlie** as August's Poooper of the Month!



Want your pooch to be showcased on our website and in this newsletter?

Email Big Nate and get your dog featured!

Now accepting pictures and bios for 2010.

BigNate@PoohBusters.com

Pet Nutrition cont.

manufacturers out there and so many different opinions about what is good and what is bad. Mrs. Big Nate and I normally go with whatever our vet recommends but of course, it's always seems to be the food they sell out of their clinic. Vets can't seem to agree at times on what is a better brand of food. I've done a little research and it's amazing how many brands there are out there!

Dry vs. Canned: Dry is more economical and bit easier to feed than canned, however, dry dog food is a complex product whereas the canned version of the same usually contains different ingredients. If dry is causing gastrointestinal problems, the canned version may be an option. Canned foods contains few or no preservatives, is usually more palatable and contains more water. They can start to spoil if left out longer than 30 minutes. Also I've read that there is no scientific evidence shows a difference between dry or canned food on oral health or the degree of plaque accumulation. Dental diets work because of the ingredients they contain and how the kibbles are formulated, not because they are dry.

Should We Switch Diets? Again there divisions amongst nutritionists on the merits of periodically switching your dog's food. One food for many years could cause possible deficiencies or excesses. What do the dogs want? Dogs prefer novel foods or flavours to well-known foods.

If you decide to change dog foods, minimize the risk if digestive upset by mixing the new food with the old in gradually increased increments over a three to seven day period.

Portion Control: Some breeds tend to pack on the pounds a little more easily than others. It's important to keep in mind that the suggested serving size on packaging labels are just that: Suggestions.

To determine the right portion size start your dog the suggested serving size that ranges in the bottom to middle range. After 30 days, weigh your dog and if he or she has gained weight, reduce the portions. Also be sure to use a measuring cup to keep from "eyeballing" the amount you feed. This will help keep portions consistently accurate.

What Dogs Need: Protein, fat, carbs and key vitamins and minerals all in the correct ratio are foundations for a complete and balanced diet. We need to choose carefully and read the labels. A pet food label can be a mix of required information and objectionable, voluntary marketing information. Look for nutritional adequacy (adult, puppy, etc). Ingredients list, presented in descending order of weight. The first three to five items comprise the majority of the contents of the food. Look for a guarantee analysis indicating the minimum and maximum percent of protein, fat, fibre and moisture. Also be sure to read the feeding directions.

There are so many thing to consider but a little effort on our part will keep our beloved pet around for a lot longer!

Poooh Busters

Tip of the Month!

Thinking about building a dog run? There may be some important things to consider.

Size: the bigger the dog, the bigger the run. Also consider if you have more than one dog.

Shape: build to suit your yard but the best shape is one that has some length over width. This gives plenty of running room.

Location: A great place is one where you can see the run easily from your home and where there is protection from the elements such as the blazing sun, the cold wind and rain or snow fall.

Ground Cover: There are several options. Rocks, gravel, wood chips or even a concrete pad. You need to keep in mind your dog's comfort. Rocks and gravel could tend to hurt your dog's feet depending on how long they are out there.

Rocks also make it challenging for Poooh Busters. The poooh in larger sized rock tends to fall down into the rock and we end up taking away the rocks too. Or sometimes we just can't get at it all.

So our tip this month is to use smaller sized gravel or even better, a concrete pad. Poooh can be picked up easily and it's convenient to spray down periodically.



Don't forget to check out the official Poooh Buster's Blog!

www.pooohbusters.blogspot.com

Top Ten Celebrity Pet Dads

10. **Richard Belzer:** Law & Order star and comedian is often seen with his Poodle-Fox Terrier mix, Bebel
 9. **Regis Philbin:** This TV host's cat Ashley was originally adopted for his daughter, but he quickly formed a close bond with the kitten.
 8. **Brett Favre:** The legendary football jock has a soft spot for his little Yorkshire Terrier, Jazzmin.
 7. **Billy Joel:** He may be the "Piano Man" but he is also a dog man! He owns three pups: Fionula, Sabrina and Whitey.
 6. **Matthew McCounaughy:** This actor loves to stay active with is Australian Cattle Dog, Foxy.
 5. **Trent Dawson:** "As the World Turns" soap star, Trent is one proud cat daddy. He has three; Samatha, Kaia and Mansfield.
 4. **Adam Sandler:** His Bulldog Meatball (who sadly died in 2004) was the actor's best man at his wedding.
 3. **Barrack Obama:** The new president has a new "First Pet" named Bo, a Portuguese Water Dog.
 2. **Perez Hilton:** This celebrity blogger owns Teddy, a Goldendoodle.
 1. **Mickey Rourke:** He has a soft spot for Chihuahuas, owning as many as seven dogs at one time.
-