



## **What to avoid in commercial dog or cat food**

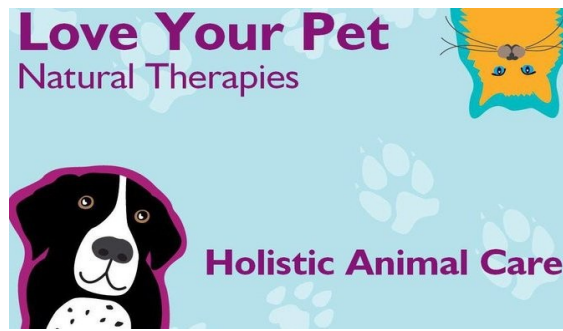
1. “By-products” of any sort: These ingredients are what is rejected for human consumption such as feathers, beaks, feet, waste, dead, disabled, dying and diseased animals.
2. “Meat” or “Animal” ingredients: In other words, the specific type of animal is not specified. There is evidence (via the presence of sodium pentobarbital in the foods) that some pet foods contained euthanized animals, including household pets, strays, zoo and shelter animals. Although industry representatives deny the use of household pets, the rumors persist in part because video evidence shows euthanized animals from shelters being taken by vehicle to a rendering plant that supplies ingredients for pet food manufacturers.
3. Corn, wheat and soy: These ingredients are not inherently bad for your pet, but they are common sources of allergens and food sensitivities. They are used primarily as a cheap source of inferior and/or incomplete proteins.
4. “Digest” ingredients: Such as, chicken digest, animal digest, etc. Digest is a polite term for waste.
5. Artificial color or preservatives: Some of these artificial ingredients have been known as carcinogenic for some time, but are permitted in pet food (BHT, for example, an artificial preservative).

Love Your Pet Natural Therapies recommends a home-made diet as the best diet for your loving companion animal. The next best option would be occasional 'real-food' meals (2-3x week) followed by supplementation of commercial food with 'real-food.' In the very least, a nutritional supplement should be added daily to your pet's food. Commercial varieties are available (Missing Link, for example), as well as customized blends from Love Your Pet Natural Therapies, or homemade blends can be made.

There is much more information available on this topic. We recommend you conduct additional research. Some places to start:

Foods Pets Die For, by Ann Martin

Born Free USA, API Report, “What's Really in Pet Food,”  
<http://www.bornfreeusa.org/facts.php?more=1&p=359>



## **Foods to Avoid in Home-Cooked Meals or Treats**

1. *Onions, onion powder, chives*: can lead to gastrointestinal irritation, damage to red blood cells, and severe anemia; all types should be avoided (raw, cooked, dehydrated, powdered, etc). Cats are more susceptible than dogs, but it can be toxic for both. (Garlic is often well-tolerated by cats and dogs; use sparingly at first to determine if there is a sensitivity)
2. *Grapes and raisins*: can cause kidney failure in dogs, although only certain dogs are affected.
3. *Uncooked yeast dough*: can expand in your pet's stomach, causing pain and possibly rupture of the intestines.
4. *Left over bones*: can splinter and cause damage to internal organs; may also be a choking hazard.
5. *Foods with high salt or fat content*: excessive fats can cause upset stomach and potentially inflame the pancreas (pancreatitis). Salty foods can cause sodium ion toxicosis, and lead to hypertension.
6. *Chocolate and coffee*: chocolate and coffee contains methylxanthines, and can cause vomiting, diarrhea, panting, excessive thirst and urination, hyperactivity, tremors, seizures, and potentially death in pets. The higher the cocoa percentage, the more dangerous the chocolate is, making dark chocolate more toxic than milk or white chocolate. All these products can cause vomiting, diarrhea and even death.
7. *Sugarless candies sweetened with xylitol*: can cause liver damage and death in more vulnerable dogs. This sweetener is in candy, gum, toothpaste and sugar-free cookies.
8. *Macademia nuts*: can cause weakness, vomiting, tremors, and hyperthermia in dogs.