

Your Healthy Dog Food Guide

**THE TOP 3 RECOMMENDED DIET
OPTIONS FOR YOUR DOG!**

TOM MITCHELL AND THE 1 MINUTE DOG
TRAINING SYSTEM



Healthy Dog Food Guide

HERE ARE THE TOP 3 RECOMMENDED DIET OPTIONS FOR YOUR DOG!

What is Best for Your Pup? And... What is Best for You?

Picking out the right food for your dog can be very stressful. We know how much you love your furry friend! So making sure they have a nutritious and yummy diet is probably at the top of your list. Diet options are endless and sifting through all of the approaches may be overwhelming!

Do you want to feel confident in the food you are feeding your pup? If you nodded yes, then you're in the right place! We are here to help you and your dog! We have divided it into three easy diet options. So you can pick the best one for your dog and your lifestyle!

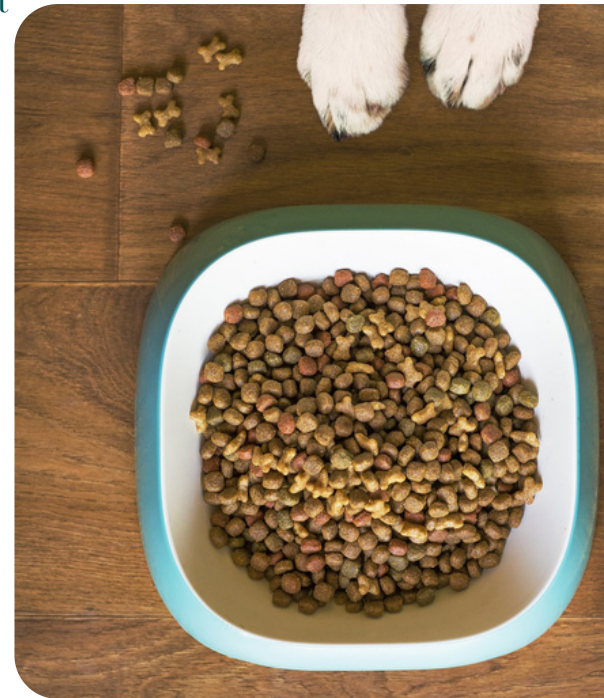
1. Dry Food

Dry kibble or dry dog food is probably the most well-known and sometimes the most economical type of diet. Dry food may be a great choice, especially if you are busy and need a time-efficient way to feed your dog.

So what is kibble anyways?

Do you know what is in your dog's kibble? The main ingredients vary and it depends on the brand. Most contain a protein source such as chicken, beef, salmon, or lamb. In addition, they may contain fruits and vegetables like apples, blueberries, carrots or sweet potatoes. Sometimes they also contain grains, which are up for debate.

Many brands also fortify their kibble with essential vitamins and minerals. Did you know that proper nutrition is really important to help keep your dog healthy? Read why in the "Pros" below!



Pros of Dry Food

Dry food is a convenient option that can save you a lot of time and sometimes money! It also has other added benefits for your dog! We are going to cover the benefits first, then talk about some reasons you may not want to feed your dog only dry or processed food.

1. Fortified with Vitamins and Minerals



You probably know how important a good quality protein source is for your dog, right? But did you know that vitamins and minerals are almost just as important? The right combination of vitamins and minerals can promote higher energy levels, boost immune system function, reduce inflammation, or even delay aging.¹

2. Easy Portion Control



Do you ever get worried you are under or overfeeding your dog? Well, that is one of the things that kibble is great for! Dry food brands usually have a portion guide on their product bags that will give you a measurement based on your dog's weight. This portion can vary though depending on your dog's activity level. If you are still concerned about your furry friend's portions it is best to speak with your local vet!

¹ Tupler, Tiffany. "Dog Nutrition: Guide to Dog Food Nutrients." PetMD, www.petmd.com/dog/nutrition/evr_dg_whats_in_a_balanced_dog_food.



1. Dry Food



Pros of Dry Food

3. Oral Health



Did you know that your pup is actually cleaning their teeth if they eat kibble? Chewing the hard pieces may help to break down plaque and prevents the early onset of periodontal disease and gingivitis. ²

4. Less Waste



Most dry food comes in large paper or plastic bags that can have enough servings to last for up to a month (depending on the size of your pup). When compared to wet food, which usually comes in single-serving cans, dry food is a great less waste alternative.

5. Use for Training Treats



Is your dog highly motivated by food? If so, you can use some of their kibble as training treats. This is also a great option if your pup loves to eat their food very quickly. You can slow down their eating by practicing basic training like sit, stay, and come!

Cons of Dry Food

Dry dog food can be a very convenient option, especially if your dog loves to eat it! That being said, there are some things you should consider before taking on a completely dry food diet. Here are some of the top negative aspects that come along with kibble.

1. Meals & Animal-By-products



Did you know that your dry dog food contains all sorts of meals? You may be wondering what is meal exactly? That's a great question! Meals can be made from both animals or plants and it provides a source of protein for your dog. Plant meals are fairly straightforward and will be listed as things like cornmeal or wheat gluten meal.³ Animal meat meal on the other hand is a little more complicated. In fact, many people find it to be a controversial ingredient because the quality and source can vary widely.

Let's take a look at the different types of animal meat meals! Species-specific meals like turkey, chicken, beef, lamb, etc... can be a great source of protein and essential amino acids! By-product meals are a different story and where it gets a little tricky. The source of the protein can come from a variety of things, such as slaughterhouse animals deemed unfit for human consumption and diseased or injured animals from other parts of the animal food industry (eg: hen houses). These by-product protein sources like liver, spleen, bones, neck, feet, and more are labeled as 'inedible' for humans and are then placed in the supply chain for things like your dog food. ³

² Ollie. "Fresh vs Raw Dog Food vs Kibble: Which Diet Is Best For Your Dog?" American Kennel Club, American Kennel Club, 12 Dec. 2020, www.akc.org/expert-advice/nutrition/feed-my-dog-fresh-raw-food-or-dog-kibble/.

³ Case, Linda. "Evaluating the 'Meal' and Animal By-Products in Pet Food." The Bark, 2 Nov. 2020, thebark.com/content/evaluating-meal-and-animal-products-pet-food.

1. Dry Food

Cons of Dry Food

The by-product sources are also not required to be refrigerated before use so to sterilize the ingredients they must be rendered. This is a process of grinding and cooking the ingredients at a high temperature (220° to 270°F) to kill any unwanted bacteria. The fat is removed from the mixture and then it is ready to be used for your dog's dry kibble.³ The by-product may be a high-protein ingredient, but you should take into consideration the source and quality before purchasing your dog's kibble.

2. Fillers



Have you ever wondered why kibble tends to be the cheapest type of diet? Many companies bulk up recipes by adding in cheaper filler ingredients. These fillers can have benefits for your dog, but only if they are listed very low on the ingredients list. Things like corn, soy, wheat, or other grains, may cause irritation to your dog's stomach. Your pup could also develop dry or itchy skin due to allergies to these fillers.

3. Preservatives & Low Moisture Content



Do you know why kibble can stay in your pantry for weeks on end? It's because most brands contain preservatives and very low amounts of moisture.⁴ This might make feeding your hound easy and convenient, but it is not always the best for their health. The dry food can cause them to develop dry or itchy skin. They can also have reactions to unfamiliar preservatives.

Here are 6 six preservatives that may be toxic to your dog if consumed regularly: Ethoxyquin, Butylated hydroxyanisole (BHA), Butylated hydroxytoluene (BHT), Propylene glycol, tertiary butylhydroquinone (TBHQ), and Propyl gallate.⁵

What to Look for in Your Dry Food?

Do you think dry food might be the best option for you are your pup? Then here are some key things to look for before buying!

Ingredient lists and nutritional facts for kibble can be very extensive and confusing if you don't know what to look for. When looking at the ingredients list, the first one will be the most abundant in the kibble, and the amount will continue to decrease as you go down the list. So it is best if a protein source is listed as the first one, preferably a meat protein! According to Merck and the Merck Veterinary Manual the nutrient requirements for dogs fall between these percentages:

Protein (%): 35-40

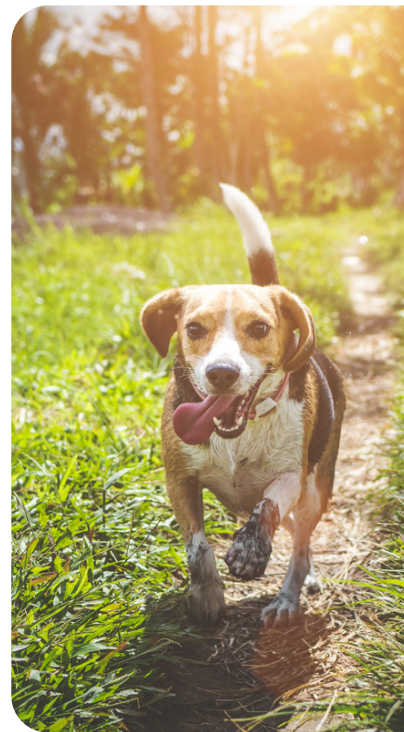
Fat (%): 30-35

Vitamins to look for:

Vitamin A, Vitamin D, Vitamin E, Thiamine, Riboflavin, Pantothenic acid, Niacin, Pyridoxine, Folic acid, Vitamin B12, Choline⁶

Minerals to look for:

Calcium, Phosphorus, Potassium, Sodium, Chloride, Magnesium, Iron, Copper, Manganese, Zinc, Iodine, Selenium⁶



³ Case, Linda. "Evaluating the 'Meal' and Animal By-Products in Pet Food." The Bark, 2 Nov. 2020, thebark.com/content/evaluating-meal-and-animal-products-pet-food.

⁴ Nelson, Jennifer. "Pros And Cons Of Different Types Of Dog Food." IHeartDogs.com, 10 Feb. 2021, iheartdogs.com/pros-and-cons-of-different-types-of-dog-food/.

⁵ Mahaney, Patrick. "Pet Food: The Good, the Bad, and the Healthy." Pet Food: The Good, the Bad, and the Healthy | PetSafe®, www.petsafe.net/learn/pet-food-the-good-the-bad-and-the-healthy.

2. Fresh-Cooked

Fresh-cooked food is another great option for your pup that can also provide numerous health benefits! When looking into fresh food for your dog's diet, you have the option to either cook it yourself or purchase it from your local pet store (which can be more convenient but also more expensive).

So What is a Fresh-Cooked Diet Anyways?

A fresh-cooked diet is one made with natural whole foods that you and I could eat! You can prepare these meals at home, or consider purchasing premade meals that can be stored in your freezer. Take a look at some common ingredients used in this vet-approved recipe. Give this one a try if you are considering a fresh-cooked diet for your dog, your pup might just love it!

Ingredients:

- 1 lb of chicken, beef, turkey (or other animal protein source)
- 5 cups brown rice (or sub for mashed sweet potatoes or pumpkin)
- 4 cups veggies (carrots, broccoli, spinach, green beans)
- 3 tbsp coconut oil or olive oil
- 1 serving of a daily multivitamin

Preparation:

There are multiple ways you can prepare your pup's homemade fresh food. One of the easiest ways is to put everything in a pressure cooker and set it to the appropriate setting (poultry, beef, stew, etc...)



Another option is to cook each ingredient separately and then combine when done. For example:

1. Heat coconut oil in pan
2. Cut chicken and fry in pan
3. Boil rice and veggies
4. Combine cooked ingredients & add multivitamin

⁶ Sanderson, Sherry. "Nutritional Requirements and Related Diseases of Small Animals - Management and Nutrition." Merck Veterinary Manual, Merck Veterinary Manual, 2013, www.merckvetmanual.com/management-and-nutrition/nutrition-small-animals/nutritional-requirements-and-related-diseases-of-small-animals?redirectid=26.



2. Fresh-Cooked

Pros of a Fresh Diet

Cooking or buying a fresh, whole food diet can provide your pup with numerous benefits! Here are just 4 benefits that come along with a fresh diet:



1. It's Fresh!

Unlike dry kibble, the ingredients that are in home-cooked or store-bought meals are full of fresh and unprocessed nutrients! Your dog is able to better utilize the nutrients in its natural state when compared to highly processed kibble products,

2. Immune System Maintenance



The abundance of vitamins and minerals that are found in fresh vegetables and meat help to boost and maintain their immune system performance. Ingredients like pumpkin, plain yogurt, and fish oil are tasty for your pup but also help to boost their immune system!⁸

3. Cancer Prevention



A study conducted at Purdue University found that simply adding fresh vegetables to your pup's dry kibble or diet in general, helps to prevent and reduce the growth of cancer cells in dogs by 70-90%.⁷

4. More Time with Your Pup!



Cooking for your dog can be a very time-consuming and laborious task, but it also allows you to spend more time with your dog! While you cook you can show your pup what you are doing and get them interested in the process. Use the time to create a fun bonding experience!



⁷ Reghavan, Malathi, and Bonnet Marcia. "Evaluation of the Effect of Dietary Vegetable Consumption on Reducing Risk of Transitional Cell Carcinoma of the Urinary Bladder in Scottish Terriers." Evaluation of the Effect of Dietary Vegetable Consumption on Reducing Risk of Transitional Cell Carcinoma of the Urinary Bladder in Scottish Terriers | Journal of the American Veterinary Medical Association | Vol 227 , No 1, avmajournals.avma.org/doi/abs/10.2460/javma.2005.227.94.

⁸ iHeartdogs. "12 Things To Sneak Into Your Dog's Food To Boost Their Health." IHeartDogs.com, 25 Nov. 2020, iheartdogs.com/12-things-you-can-sneak-into-your-dogs-food-to-boost-their-health/.



2. Fresh-Cooked



Cons of Fresh Food

Does a fresh-cooked diet sound like the best fit for you and your pup? It definitely can be, but here are some things to consider before changing your pup's diet!

1. Increased Time



If you are thinking of becoming your pup's new in-house chef, just know, it is going to take up a lot of your time! Along with the actual cooking, you should take the time to consult with your vet and or research the perfect recipe for your dog's needs and wants.

2. Increased Expense



Creating a well-balanced **fresh** diet for your pup doesn't always have to be expensive, but usually, it is. The prices can also add up if you decide to hang up the apron and purchase premade food from a specialty company.

3. Balanced Nutrition



Although fresh meats and vegetables do offer plenty of nutrients, it is usually hard to make sure you hit all of the bases for what your dog truly needs! Most kibble brands fortify their products with the essential vitamins and minerals and have run countless tests to ensure they provide what your dog needs. It is best to speak with your local veterinarian to formulate the perfect recipe for your dog so they don't develop any deficiencies!

4. Shorter Shelf-Life

Your average kibble contains preservatives to help keep it fresh for months. The meals you cook or purchase will likely not contain as many or any preservatives, making their shelf-life very short. Freezing these meals can extend their life by a couple of days or weeks depending on the recipe or company product.



3. Fresh-Raw

The 3rd diet option is Fresh-Raw. This type of food is exactly what it sounds like, raw meat! This can seem intimidating or gross at first, but it can be a great, nutritious, and fun option for your dog! Your dog will probably be licking his chops all day with this diet!

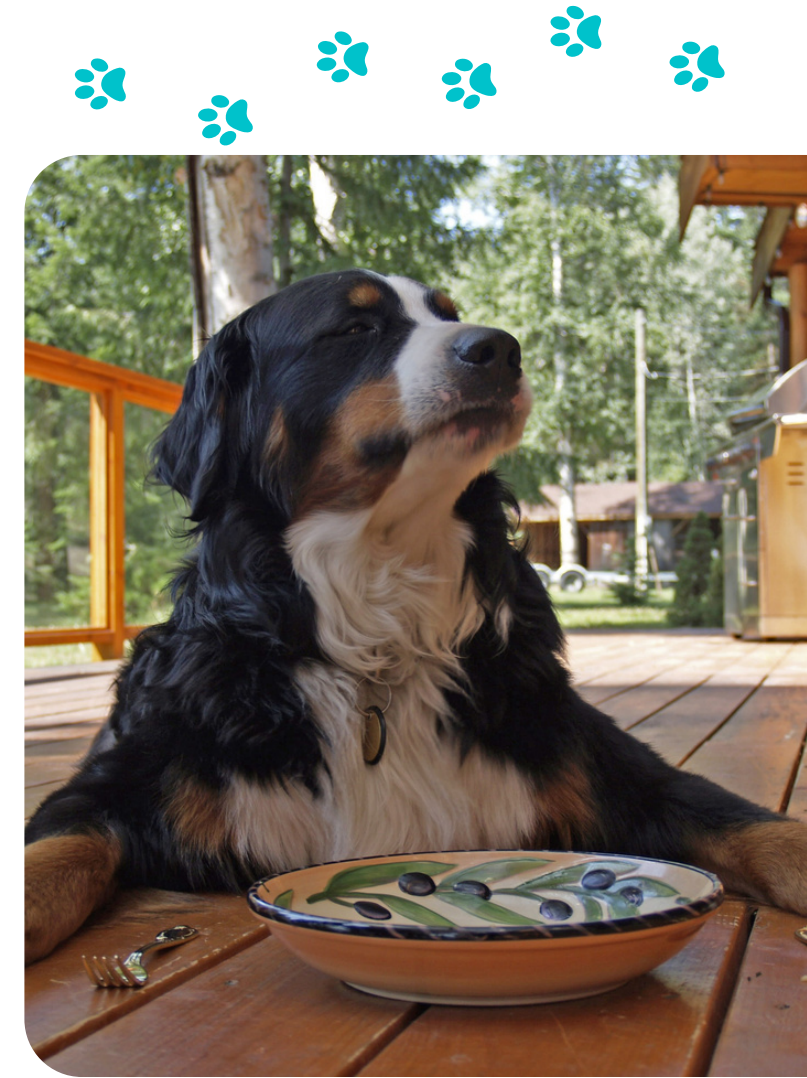
So What is a Raw Diet Anyway?

A raw diet is fairly similar to a fresh diet, except the meat is not cooked before it is given to your pup! You can make this at home or purchase it in multiple forms (frozen, freeze-dried, or dehydrated). On top of the normal protein sources like chicken or beef, raw diets usually also contain organ meats, ground bones, and raw eggs. Fresh veggies and fruits are added to supplement your pup's nutrient intake. A standard ratio you can follow for recipes is **80% meat (with fat), 10% organs, 5% vegetables/fruits, 5% supplements.**

Here is a recipe you can try out if you are interested in giving your dog raw meals!

Ingredients:

- 2 1/2 pounds ground beef
- 4 ounces chicken liver
- 1 carrot (chopped or pureed)
- 1 small apple (cored)
- 1/2 cup spinach
- 2 eggs
- 1 tbsp olive oil or coconut oil
- 1 tbsp ground flaxseed
- 1 serving of added supplements (eg: fish oil, ground bones, daily multivitamin)



Preparation:

Making a raw meal is super simple and easy! For this recipe, you can just steam the veggies and then combine all of the ingredients in a food processor. Then form patties, if you wish to store them in individual serving sizes.

If you freeze the raw food, make sure to let it defrost in the refrigerator overnight before serving to your dog!

3. Fresh-Raw



Pros of a Fresh-Raw Diet

Do you feel that a fresh-raw diet is the best option for you and your dog? It very well could be! Here are some awesome benefits that raw dog food enthusiasts claim to happen after switching to a raw diet.

1. Improved Skin & Coat

The state of your dog's skin and coat is a result of your pup's overall health! So it is no surprise your dog will likely have a silky and shiny coat while on a Fresh-Raw diet. The high-fat content in a raw diet helps to increase your dog's shine on their coat! It can also help to decrease dandruff and dry or itchy skin.⁹

2. Allergy Friendly

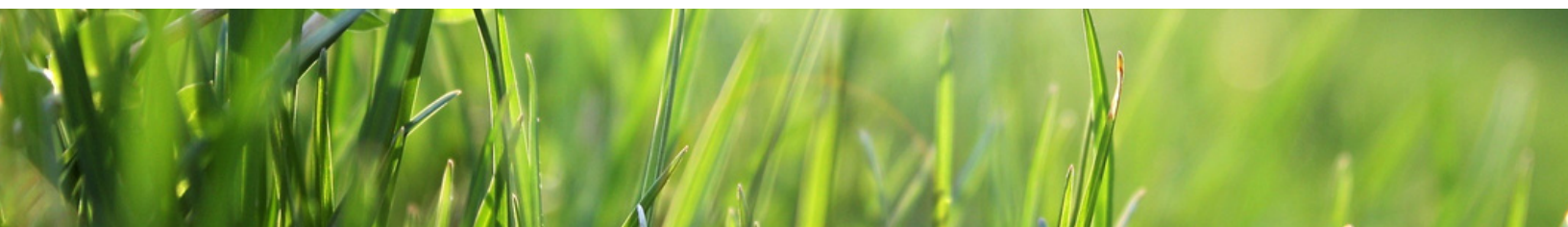
We mentioned early that kibble can contain yucky fillers like wheat and corn meal that may cause your dog to have allergic reactions! If you adopt a raw diet you can likely say goodbye to that problem! With this diet, you control exactly what goes into your dog's food and ensure they aren't exposed to any allergens.

3. Stable Energy Levels

Have you ever noticed that your dog has higher energy levels right after they eat and then all of a sudden they crash? This is very common if your dog is currently eating a kibble diet. This surge and drop in energy are likely from having a spike in blood sugar due to the high carbohydrate levels in many kibbles. The raw meat and added veggies and fruits will give your dog a more stable flow of energy and keep you from feeling too overwhelmed by the energy shifts.

⁹ Cobbe, Josh. "4 Benefits of a Raw Food Diet for Dogs." Petdogplanet, 31 Mar. 2021, www.petdogplanet.com/benefits-of-a-raw-food-diet-for-dogs/.

¹⁰ Haynes, Melanie. "5 Benefits and Risks of a Raw Dog Food Diet." Space Coast Pet Services, 15 Dec. 2019, www.spacecoastpetservices.com/2019/12/12/benefits-risks-raw-dog-food-diet/.

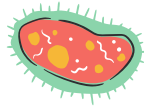


3. Fresh-Raw

Cons of a Fresh-Raw Diet

Although a raw diet has many benefits there are a few concerns you should look into before running to your butcher! Here are the top risks that are associated with a raw diet.

1. Exposure to Bacteria



Unlike the fresh cooked and kibble diet, a raw diet will have more risk of bacteria contamination.¹¹ Since you do not cook the meat before you give it to your dog, it is best to find high-quality and fresh protein sources. This will lessen the risk of your dog getting sick from bacteria-ridden meat.

2. Increased Expenses



Unless you have a brother for a butcher, it is likely going to be more expensive to purchase raw meat for your dog! Since you want to get high-quality meat like grass-fed beef or wild salmon (steer away from farmed salmon it may contain large amounts of antibiotics that can be horrible for your dog to consume!) the price point will be on the high-end depending on the location you live in.

3. Balanced Nutrition



Just like a fresh-cooked diet, meats and vegetables offer plenty of nutrients, but it is difficult to make sure you include everything your dog needs without the addition of supplements! You can purchase products to fill these nutritional gaps like a multivitamin, fish oil, crushed bone, or bone broth. It is best to speak with your local vet to make sure your recipe covers all of your dog's health needs!

4. Choke Hazard



Adding things like big or small bones to your dog's diet can be super fun and tasty for them, but it can also be dangerous! If your furry friend is a puppy or maybe has just never chewed on bones before there is the potential danger of choking on them. It is best to supervise your dog if you are giving them a bone or new food they have never tried before!



What Now?

Congrats!

You are practically a dog food expert by this point! Now that you know the ins and outs of all the diet options your dog has, what should you do? Well, that part is easy! Take a moment to think about you and your pup's lifestyle, your health concerns for them, and what you believe will make them most happy!

Don't forget, these diets are not an all-in-or-nothing kind of deal! You can combine two of them or all of them to best fit you and your furry buddy's needs and wants. Cherry-pick the parts you like the most and tailor it to your dog, because your pup is truly one of a kind!



If you have any questions or concerns please contact us a info@1minutedog.com
We would love to help you and your pup with any food or training-related inquiries!