

**BEST OF 2023**

**CANNED DOG FOOD**



Micha (Sunna's dog)

Your dog deserves the best! Dog food has the same problems as human food. We help you choose the best available at national supermarkets.

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We don't try to influence. Take on health responsibility. We are on outside opinion that has not been sponsored.

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**CHOOSE CANNED DOG FOOD THAT HAS**



1 High-quality proteins listed as first ingredients, ie. chicken, beef or fish

2 Organ meats like liver

3 Whole ingredients, ie. sweet potato, carrots and broccoli

4 If you have time, try making your own

**SUNNA'S TOP HEALTH PICK**  
**Forthglade**

**Grain-free (no barley, wheat, maize, rice or oats). No seed oils, meat derivatives, preservatives or fillers**



**LOOK FOR**

<p><b>Forthglade Chicken with Liver, Sweet Potato &amp; Vegetables</b></p> <p>70% chicken, 5% liver</p> <p>£3.69-£4.43 per KG</p> <p>Sainsbury's <b>TESCO ASDA</b> Ocado <b>WAITROSE</b></p>	<p><b>Forthglade Lamb with Butternut Squash &amp; Vegetables</b></p> <p>75% lamb</p> <p>£3.69-£4.43 per KG</p> <p>Sainsbury's <b>TESCO ASDA</b> Ocado <b>WAITROSE</b></p>	<p><b>Lily's Kitchen Cottage Pie</b></p> <p>60% fresh beef</p> <p>£6.88-£8.67 per KG</p> <p>Sainsbury's <b>TESCO ASDA</b> Ocado <b>WAITROSE</b></p>	<p><b>Lily's Kitchen Lamb Hotpot</b></p> <p>60% fresh lamb</p> <p>£6.88-£8.67 per KG</p> <p>Sainsbury's <b>TESCO ASDA</b> Ocado <b>WAITROSE</b></p>	<p><b>Butchers Traditional Recipes Turkey with Veg</b></p> <p>26% chicken, 14% turkey, 10% beef</p> <p>£3.69 per KG</p> <p>Sainsbury's <b>TESCO ASDA</b> Ocado <b>WAITROSE</b></p>	<p><b>Butchers Recipes in Jelly Chicken &amp; Liver</b></p> <p>46% chicken, 4% liver</p> <p>£1.98 per KG</p> <p>Sainsbury's <b>TESCO ASDA</b> Ocado <b>WAITROSE</b></p>
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**Fresh Food Online Subscriptions: Human grade, grain-free**



**Butternut Box**

Pick from 12 recipes + Chicken bone broth

£2.65/day for medium dog



**Different Dog**

Pick from 12 recipes + Lamb and venison bone broths

£3.00/day for medium dog

**AVOID**



Generic terms like "meat" or "poultry" as the first ingredient



Lower quality proteins such as meat meal or meat and animal derivatives



Processed ingredients such as corn and wheat



Brands owned by confectionary brands such as Mars and Nestlé



Yours in health

Sunna  
Sunna Van Kampen  
Founder, Tonic Health

Want to ask Sunna a question? Email him on [sunnavankampen@tonichealth.co](mailto:sunnavankampen@tonichealth.co)