

tonic

SHOPPING GUIDE



Micha (Sunna's dog)

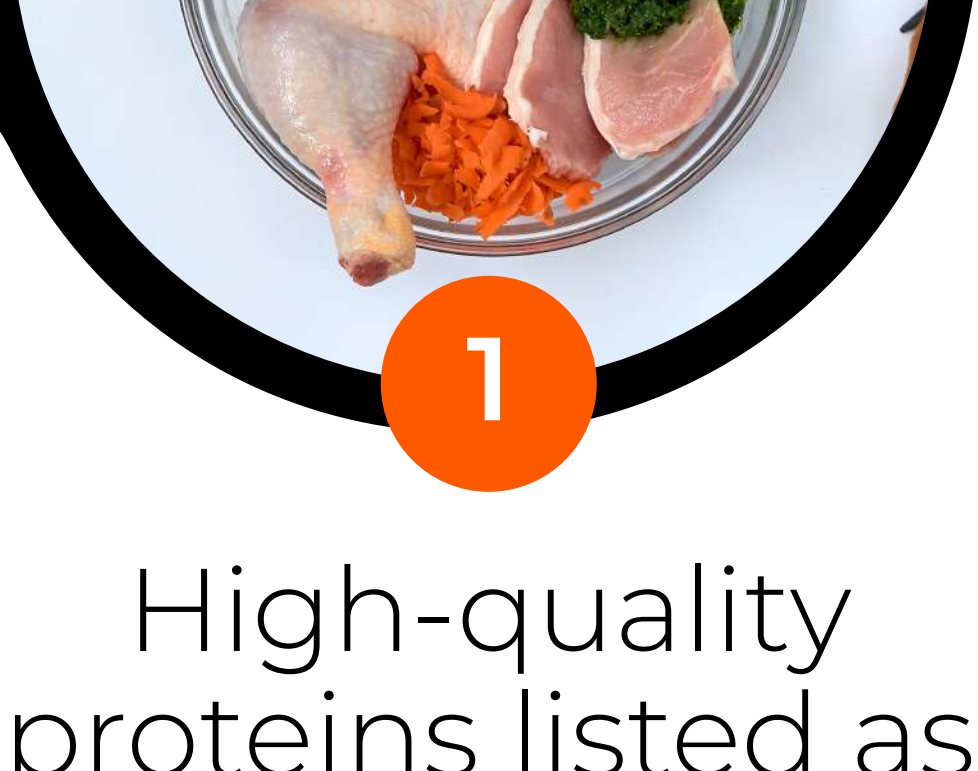
BEST OF 2023

CANNED

DOG FOOD

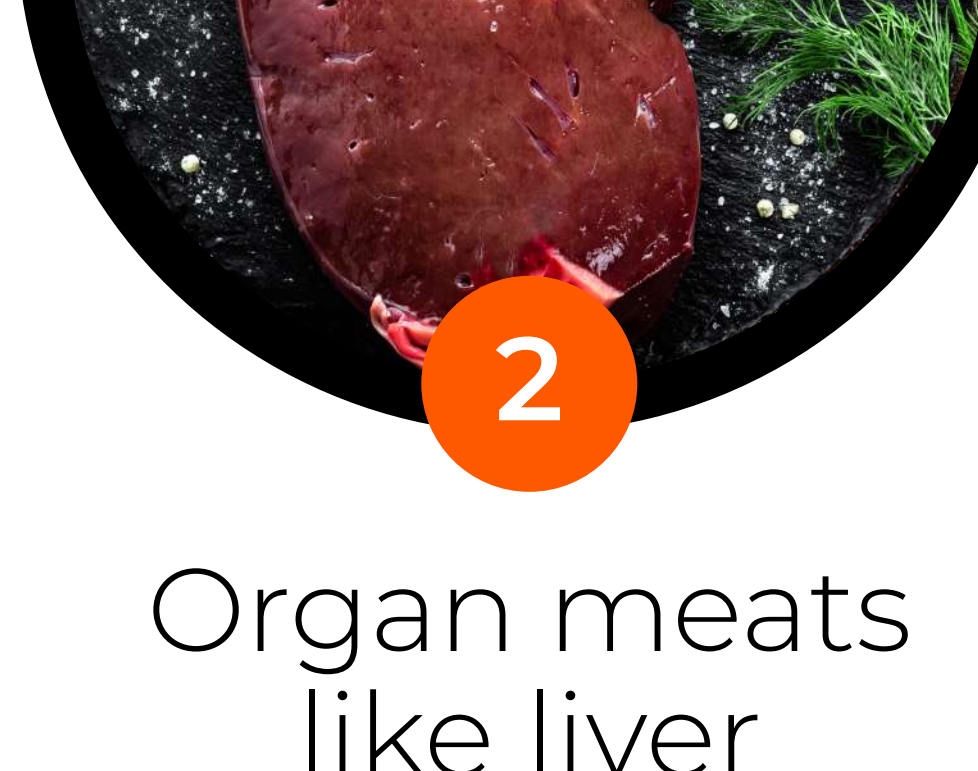
Your dog deserves the best! Dog food has the same problems as human food. We help you choose the best available at national supermarkets.

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

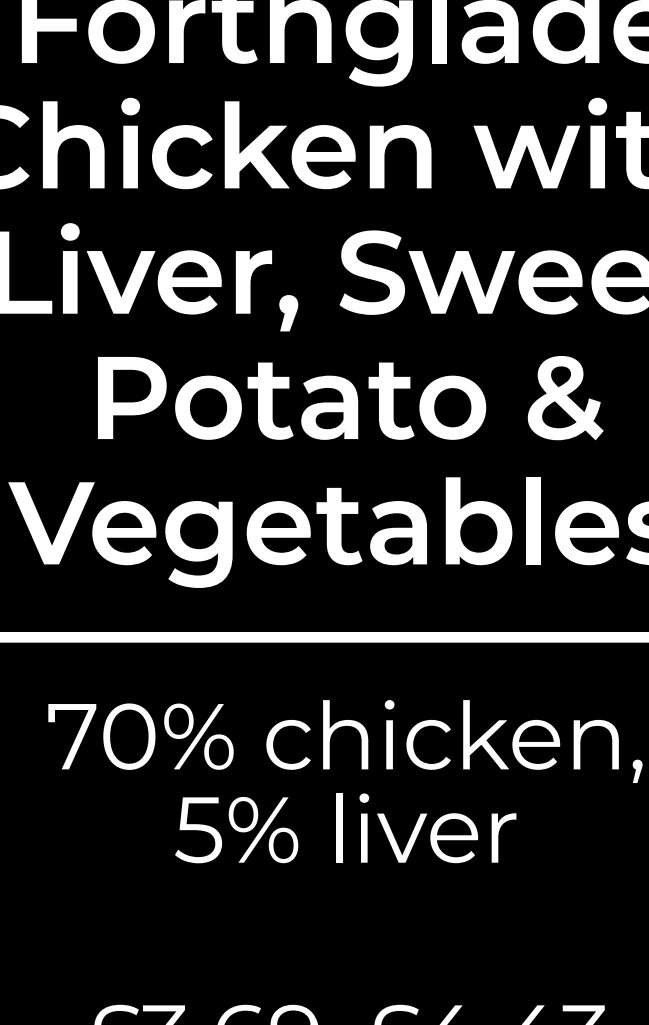
If you have time, try making your own

★
SUNNA'S TOP HEALTH PICK

Forthglade

👍 👍 **LOOK FOR** 👍 👍

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



Forthglade Chicken with Liver, Sweet Potato & Vegetables

70% chicken, 5% liver

£3.69-£4.43 per KG

Sainsbury's **TESCO ASDA**
Cocodo **WAITROSE**



Forthglade Lamb with Butternut Squash & Vegetables

75% lamb

£3.69-£4.43 per KG

Sainsbury's **TESCO ASDA**
Cocodo **WAITROSE**



Lily's Kitchen Cottage Pie

60% fresh beef

£6.88-£8.67 per KG

Sainsbury's **TESCO ASDA**
Cocodo **WAITROSE**



Lily's Kitchen Lamb Hotpot

60% fresh lamb

£6.88-£8.67 per KG

Sainsbury's **TESCO ASDA**
Cocodo **WAITROSE**



Butcher's Traditional Recipes Turkey with Veg

26% chicken, 14% turkey, 10% beef

£3.69 per KG

Sainsbury's **TESCO ASDA**
Cocodo **WAITROSE**



Butcher's Recipes in Jelly Chicken & Liver

46% chicken, 4% liver

£1.98 per KG

Sainsbury's **TESCO ASDA**
Cocodo **WAITROSE**

Recommended retail prices, (prices differ between supermarkets) but promotions often apply.

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

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

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