

## What Makes Dog Food Healthy?

Whether it's kibble, canned, raw or some combination of those, fresh, whole ingredients make dog food healthy. Any pre-packaged food should list a meat source as the first ingredient on the label. You'll want that meat followed by a variety of vegetables. Skip the artificial colors, the grain-filled products the BHA, BHT, and other chemicals. In other words, go with ingredients you recognize. Any meat base is fine unless your pet is allergic to it and most won't be. Unless you have reason to think he is allergic to a meat source, don't worry about it. I feed my dog a scoop of kibble—the brand varies but right now it's Nature's Variety Lamb and Rice—and mix it in with a little leftover (fresh) rice and a raw beef or chicken medallion. This mix offers more of a balance of nutrients and flavor variety than the straight kibble. Plus, by adding in the raw meat, he's getting some of the benefits of the raw diet—shiny coat, healthy immune system, healthy teeth—but it's simple (I buy Nature's Variety and let a few medallions defrost in the fridge at a time) plus I'm able to stretch the pocketbook as feeding a diet of just the raw meat medallions can add up. So, buy the best dog food you can. You'll have to go beyond the traditional supermarkets and big box pet stores. You'll likely need to seek out an independent retailer or order online. The premium foods are usually sold through smaller distribution channels than the big retailers like to deal with. It's also a good idea to buy a smaller bag for a smaller pooch, because once opened, that food's going stale. There are many good brands out there; Nature's Variety, Life's Abundance, California Natural, Sojo's and many more. Go for one that is high in protein and low in carbohydrates and mix it up with added veggies (raw carrots, broccoli) and the raw meat supplement. You'll be rewarded with a happy and healthy dog now and for a lifetime.

## About the Author

Food Not Bombs is one of the fastest growing revolutionary movements active in North America today and is gaining momentum.

Source: <http://www.productsherbal.com>