



# What is in your dog's food?

What dogs eat is their fuel. What they consume can have a positive/negative impact on their development, health and well being. I encourage all owners to know what's in the food their dogs are eating.

## What Dogs Are Designed to Eat

Dogs are designed to obtain the energy they need from protein and fat, so their need for carbs is low. This is backed up by studies which show dogs naturally choose low carbohydrate diets when given the choice.

Study - <https://academic.oup.com/beheco/article/24/1/293/2262442>

When the wrong types of carbs are too high in their diet, it stores as fat, which means your dog is more likely to gain weight or find it hard to lose weight. More carbs means less fat/protein.



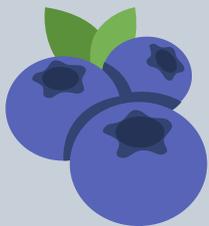


# Good Carbohydrates = Complex Carbohydrates - Fibre

But like most things, things are not always as simple as we would like. Fibre is classed as carbohydrate and can be good for our dogs ... so the right type of carbohydrate & amount can be useful.

Prebiotic is a type of fibre (but not all fibre is prebiotic). To be classified as a prebiotic, the fibre must pass through the GI tract undigested and stimulate the growth and/or activity of certain 'good' bacteria in the large intestine.

Food examples you could add to the dog bowl include bananas, apples, strawberries, raspberries, blueberries, spinach, broccoli





# How To Calculate How Many Carbs in your Dog's Dry Food

**But how do we know how many carbs are in the food we're feeding our dogs?**

To work out the carb content in dry foods, add up the protein, fat, fibre moisture & ash from the guaranteed analysis and subtract from 100. You can usually find this on the packaging , food manufacturer website or <https://www.allaboutdogfood.co.uk>

If ash isn't listed, use 6% as an average. Here's an example:

1. Protein 26%
2. Fat 14%
3. Fibre 4%
4. Ash 6%
5. Moisture 10%

Add:  $26\% + 14\% + 4\% + 6\% + 10\% = 60\%$

Subtract from 100:  $100\% - 60\% = 40\%$

**The carb content of example is 40%**





**Good = dog foods with less than 20% carbs from starch**

**Better = dog foods with less than 15% carbs from starch**

**Best = dog food with less than 10% from starch**

So if your current dog food is higher, you might want to think about looking at alternatives. Here's a great website to get you started

<https://www.allaboutdogfood.co.uk/>





**What if your dog is eating wet food?  
Visit**

<https://foreverdog.com/resources/diet-food/>

**How to find a more suitable dog  
food or find out more about what  
you're currently feeding visit**

<https://www.allaboutdogfood.co.uk>

