

7 TIPS TO A HEALTHY DIET



*Campus
Times*

Pets, just like humans, have different tastes, allergies, and sensitivities to foods. With a growing obesity epidemic, it's important to pay close attention to what our pets are eating on a daily basis and it all starts with owner awareness. Here are a few things to keep in mind:

1. Choose a nutritionally balanced pet food. Be sure to check the ingredients on the label and try to avoid foods with fat listed within the first four ingredients. Speak with *Campus Veterinary Clinic* for suggestions of good foods.

2. Measure your pet's meals. Free-pouring or "eyeing" the amount of food you feed your pet can make a

big difference over time. Be sure to use measuring cups or a scoop with marked measurements so that you can be consistent and ensure that you're not overfeeding.

3. Be consistent. Frequently changing the brand or type of pet food can upset your pet's tummy so it's important to generally stick to the same food, prepared the same, each day. If you decide to change foods, it should be done gradually by mixing in small amounts with your pet's current food.

4. Watch the treat intake. Pet treats can be high in calories and quickly add up. Be sure to moderate the amount of treats given to your pet each day.

5. Take exercise into consideration. Did you recently start a new

jogging routine with your dog? Are your kids spending more time playing with the cats? If your pet's exercise habits have changed, it might also be time to adjust his food intake.

6. Age is a factor. As your dog or cat gets older, his metabolism (and likely activity level) slow down. Be sure to take your pet's age into consideration when choosing a food (is it time for a senior diet?) and the size of the scoop.

7. All pets are different. Each pet has its own nutritional needs based on his individual age, breed, activity level, lifestyle, etc. so be sure to look at each pet as an individual when determining their food needs.

Which Kind of Food Should I Feed My Pet?

From the desk of Dr. Simon Yen

Choosing a pet food can be a daunting experience as it can be very difficult to tell the difference between marketing and hype from the truth of the product's content. Descriptive words like *senior*, *premium*, and *natural* have no standard definition by the FDA, but other words do have specific meaning. For example, if the product says "tuna cat food," at least 95% of the product must be tuna, not counting the water added for processing. If the product says "tuna dinner for cats," at least 25% of the product must be tuna, not counting the water added for processing.

When considering your pet's diet Campus Veterinary Clinic recommends examining three parts of the food label: the life stage claim, the contact info for the manufacturer and the list of ingredients.

Pet owners should look for the word "feeding" in the life stage of the claim. For example, a label may say: "Animal feeding tests using AAFCO procedures substantiate that (name of product) provides complete and balanced nutrition for (specific life stage)." This means the food was proven nutritionally adequate by the Associate of American Feed Control Officials (AAFCO), a leading authority on the adequacy of animal food. Another statement typically seen is "(Name of product) is formulated to meet the nutritional levels established by the AAFCO food nutrient profiles for (specific life stage)." This label means that the diet was deemed adequate based only on the average nutrient content of its ingredients or by lab testing, but not by animal feed tests. As a result, the nutrients in this diet may be in a form that is not available for the

pet to use and could prove to be deficient.

AAFCO defines two life stages: "Growth and Reproduction" and "Maintenance." Any other lifestyle found a pet food label is not defined by AAFCO and its intended definition is at the discretion of the manufacturer. When a product is intended for "all life stages" it means it has higher levels of nutrients needed for growth, but would be fine for maintenance



as well. Any other labeling for life stages such as "senior" is not defined by AAFCO and must meet the requirements for "Maintenance" only.

Checking for a manufacturer's contact information is also important because diligent pet ownership includes contacting the manufacturer for specific details about a diet if you have questions. The manufacturer may not tell you everything about a particular formula due to proprietary issues, but most will be responsive of your concerns.

The ingredients list on the label is an area of consumer preference and subjectivity. Some prefer to avoid animal by-products (which are proteins that have not been heat processed) while other owners look for items like blueberries or glucosamine to add to their pet's diet. Regardless of prefer-

ence, a wise consumer knows that ingredients on a label are listed from the largest amount by weight to the least amount by weight. The first ingredients should be protein in a higher quality food. Sometimes though, if the ingredient listed first is chicken muscle (which contains 70% water) and is then followed by ingredients like dehydrated potatoes and brown rice, the product will have more carbs than protein.

Some nutritionists have recommended switching among two or three different pet foods every few months. Doing so may help prevent a deficiency for some as yet unknown nutrient required for good health. When changing pet foods be sure to add the new food to the old food gradually for a few days to avoid upsetting your pet's digestive system.

Most pets will do fine with the majority of diets on the market. Purchase a diet that meets your personal values and criteria. There are some instances though where a pet will do better on a specific diet. We at Campus Veterinary Clinic are ready to discuss the differences between diets in order to guide you to the best option for your pet.



Check out our recipe for Blueberry Muttins →

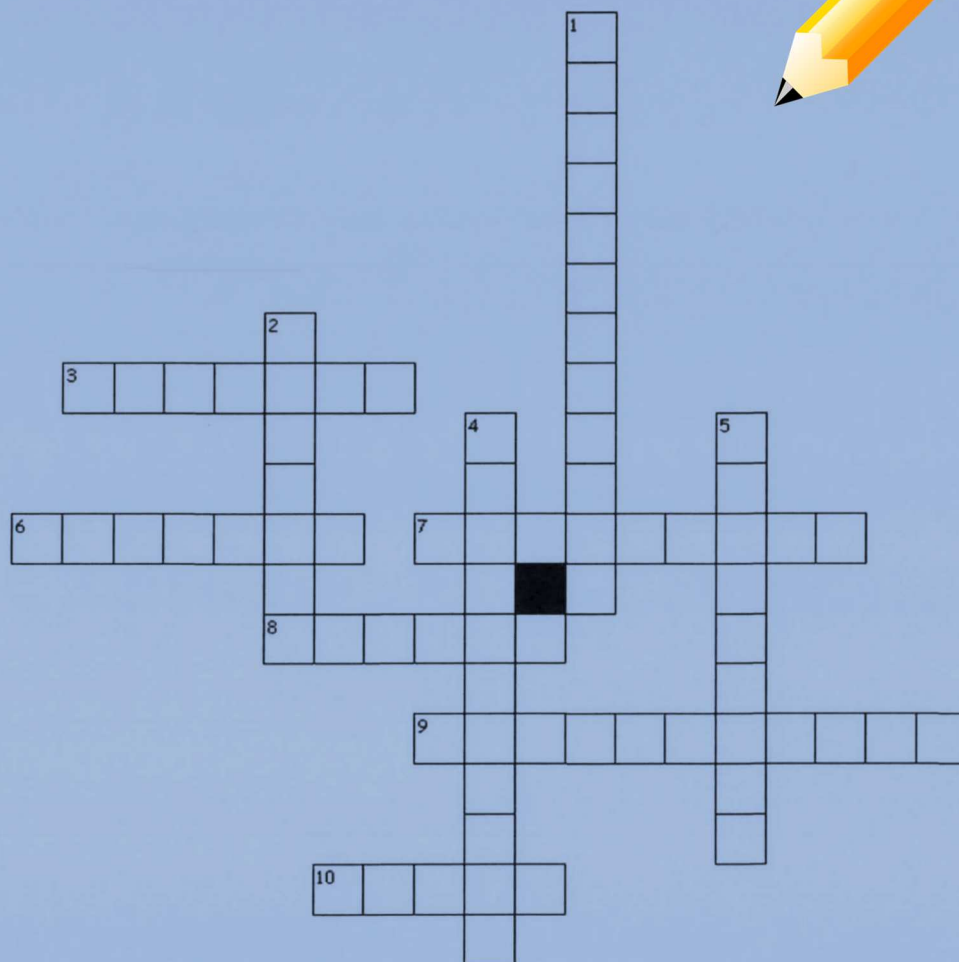
Campus Crossword

Across

3. Ingredients on a label are listed in order of the _____ amounts by weight.
6. The first ingredient should be _____ in a higher quality pet food.
7. Be sure to add the new food to the old food gradually to avoid upsetting your pet's _____ system.
8. The first of two "life stages" as defined by AAFCO is called "_____ & Reproduction"
9. Owners should examine the list of _____ on the food's packaging.
10. _____ is the leading authority on animal food.

Down

1. Look for the contact info for the pet food's _____
2. Pet owners should look for the word _____ in the life stage of the claim
4. _____ is the second of two "life stages" as defined by AAFCO.
5. _____ foods every few months may help prevent dietary deficiencies.



Let your food be your medicine.

~ Hippocrates

Blueberry Muttins

Ingredient List:

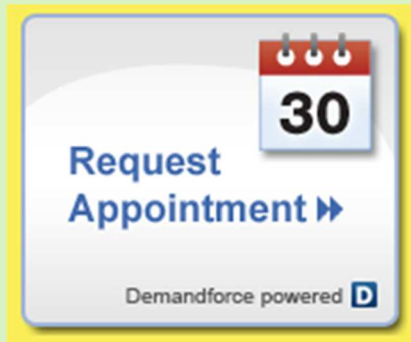
- ½ c. quinoa flour
- ½ c. oat flour
- ½ tsp. cinnamon
- ½ tsp. baking soda
- ¾ c. fresh or thawed blueberries
- 1 c. applesauce
- 1 egg
- ¼ c. water



Instructions:

- Preheat oven to 350 °F
- Combine quinoa flour and oat flour, baking soda & cinnamon in a medium bowl.
- Blend the egg, applesauce and water in a separate bowl.
- Fold dry ingredients into the wet mixture and mix well.
- Fold the blueberries into the mixture.
- Pour batter into a non-stick mini muffin pan, filling ¾ full.
- Bake 10-15 minutes. (Yields 36 muffins/20 calories ea.)

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Campus Times July/Aug 2015

**Have you
filled a water
dish today?**



*Courtesy of
Campus Veterinary Clinic*

