## **Healthy Eating**

What we put in the food bowl is the most important health decision we will make for our pets

Eating healthy is not easy, but the more we do it the better off we are. Feeding/eating as much non processed food as possible is the goal.

- 1) Crock Pot, Human/Table food
  - Add enzymes and Probiotic
- 2) Dehydrated Raw
  - Freeze Dried Raw
  - o Frozen Raw
- 3) Raw Diet
  - $\circ~$  Add enzymes and probiotic
- 4) High quality Kibble-reduce

## amount 25-50%

 Add 25-50% Fresh raw/cooked ingredients (meat and vegetables)



Mexican Quinoa Bowl

• Also add some organ meats (heart, liver, and kidney) every now and then.

## \*Read the Label \*

#1 – At least 2 of the first 5 ingredients should be meat & meat meal (animal protein) NEVER byproduct meal or meat and bone meal

#2 – The fat in the food should be chicken or beef fat, no "animal fat"

**#3** – There should be no artificial colors, sweeteners, or preservatives such as BHA, BHT, or

Ethoxyquin

For more information on diets visit our web site aikenvet.com