



## JEFFREY'S NATURAL PET FOODS

3809 18th Street San Francisco, CA 94114 415-864-1414

1841 Powell Street San Francisco, CA 94133 415-402-0342

[www.jeffreysnaturalpetfoods.com](http://www.jeffreysnaturalpetfoods.com)

# Selecting a quality pet food

Selecting a quality food for your pet can be an intimidating task. With the variety of differing opinions on how to feed your animal, this can seem not only daunting, but also impossible without the help of a professional. While it helps to seek advice from a person experienced in animal nutrition, most of what you need to know can be resolved through common sense. We know that the best foods for us are whole, unprocessed, fresh foods. The same rules apply to what food is best for our pets. Take advantage of the fact that all pet foods have the ingredients listed right on the label. This is the key to finding what your pet needs.

### **Meat**

First, look for a specified meat or meat meal as the first ingredient. Avoid any product that contains by-products, "meat and bone meal" or fails to specify the source of meat.

### **Grains & Vegetables**

Then, look for one or a few unique complex whole grains. Avoid excessive corn, wheat and simple, high glycemic carbohydrates. Avoid products that contain the same grain listed multiple times. Example: Rice, Brewer's Rice, Ground Rice are all white rice derivatives. Fresh vegetables and fruits are always a good thing to find in the following ingredients, as well. This is your foundation for a good food.

### **Supplementation**

Supplements also play a considerable role in the quality of a food. There are a number of supplements that will go a long way to improving and sustaining your animal's health and well-being.

Some of these include:

- Fish oil: Rich source of omega 3's and 6's in a desirable profile (choose salmon or sardine)
- Kelp: Regulates thyroid, as well as providing trace nutrients
- Probiotics: Beneficial bacteria that aids in digestion, intestinal health and promotion of healthy immune system
- Glucosamine/Chondroitin: Helps maintain healthy joints
- Enzymes: Aids in digestion and general well-being
- Herbs and botanicals: Contain various health-giving properties (Milk thistle, dandelion, barley grass, parsley, etc.)

### **Vitamins & Minerals**

Fortunately, all dog and cat foods must contain a certain amount of essential vitamins and minerals, which saves time when considering supplements. However, some minerals are superior to others. When you look at the list of minerals, look for chelated minerals. With chelation, the mineral is bound to two or more amino acids, which make it much more bioavailable to the body than the standard, unchelated form.