

## How To Pick The Right Food for your dog:

**Your dog's age:** Is he an active young puppy, middle aged or a senior dog?

**Your dog's activity level:** bundle of energy or "couch potato"

**Your dog's health history:** allergies or digestive problems which require a special diet?

**What is a good kibble and where do I get it?** These are a few of our favorites and they are all endorsed by the Whole Dog Journal:

Orijen: [www.orijen.ca/orijen/about/](http://www.orijen.ca/orijen/about/)

Solid Gold: [www.solidgoldhealth.com/](http://www.solidgoldhealth.com/)

Wellness: [www.oldmotherhubbard.com](http://www.oldmotherhubbard.com)

Canine Caviar: [www.caninecaviar.com/](http://www.caninecaviar.com/)

Addiction: [www.addictionfoods.com/](http://www.addictionfoods.com/)

Bravo: <http://www.bravorawdiet.com/>

### Other retailers:

[Concord Pet Food & Supplies](#) (4 stores in DE, 1 in MD) [Crunchies](#) (1 in MD)-[Webers](#) (4 stores in VA) [Baron's K-9 Country Pets](#) (1 in MD) [Big Bad Woof](#) (1 in MD) [Dogs and Company](#) (1 in MD) [Whole Pet Central](#) (1 in MD, 2 in VA)

[www.petfooddirect.com](http://www.petfooddirect.com),  
[www.onlynaturalpetstore.com](http://www.onlynaturalpetstore.com)

## Resources

[www.grreat.org](http://www.grreat.org) : contains list of trainers, list of recommended reading, frequently asked questions and answers, e-mail forum where you can get suggestions/advice on all kinds of things from GRREAT members, adoption and foster home applications, and contact information for GRREAT officers/members.

[www.aspca.org/](http://www.aspca.org/) : has number and information on national poison control center, advice on preventing your dog from accidental poisoning, and information on how to prepare for terrorist attack and other emergencies.

[www.canismajor.com](http://www.canismajor.com) : contains numerous articles on training, medical problems, introducing your dog to kids and/or cats, etc. A very well organized and useful site.

[www.doginfomat.com](http://www.doginfomat.com) : has links to previewed sites and articles on dog behavior, adoption, health etc. Also has a very good article on things to consider "Before You Get A Dog."

[www.k9web.com/dog-faqs/breeds/goldens.html](http://www.k9web.com/dog-faqs/breeds/goldens.html): contains history of Goldens, their personalities, characteristics and medical problems, frequently asked questions and recommended reading.

[www.whole-dog-journal.com/](http://www.whole-dog-journal.com/) : provides information to enable consumers to make kind, healthy and informed decisions about caring for their own dogs.

[www.DogFoodAnalysis.com/](http://www.DogFoodAnalysis.com/) : provides a comprehensive list of dog foods that includes ingredients and a summary of what's good, what's bad, and why.

### Suggested Reading

*Natural Health for Dogs & Cats*, Richard Picairn, DVM, PhD & Susan Hubble Pitcairn.  
*Holistic Guide for a Healthy Dog*, Wendy Volhard & Kerry Brown, DVM.  
*The Nature of Animal Healing*, Martin Goldstein  
*The Holistic Dog Book*, Denis Flaim.

# Feed Me, Please!

## Something good!

**A nutrition guide for your  
Golden Retriever**



## GRREAT

**Golden Retriever Rescue, Education  
and Training, INC**

**P. O. Box 190**

**Merrifield, VA 22116**

**Phone (703) 620-6593**

**[www.grreat.org](http://www.grreat.org)**

You've brought your golden into his "forever" home, now what do you feed him or her?

- **As a general rule:** If you can buy it at the grocery store, **DON'T**. Four of the five major pet food companies in the US are subsidiaries of major multinational food production companies. Pet food provides a place for slaughterhouse waste and grains considered "unfit for human consumption" to be turned into profit.
- **Read the label**  
What to avoid: BHA, BHT Ethoxyquin. All are preservatives and suspected carcinogens.
- **Beware of allergies:** Golden retrievers are notoriously allergic. Some of the things to avoid are corn, wheat, wheat flour, and gluten, especially if they are listed in the top ten ingredients.
- **Beware of advertising:** Some dog food commercials would have you think that they are loaded with beneficial meats and vegetables when nothing could be further from the truth. Don't let pictures in food packaging influence your selection. **Read the label!**

**IDEALLY** you could home cook for your pup so you know that he is getting fresh, wholesome food but that is not always feasible or practical

SO, what can you do?

- **Find a high quality kibble:** There are many brands of dog food that use high quality, "human grade" ingredients. The Whole Dog Journal ([www.whole-dog-journal.com/](http://www.whole-dog-journal.com/)) is an excellent resource which publishes a list each year of the top brands. One of the benefits of feeding a high quality diet is that the poops are smaller because there are less fillers and your dog is assimilating more of the food.
- **You can supplement the kibble:** with items like high quality canned dog food - which has fewer fillers - or with cooked ground beef, chicken or vegetables.
- **Add dietary supplements to your dog's diet.** Products (like Missing Link or Solid Gold Seameal) can add back vitamins and minerals that may have been baked off as the food was processed. Capsules that contain Omega 3, Omega 6 and vitamin E (such as 3V caps, Derm caps, and Fish Oil caps) can help provide for a shiny coat. Also, Glucosamine and Chondroitin supplements can help joint health, especially for your aging dogs.

- **It is a myth that dogs can be fed only one food for their entire life.** You can add variety to your dog's diet by feeding different types of food. Just make sure that you switch gradually over a period of a few days. It is better for your dog to rotate between three or four very good foods than the same thing everyday.
- **Feed two or three smaller meals a day rather than once a day:** Some of the benefits are maintaining blood sugar levels, easing digestion, and regulating elimination schedules. Feeding once a day or "free-feeding" can cause irritation of the esophagus, encourages dogs to overeat and could also cause "bloat" which can be fatal.
- **Treats:** Most commercial treats are based on wheat and may contain preservatives. Cut carrots, green beans, and frozen pumpkin in ice cube trays make good treat alternatives.
- **Always provide plenty of fresh water.** You should give your dog water that you would be comfortable drinking yourself. Various parts of the country differ on the purity of their tap water. Natural spring water or filtered water work well.

**Happy Feeding!**