



WHAT IS IN YOUR PET'S FOOD?

At Tabby and Jack's we know you want what is best for your pet. We also know that reading pet food labels can be daunting and confusing. Because we know how important your pet is to you, we have compiled an easy to read and understand guide to finding a healthy and safe diet for your furchild.

Key Categories	Excellent Sources	Ingredients to Avoid	Comments on Ingredients to Avoid
Proteins	Chicken, Duck, Lamb, Turkey, Beef, Salmon, Bison, etc. in either a Fresh or Meal form.	Any Meat By-Product, Meat and Bone Meal, Soybeans, Soybean Meal, Blood Meal, Liver Meal, Pork and Bone Meal, Poultry Meal	"Meat" is a generic term and only means it came from a animal and is often associated with low quality sources. If a manufacture is proud of the animal source, it will identify it. Animal By-Products are the parts of the animal left over that are unsuitable for human consumption. Soybeans is an inexpensive substitute for animal protein.
Fats	Chicken Fat, Canola Oil, Salmon Oil, Almond Oil, Sesame Oil, Sunflower Oil, Flaxseed Oil, Grapeseed Oil, Olive Oil.	Animal Fat, Soybean Oil, Mineral Oil, Lard	Avoid generic terms such as "animal". If the "animal" is not identify, it is likely from a low quality source. Mineral Oil functions as a laxative and stool softener, but there is no evidence of any other health benefit. Lard has few nutritional benefits and is often used in low quality pet foods to make it more palatable.
Grains and Fibers	Whole Brown Rice, Oats, Barley	Corn, Corn Gluten, Wheat Gluten, Rice Gluten, Oat Hulls, Peanut Hulls, Rice Hulls	These are inexpensive grains and by-products of human food processing which offers very little nutritional value and is mainly used as a filler. Vegetable proteins (Glutens) are a low grade source of protein and cost a manufacturer a fraction of the cost of an animal protein source.
Fruits and Vegetables	Broccoli, Carrots, Blueberries, Cranberries, Tomatoes, Apples, Potatoes, Green Beans	Potato Product, Apple Pomace, Citrus Pulp, Grape Pomace	"Product" usually means it is the remains after human food processing and consists of peeling, culls, etc. Look for whole, fresh potatoes instead. The pomace and pulp of apples and grapes contain the by-product left over from human food processing and can also contain some twigs and leaves that may have residues from pesticides and synthetic fertilizers. Grapes should be avoided altogether.
Vitamins and Minerals	Vitamins A, E, B12, D, Iron, Zinc, Copper, Folic Acid, Beta Carotene, Ascorbic Acid, Niacin, Calcium, Riboflavin, Biotin	K3, synthetic vitamin K (also listed as Menadione Dimethyl Pyrimidinol bisulfate, Menadione Dimethyl-Pyrimidinal Bisulfite, Menadione Sodium Bisulfate Complex, Menadione Sodium Bisulfite and Menadione Sodium Bisulfie Complex	This is an unnecessary ingredient in pet food. This synthetic version of vitamin K has not been specifically approved for long term use. It has been linked to many serious health issues.
Preservatives	Preserve naturally with Vitamin A and E. The label may describe the preservative as Mixed Tocopherols, which is vitamin E.	Butylated Hydroxyanisole (BHA), Butylated Hydroxytoluene (BHT), Ethoxyquine	BHA and BHT are synthetic preservatives that may contribute to carcinogenicity or tumorigenicity. Ethoxyquine has been banned from human food other than as a coloring for spices. Preliminary studies show some evidence Ethoxyquine may cause liver damage.

Other comments:

1. Be sure the specific meat source is listed as the first ingredient, unless your pet has been diagnosed with a condition that prohibits high levels of proteins.
2. If the specific meat source is not in a "meal" form, be sure it is followed by a specific meat source meal. Fresh sources of meat such a chicken consist of 75% water. Meal forms of meat are weighed in their dry state and, therefore, have higher concentrations of protien.
3. The chemical preservative ethoxyquine is not always listed separately in the list of ingredients. If an ingredient is outsourced (such as chicken by-products) the manufacturer is not obligated to list in the ingredients what preservative chemical was used outside of its facility. This is another reason that animal by-products should be avoided.

We welcome your comments: michelle@tabbyandjacks.com