

Our thoughts on food:

We are sending you home some food that your pup is used to. You don't necessarily need to continue that same food, but please use it to mix in with your new food for the first several days to ease the transition for their digestive system. Any time you switch foods, mix the old and new together for a few days in this proportions:

Day 1: 75% old food and 25% new food

Day 2: 50% old food and 50% new food

Day 3: 25% old food and 75% new food

Day 4: 100% new food.

We like very high quality dry foods with high quality grains. (PLEASE READ OUR BLOG POST ABOUT GRAIN-FREE DIETS!

<https://goldenpuppiesblog.wordpress.com/2019/01/09/new-fda-alert-re-grain-free-food/>

Your pup was weaned on _____.

Other brands we like are:

1. Fromm
2. Victor
3. Nutra Source
4. Holistic Select
5. Orijen

Be sure to read our other blog post about food with much more details for you to think about in the long-term: <https://goldenpuppiesblog.wordpress.com/2019/01/09/food-is-preventative-medicine/>

Any time I'm looking for a new food, I check out a few websites with information from investigations of dog food ingredients. My favorite is this one:

<https://www.cornucopia.org/pet-food-guide/>

Here is a great article about decoding pet food ingredients: <https://foodbabe.com/petfood/>

Your puppy should do very well with dry food softened with some warm water. Some vets say to gradually stop softening it. However, my current vet is a big believer in wet food for the rest of the dog's life. She says that dry food takes so much water from the dog's body to digest and they can be dehydrated. So, if you're softening their food before giving it to them, it's less water their body has to use.

As a treat (and only once in a while or they will expect it!) we like to mix any of the following into our dog's dry food: pumpkin puree (100% pumpkin, not the pie mix!), peanut butter, bacon grease or scrambled eggs. Again, these are treats and not given frequently or she will expect it!

How to choose a food? We suggest a better quality store like Animal Supply House in Rock Hill. These stores only stock good quality food and you can't go wrong with any choice you make. The big stores like PetSmart , Walmart and grocery stores have some good choices but mostly really cheap/poor quality choice. **You need to be careful of corn and cheap grains. They are cheap fillers and can cause loads of health problems down the line.** You want high quality grains like barley, millet, quinoa and sorghum. If the first ingredients listed are meat, bone meal or meat by-products, this is what you want. If you get a cheaper food your dog will eat more of it because of the empty carbs and lower protein and you may need to supplement with a multivitamin. So, it's better and better to just get a higher quality food.

Food portion sizes go hand in hand with activity level. It is easy for your dog to get overweight, which can cause other health problems! Please follow the directions on your bag of food for your dog's age and weight. And revisit that chart regularly as your pup grows! We feed our adult dog twice a day (breakfast and dinner) and nothing in between. No table scraps (remember, consistency! He will expect it every time!) and no "free feeding" which means food available all day long. **However, water should be available at all times.** My current vet recommends feeding adults dogs HALF the recommended portion size on the bag of food. She says food companies increase it for sales and/or liability. I would not reduce anything for a growing pup, though. In summary, portion sizes might be a good topic to bring up with your vet.

YOUR PUP IS NOW BEING FED THREE TIMES A DAY. By the time he is six months old, he only needs two feedings a day.

We believe whole heartedly that spending a little extra money on good food will save you in the long run from costly health and dental problems!