

**BEST PET PARENTS**  
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**Compare Fat, Protein, other Nutrient Levels in Pet Diets** i.e. Dry vs. Fresh and Canned which Contain More Water:

- [https://sites.tufts.edu/petfoodology/2017/08/07/nutrient\\_converter/#:~:text=The%20best%20way%20around%20these,that%20food%20to%20your%20pet.](https://sites.tufts.edu/petfoodology/2017/08/07/nutrient_converter/#:~:text=The%20best%20way%20around%20these,that%20food%20to%20your%20pet.)

**Commercial Fresh Food Options:**

- Paul's Custom Foods <https://paulscustompetfood.com/>
- Evermore <https://www.evermorepetfood.com/>
- The Farmer's Dog
- Wynwood <https://wynwooddogfood.com/>
- Just food for Dogs <https://www.justfoodfordogs.com/> ; NOT the tetra pack diets
- PetPlate <https://www.petplate.com/>
- [Ollies](#)

**NOTES about Fresh Food Companies:**

- Paul's Custom Pet Food – will make therapeutic diets for individual pet with disease state
- Just Food for Dogs – NOT the tetra pack diets; has therapeutic diets
- Wynwood - has therapeutic diets
- The Farmers Dog
- Evermore
- Nomnom
- PetPlate
- Ollies

**Commercial Fresh Food Options for Cats:**

- Paul's
- Smalls
- Evermore

**Commercial Freeze dried to consider:**

Medicus line and her healthy pet diets <https://medicusveterinarydiets.com/>

**Commercial Raw:**

- Instinct Pet Food (on staff, colleague Dr. Susan Wynn, DVM, CVA, DACVIM)  
<https://instinctpetfood.com/>

**Homemade Dog Food Maker:** <https://www.innovetpet.com/products/chefpaw-dog-food-maker>

Again check the nutrient profile of the recipes that are appropriate for your dog

**Dental Products:** <https://vohc.org/accepted-products/>

### **Why do we recommend and use veterinary therapeutic diets for your dog vs. an over the counter (OTC) diet?**

For her base commercial diet – we strongly recommend using a veterinary therapeutic diet – rather than looking at other ‘over the counter’ (OTC) pet diets. Veterinary therapeutic diets (VTD) are the ONLY time pet food companies use the science and research to improve health and management disease states. ALL OTC diets are made for average dogs with average health despite whatever marketing, advertising etc. etc. OTC diets are about pet food sales, money, and not long-term health, better nutrition of the patient – again they are average and this is not suitable for our patients:

The problems we have with OTC diets are as follows:

- They can have a variety of ingredients not on the labels (i.e. chicken in a OTC diet labelled “beef”-contamination because they are made with same equipment or building where other OTC diet flavors, forms are being made,
- They can have huge variabilities or inconsistent nutrient analysis (i.e. percent fat, protein, etc.)
- Change ingredients without changing labels or notifying consumers
- OTC diets start with processed ingredients that we do not consume and then are highly processed
- Digestibility i.e. utilizing these processed diets can be poor
- Contamination with aflatoxins, molds, bacteria, etc. can occur

Again, we find most of our dogs with medical problems are consuming OTC diets and many of them are often having to switch it up for various “adverse food reactions”. All of the above applies to commercial pet treats – and have less quality control and oversight. Why VTD diets are likely to be better diets than OTC diet:

- We do not work for any of the pet food companies but we do know that the VTD are made with what science we have,
- have better quality control,
- no/less variability in nutrients as they are made more like “medicine” as their intent is to be used for medical management of chronic disease states,
- contain functional ingredients i.e. omega 3s, antioxidant mixes, etc.,
- and finally carry a higher liability as you need veterinarian approval to purchase these diets.

### **Veterinary Therapeutic Diets Options:**

- Purina Pro Plan Veterinary Diet EN Gastroenteric Dry/Canned, or EN Naturals
- Purina Pro Plan Veterinary Diet JM Joint Mobility Dry only available (high dose omegas included, no fish oil supplement required with this diet)
- BLUE Naturals Veterinary Diet Gastrointestinal Support or Gastrointestinal Support Low Fat
- Royal Canin Veterinary Diet Gastrointestinal Dry/Canned

**Why we should consider ultra processed foods in our diets and out diets: Check out our TEDx talk at: <https://www.youtube.com/watch?v=LvwMXqyrKG0>**