

PET FOOD:

# Labels tell the story... or only part of it!

Part 2

As promised last issue, I will continue talking about pet food ingredients. Last issue I wrote about proteins and their level of quality. This time I will be talking about carbohydrates.

Not all carbs are created equal. It's important to distinguish between the health-robbing effects of simple sugars and other carbs, and the health-giving properties of complex carbohydrates.

Complex carbohydrates are high-fiber foods, which improve your pet's digestion. They help stabilize the blood sugar, keep pet's energy at an even level, and help them feel satisfied longer after each meal.

In contrast, sugar and other simple carbohydrates can alter your mood,

lead to cravings and compulsive eating, cause wide swings in your blood-sugar levels, and cause weight gain in most pets.

Carbohydrate sources I chose to feed my companion fur balls include potatoes, oatmeal, barley, carrots, apples, and brown rice. I avoid these ingredients; white rice (or "rice"), wheat, corn, and any ingredient ending in "ose".

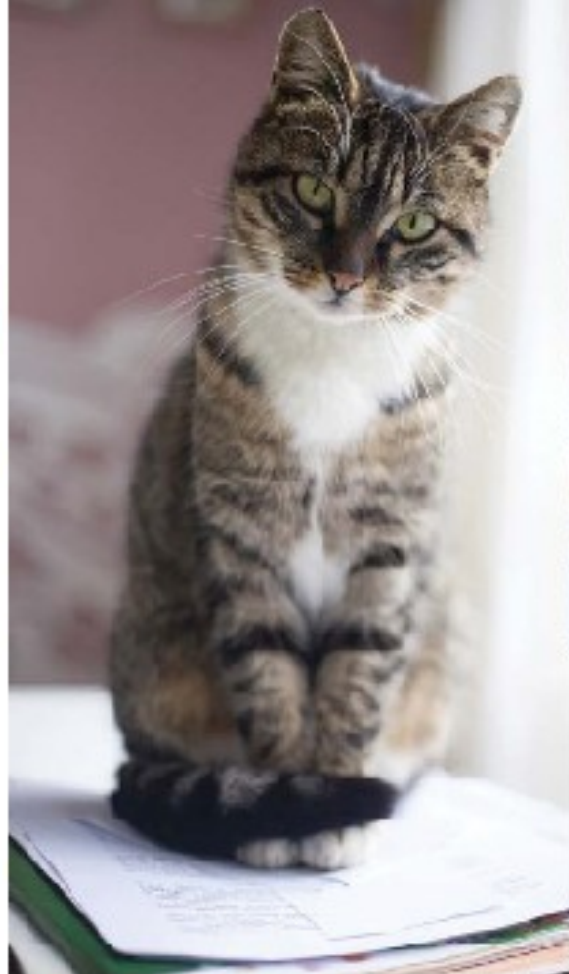
When it comes to adding sugar (simple carbs) to their diet, I give a few, and I mean FFW treats including sugars per day.

It is important to note the following few items. All of these points could be argued with, and often are, however, no argument I have heard has swayed my opinion.

1. Feline Diabetes is epidemic (as with humans).
2. Cats cannot take carbohydrates and brate them down effectively, as we can. They are true carnivores.

Dogs are omnivores (eat meat or vegetables, like us), however, can they do well eating a diet with 40% or more, corn or wheat flour? When making important pet-diet decisions, keep in mind protein content as well, topic detailed in the previous magazine issue or call for advice.

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