



WSAVA Global Nutrition Committee: Recommendations on Selecting Pet Foods

Factual information must be provided on pet food labels but it is important to be aware that the label is also a promotional tool to attract pet owners. This means that much of the information provided - including the ingredient list and use of unregulated terms such as 'holistic'; 'premium' or 'human grade' - is of little practical value in assisting nutritional assessment. The veterinary team plays a vital role in helping pet owners make informed decisions based on two key pieces of information:

A. The manufacturer's name and contact information. This allows a member of the veterinary team or the pet owner to contact the manufacturer to ask the following questions:

1. Do you employ a full time qualified nutritionist?
Appropriate qualifications are either a PhD in animal nutrition or board-certification by the American College of Veterinary Nutrition (ACVN) or the European College of Veterinary Comparative Nutrition (ECVCN). What is this nutritionist's name and qualifications?
2. Who formulates your foods and what are his/her credentials?
3. Are your diets tested using AAFCO feeding trials or by formulation to meet AAFCO nutrient profiles? If the latter, do they meet AAFCO nutrient profiles by formulation or by analysis of the finished product?
4. Where are your foods produced and manufactured?
5. What specific quality control measures do you use to assure the consistency and quality of your ingredients and the end product?
6. Will you provide a complete nutrient analysis for the dog or cat food in question? (Can they provide an average/typical analysis, not just the guaranteed analysis which is only the minimums or maximums and not an exact number)? You should be able to ask for any nutrient - e.g. protein, phosphorus, sodium, etc. - and get an exact number. This should ideally be given on an energy basis (i.e. grams per 100 kilocalories or grams per 1,000 kilocalories), rather than on an 'as fed' or 'dry matter' basis which don't account for the variable energy density of different foods.
7. What is the caloric value per gram, can, or cup of your foods?
8. What kind of product research has been conducted? Are the results published in peer-reviewed journals?

If the manufacturer cannot or will not provide any of this information, owners should be cautious about feeding that brand.

B. In some countries, the AAFCO adequacy statement is included on the label. This statement confirms three important facts:

1. Whether the diet is complete and balanced. All over-the-counter foods should be complete and balanced. If the statement reads 'for intermittent or supplemental use only,' it is not complete and balanced. That may be acceptable if it is a veterinary therapeutic diet and is being used for a specific purpose - e.g. in a case of severe kidney disease - but should be avoided in over-the-counter pet foods.
2. If the food is complete and balanced, what life stage is it intended? AAFCO provides nutrient profiles and feeding trial requirements for growth, reproduction, and adult maintenance, but not for senior/geriatric pets. A food that is formulated to meet the AAFCO profiles for all life stages must meet the minimum nutrient levels for both growth and adult maintenance.
3. If the food is complete and balanced, how did the company determine this? Labels may include one of two statements regarding nutritional adequacy.
 - "[Name] is formulated to meet the nutritional levels established by the AAFCO Dog (or Cat) Food Nutrient Profiles for [life stage(s)]." (Analysis of food.)
 - "Animal feeding tests using AAFCO procedures substantiate [Name] provides complete and balanced nutrition for [life stage(s)]." (Feeding trial evaluation of food.)

Formulated foods are manufactured so the ingredients meet specified levels, either based on the recipe or on analytical testing of the finished product, without testing via feeding trials. While feeding trials help to test for the food's nutritional adequacy, the use of feeding trials does not guarantee that the food provides adequate nutrition under all conditions. It is important to ensure that the criteria in section A also help to ensure that the food is made by a reputable and knowledgeable company with strict quality control measures.





The Savvy Dog Owner's Guide: Nutrition on the Internet

More than 75% of all American homes have computers and this is both a blessing and a curse. For dog owners, the internet provides vast amounts of information on many subjects. The information, however, is virtually unregulated and its quality ranges from excellent to pure quackery. Deciding which websites are trustworthy can be difficult!

Canine nutrition is a popular topic. There are literally thousands of websites, promoting everything from recipes for raw food and vegetarian diets; advertisements for supplements and holistic foods; recommendations for diets that allegedly prevent or cure disease; 'get-rich quick' pyramid-selling schemes for nutritional supplements and consultation services operated by 'nutritionists.' Many home-made diets are promoted - some which are almost nutritionally balanced; some that are mildly unbalanced and some that are downright dangerous!

All in all, many nutritional myths are perpetuated, many half-truths reinforced and many incorrect facts conveyed. There is, of course, some excellent information - but not nearly as much of it!

Surfing Tips

So how can you decide what to believe? Here are some recommendations to help you when evaluating the content of websites:

Discuss information with your veterinarian. What you read online should enhance what your vet tells you, not replace it. If in doubt, ask him or her to help you evaluate it.

Research the credentials of the site's author. Is it a pet owner; a company; a veterinarian; a PhD in animal nutrition or a board-certified veterinary nutritionist? Be careful when a person marketing his or her services claims to be a 'pet nutritionist' or a 'certified nutritionist,' as there is no standardization in training for this. The exception is a veterinary nutritionist who is board-certified by the American College of Veterinary Nutrition (ACVN) or the European College of Veterinary Comparative Nutrition (ECVCN). These are veterinarians who have undergone several years of rigorous post-graduate nutrition training in approved residency programs and who have passed the ACVN or ECVCN's certifying examination.

Read the website address. Sites with an address ending in .com are commercial. Those ending in .edu are educational and those ending in .org are nonprofit organizations. Large pet food companies often have high-quality websites with good general nutrition information that is separate from their product information.

Check the source of the information. Do the authors simply state that a product 'prevents cancer' or is there a reference to a scientifically-conducted research study? It is easy - though illegal - to make unproven claims for nutritional products but it is much harder to back them up scientifically. If there is a reference, where is it from? Is it from the author's own article or promotional literature or is it from a peer-reviewed veterinary journal? Most products on the internet do not cite studies to back up their claims. Those that do often cite studies on humans or rats which may not be pertinent to dogs.

Check the timeliness of the information. Things change quickly in veterinary medicine and especially in the field of nutrition. Many websites are out of date. What was recommended two years ago may not be accepted practice today. A good website will be updated frequently.

Be wary of anecdotal information. Descriptions of one person's experience (e.g. 'When my dog was diagnosed with kidney disease I gave him 'GETBETTER' nutritional supplement and now he's cured') can be misleading. While it can be useful to hear about other people's experiences, their positive evaluations do not mean that the actual product or treatment is really beneficial. Always discuss what you've heard with your veterinarian.

Watch out for rating websites. Most websites that rank dog foods do so either on opinion or on criteria that do not necessarily ensure a good quality food (e.g. price, ingredients, size of the company). It's important to use more objective criteria (science, quality control) in judging a dog food.

Be skeptical of grand claims or easy answers to difficult problems. Remember the old adage: if it sounds too good to be true, it probably is.

If you are a critical web surfer and work with your veterinarian to analyze the information you find, you will reap the benefits of the computer age without experiencing its problems.



Below are the web addresses of some useful, accurate sources of information on nutrition:

Nutrition Guidelines

- World Small Animal Veterinary Association Nutritional Assessment Guidelines <http://www.wsava.org/educational/global-nutrition-committee>
- American Animal Hospital Association Nutritional Assessment Guidelines <https://www.aahanet.org/Library/NutritionalAsmt.aspx>

Tools for the Veterinary Healthcare Team

- World Small Animal Veterinary Association Global Nutrition Committee Nutrition Toolkit <http://wsava.org/nutrition-toolkit>
- Pet Nutrition Alliance – information and tools to increase awareness of the importance of optimal pet nutrition <http://www.petnutritionalliance.org>

Pet Nutrition – General Information for Pet Owners

- National Research Council downloadable booklet: Your Dog's Nutritional Needs <http://dels-old.nas.edu/banr/petdoor.html>

Pet Food

- Association of American Feed Control Officials: Information on regulations, labeling and other important facts about pet food <http://petfood.aafco.org/>
- FAQs about pet foods www.tufts.edu/vet/nutrition/faq/general_pet_nutrition.html
- Federal Drug Administration (FDA) Pet Food site: Information, links, food safety issues, recalls, pet food labels, reporting portal <http://www.fda.gov/AnimalVeterinary/Products/AnimalFoodFeeds/PetFood/default.htm>
- Pet Food Institute: Information on ingredient definitions, labeling regulations <http://www.petfoodinstitute.org/Index.cfm?Page=Consumers>
- Pet Food Report: Consumer's Guide to Pet Food www.petfoodreport.com

Nutrition Consultations

- American College of Veterinary Nutrition: Listing of board-certified veterinary nutritionists who will conduct nutritional consultations for veterinarians and/or pet owners www.acvn.org
- European College of Veterinary and Comparative Nutrition: Board-certified veterinary nutritionists in Europe www.esvcn.com

Home-cooked Diets

- American College of Veterinary Nutrition: Listing of board-certified veterinary nutritionists who will formulate nutritionally balanced homemade diet recipes for veterinarians and/or pet owners www.acvn.org
- BalanceIT: Commercial website which offers semi-customized balanced home-cooked diet recipes for pet owners with healthy pets. Veterinarians can customize pre-formulated recipes for animals with medical conditions www.balanceit.com
- European College of Veterinary and Comparative Nutrition: Board-certified veterinary nutritionists in Europe www.esvcn.com

Obesity

- Pet Obesity Prevention: Useful information on assessing pets' body weight, calorie needs, and weight loss tools www.petobesityprevention.com

Dietary Supplements

- Consumerlab: Site (with a small subscription fee for use) that independently evaluates dietary supplements (primarily for human supplements but some pet supplements are included) www.consumerlab.com
- Food and Drug Administration (FDA): Regulatory and safety issues of dietary supplements, adverse event reporting <http://www.fda.gov/food/DietarySupplements/default.htm>
- Mayo Clinic drugs and supplements information: Fact sheets on human supplements and herbs <http://www.mayoclinic.com/health/drug-information/DrugHerbIndex>
- National Institutes of Health (NIH) Office of Dietary Supplements: Evaluating supplements, fact sheets, safety notices, internet health info <http://ods.od.nih.gov>
- United States Department of Agriculture (USDA) Food and Nutrition Information Center: General supplement and nutrition information, links to a variety of dietary supplement websites http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1&tax_subject=274
- United States Pharmacopeia Dietary Supplement Verification Program: Independent testing of dietary supplements (human supplements only) <http://www.usp.org/usp-verification-services/usp-verified-dietary-supplements>

Raw meat diets

- Tufts Cummings School of Veterinary Medicine raw diet fact sheet http://www.tufts.edu/vet/nutrition/resources/raw_meat_diets.pdf
- FDA guidance document on safe handling and raw foods <http://www.fda.gov/downloads/AnimalVeterinary/GuidanceComplianceEnforcement/GuidanceforIndustry/UCM052662.pdf>

Other

- Ohio State Indoor Pet Initiative: Nutrition and other tips for optimizing the indoor pet's environment <http://indoorpet.osu.edu/>
- USDA Nutrient Database: Full nutrient profiles on thousands of human foods <http://www.nal.usda.gov/fnic/foodcomp/search>

