

# Feeding Puppies

**HOW OFTEN?** If puppies eat all the time; they poop all the time. So it's preferable to feed "meals" two or three times a day and 'predict' a poop 5-10 minutes later.

**WHAT TO FEED?** Puppies that eat "puppy" food can "grow too fast" (Breeds over 40 pounds) and this can cause joint problems. So, feeding a 'good quality' "adult" food is a better idea for the medium to large breeds. Don't throw out your puppy food. Just, when you re-purchase, give "adult" food.

**HOW MUCH TO FEED?** I recommend feeding "all they want" in two or three meals a day. But there's a trick to it. When the puppy gets in front of the bowl, let them load up. Give enough that they don't finish the bowl. A few minutes in, they'll get distracted (belly-full) and wander off to play. DON'T call them back to the bowl. They're "done" and if you entice them to "really load up" they get pasty stools.

**WHAT BRAND TO FEED?** I always pick a 'decent quality' 'middle-of-the-road' and 'easy-to-find' dog food for puppies. Last few years I've just gone and bought Nutro of different flavors, it (flavor) doesn't really matter. Other foods to consider are Rachael Ray, Blue Buffalo, Taste of the Wild, Chicken Soup for the Soul. There are really no "bad" foods out there except "Fresh Pet". Some foods are far more expensive than they ought to be. Examples are "Dr Marty's" which is mediocre nutrition with unremarkable ingredients sold at a super-ticket price. Other foods of 'regular quality' and overpriced include Victor and Diamond. There is NOTHING wrong with these foods except price and availability. Finally, the Costco line of diets is BETTER than almost all the grocery-store diets, and better than 1/3<sup>rd</sup> of the premium diets. I am ENTIRELY unimpressed by Pedigree, Purina and Iams. Mass-production as boosted carbohydrates and misleading labeling in these foods. For example a "Salmon-Sweet Potato" diet that is made *mostly* with chicken. Liars. You have to read the bags, especially with IAMS now.

Puppy metabolism is FOUR TIMES higher "per cell" than an adult cell. They're growing.

When they stop growing (or get "fixed") their appetite (need for food) drops by 75% and people think:

1. Something's wrong
2. He hates his food
3. ***I need to mix something in it***

You're "doing it right" when you allow a dog eat half their food, or they can skip a meal completely without anyone starting the "***mixing, topping and wetting***" death-spiral.

When food tastes good enough, they'll eat it EVEN if not hungry and then they get fat. It is the SINGLE most common mistake owners make.

*The single most accurate predictor of longevity is a low body weight in a dog.*