



# Train-A-Pit Obedience

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## *How to be a Responsi-Bull Pit bull Owner*

### Feeding a Good Food

Just as it is vitally important to feed you and your family the most nutritious meals possible for optimum health, so too is it equally important for your dog. Pit bulls are a breed more susceptible to having food allergy than many other breeds.

What does that mean? If you notice that your dog is overweight, has a dull coat, licks between its toes, has frequent ear infections, has body odor, or generally is lacking good health there is a likely correlation to the dog food you are feeding. If you buy your dog food in a grocery store (Safeway, Albertsons, Fred Meyers, etc.) or a large chain store (Walmart, Target, etc.) it is not a good food! Purina One, Beneful, Ole Roy, Science Diet, Iams, Nutra Nuggets are all very bad for your dog and lack even the most basic nutrition.

So how do you feed your dog well and not spend a fortune? You have to read the ingredients on the bags of dog food, be creative on where you shop, and put a little more effort than going to the grocery store. I promise it will all pay off when your dog is far more healthy than on those other brands of dog food, you have to feed less of the good food AND there is a lot less dog poop to clean up. I swear it's true! They absorb more of the food because it actually has nutritional value and therefore less comes out the other end.

A few basics in reading the labels- make sure the first ingredient is meat or the second ingredient is a meat meal (and not a byproduct). Beef is not a preferred meat-feed lamb, chicken or fish instead. Do not feed a food that has corn as an ingredient. Pit bulls are very allergic to corn and it holds no nutritional value. Avoid foods that have the following preservatives as they are toxic!! BHA (Butylated Hydroxyanisole), BHT (Butylated Hydroxytoluene), Ethoxyquin, TBHQ (Tertiary Butylhydroquinone), Sodium Metabisulphite and any dyes or food coloring.

Which foods to feed? It really depends on what you can afford. Some of the best foods are Evo, Timberwolf, Taste of the Wild, Solid Gold, and Wellness. They also tend to be expensive. Foods that are more midline in price are Canidae, Pinnacle, and California Natural. Food brands that are at the lower tier of expense and quality but still WAY better than grocery store food is Kirkland Lamb and Rice (get a Costco card just for this if you have to!), Diamond Brand Naturals, and Precise. You can find these foods at local pet stores, feed stores (most of the time they have the best prices too), and even online. For the most cost effective food that is still good for your dog the number one recommendation I make is Kirkland Lamb and Rice and Kirkland Chicken and Rice.

Good web sites for information on food are-

[www.thedogfoodproject.com](http://www.thedogfoodproject.com)

[www.dogaware.com/dogfeeding.html](http://www.dogaware.com/dogfeeding.html)

[www.dogfoodanalysis.com](http://www.dogfoodanalysis.com)