



fanzine



NUTRITION BY
DR. GERMAN



Pet Food Labels 101

First we will start by stating that AAFCO sets the standards for pet foods sold in the United States. AAFCO stands for Association of American Feed Control Officials. They actually have no regulatory authority. That falls to the FDA and individual states.

There are several things that must be included on a label for pet food:

- Product and brand name
- Species the food is intended for (dog, cat, etc)
- Net weight (how much the bag weighs)
- Guaranteed analysis
 - Minimum protein
 - Minimum fat
 - Maximum fat if food claims “lean” or “low fat”
 - Maximum fiber
 - Maximum moisture
- Ingredient statement
- Nutritional adequacy statement
- Feeding directions
- Name and address of manufacturer or distributor

What can we determine about the food from the label? Truthfully not that much but there

are some minor things. Why? There are several reasons. One is that companies really don't have to put that much info on the package. They have tricks like “ingredient splitting” to make it seem like certain ingredients aren't contributing that much (like beans, lentils, legumes, non meat products) and make it look like the meat is a higher amount than it really is. Another little secret is that these companies use computers to formulate the food for the cheapest possible. Not “best nutrition” unless it is a prescription diet. The companies know we will look at the first ingredient for sure and maybe a couple more. So they tell the computer to formulate so the “meat” is first and balanced in the cheapest possible way.

Product Name

So what can we determine from the name on the front of the label? The rough amount of certain ingredients. It's all in the wording! Beef used for this example but applies to any ingredient meat or non-meat. The amount of moisture is also regulated. No food can have more than



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78% moisture unless labeled as stew, gravy, broth, juice.

Label wording	Percentage of total weight of the ingredients
"Beef" without any descriptors	At least 95%
"Beef" with a qualifier such as dinner, platter, entrée, formula, etc	At least 25%
"with beef"	At least 3%
"Beef flavor"	Less than 3% typically but no specific amount required
If multiple ingredients are used in the label in the forms above the combination of them is used for the percentages with the ingredients making up the larger percentage coming first. If the ingredients are equal the company gets to choose which to put first.	

Ingredient statement

- The ingredients are listed by weight in descending order. It doesn't tell you how much an ingredient actually contributes to the nutritional makeup of the food.
- If multiple ingredients all are the same weight the company gets to choose which ones to put first. There is no way to determine if this is happening which is why it is hard to evaluate a food based on the ingredient list. The only way to know roughly how much of an ingredient is used is if it fits into the parameters on the label from above.
- "ingredient splitting" is when a company splits an ingredient in smaller pieces so they can push them further down the list and make it seem like it is a smaller part of the diet than it really is. Example would be pea protein, pea starch, pea fiber, rather than "peas". Or they can do something like navy beans, pinto beans, kidney beans rather than "beans"
- Poultry by products and meal are for some reason controversial terms. Most likely marketing techniques by some companies to make their food seem more appealing to the human owner. They have very specific definitions set forth by AAFCO
 - oPoultry by products are nonrendered clean parts of carcasses of slaughtered poultry such as head, feet, viscera, that are free from fecal contamination
 - oPoultry meal is the dry rendered product from a combination of clean flesh and skin with or without bone. It shall not contain feathers, heads, feet or entrails



Nutritional adequacy statement or AAFCO statement

- All petfood with exception of those labeled as “treats” or “snacks” must have a statement and validation of nutritional adequacy.
- This label must indicate the method and lifestage used to verify this claim
- The 3 methods for validation are:
 - Formulation meet AAFCO nutrient profiles
 - This is less expensive and time consuming way for validation
 - Feeding trial
 - The food is fed to a group of animals as the only source of calories for 6 months while they are monitored and have certain blood parameters checked
 - Considered the preferred method to substantiate a claim
 - Family method – this allows similar foods in a same family to pass if the parent formulation passed a feeding trial
- The life stages recognized are
 - Growth and reproduction
 - Feeding trial can actually be used to separate “growth” from “gestation and lactation”
 - Maintenance
 - “all life stages” would fit parameters for both
- How do you know which route your food was verified and what stage it is for?
 - The AAFCO statement for a formulation food must say verbatim “(name of food) is formulated to meet the nutritional levels established by the AAFCO Dog (or cat) food nutrient profiles for (lifestage)”
 - The AAFCO statement for feeding trial must say verbatim “Animal feeding test using AAFCO procedures substantiate that (name of food) provides complete and balanced nutrition for (lifestage)”
 - Family method will state “(name of food) provides complete and balanced nutrition for (lifestage), and is comparable in nutritional adequacy to a product which has been substantiated using AAFCO feeding trials”
 - If your food does not have either of the above exactly then you should find a new one

Guaranteed analysis

Crude is not a descriptor about the quality of the macronutrient. It is just a form of determining the measurement.



Marketing

Some statements that have no definition. Most are used for marketing purposes leaving the definition up to interpretation of those reading the label

- Super premium
- Wholistic nutrition
- Senior – this may surprise people but there is no defined nutrition values for seniors. Each brand has different standards for what this means
- Human grade. There is no definition for this statement. The USDA uses edible or non edible for “human food”. A product might claim human-grade because its ingredients “came from a USDA meat-packing plant”. However materials leaving a USDA plant may be deemed either edible or inedible. The piece of meat could actually have been rejected for human consumption.

Organic and natural do have definitions

- Natural ingredients must be animal, plant or mined from the earth (salt)
- Certified organic foods with the USDA organic seal must be made of at least 95% organic ingredients

Difference between over-the-counter vs prescription diets

- OTC diets meet the basic nutrient values set for by AAFCO and NRC (national research council) for “healthy dogs”. Usually, the big focus is making the ingredient list look good to our eyes.
- Prescription diets are formulated specifically for certain situations. They don't focus on what the ingredient list looks like. It is all about the nutrition.
- Quality control is extremely high in prescription diets. You can trust what is on the label is what is in the food. OTC diets don't have this and there have been many studies showing presence of proteins in the food that are not on the label. Does this matter for most dogs or cats? Probably not, but if you are trying to avoid certain proteins due to allergies this can be especially important. Therefore, we only recommend prescription diets for allergy food trials.
- Most prescription formulations are verified by feeding trial
- Prescription diets have higher digestibility, even those not specifically for GI health

"Fillers"

There are some companies who's marketing scheme is to say they don't use fillers or that other companies do. To me a filler implies it provides to benefit to the diet. In my opinion I don't know why anyone would use “fillers” if they don't add anything to the diet when it would be cheaper for them to just not add whatever ingredient people are deeming “fillers”. Corn is probably one of the most popular to call a “filler”.

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Now I'm not saying your dog's food must contain corn but it is well established through studies that corn is highly digestible to dogs. It also provides the ESSENTIAL linolinc acid. That can also be found from other sources but if an ingredient is supplying an essential nutrient it can't be a "filler".



FUREVER REMEMBER



ATLAS BOURLAND



In March, 2021 this world lost a very sweet, genuine soul... "Atlas" Bourland. Atlas was the coolest, calmest, most collected Poodle you could meet. Whether it was a sore mouth, advanced arthritis, allergies or cancer - he battled them all with true bravery. He took his meds knowing we were making him feel better and gladly returned for vet check ups if mom needed refills of medications for him. He was tough for every blood draw, every vaccine and provided his mama, Trisha, with so much joy and loyalty. He will forever be missed by the Frisco Animal Hospital staff. Thanks for letting us care for you sweet boy...
Rest In Peace.



FRISCO FUN FACT

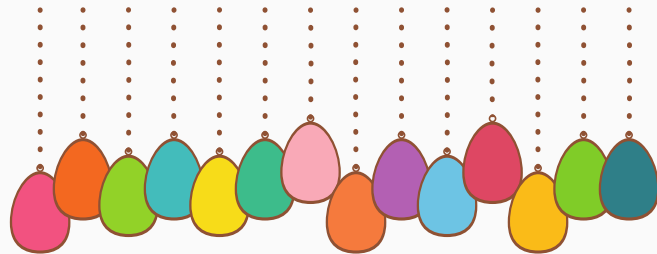


Frisco Fun Fact **Featuring: Diane**

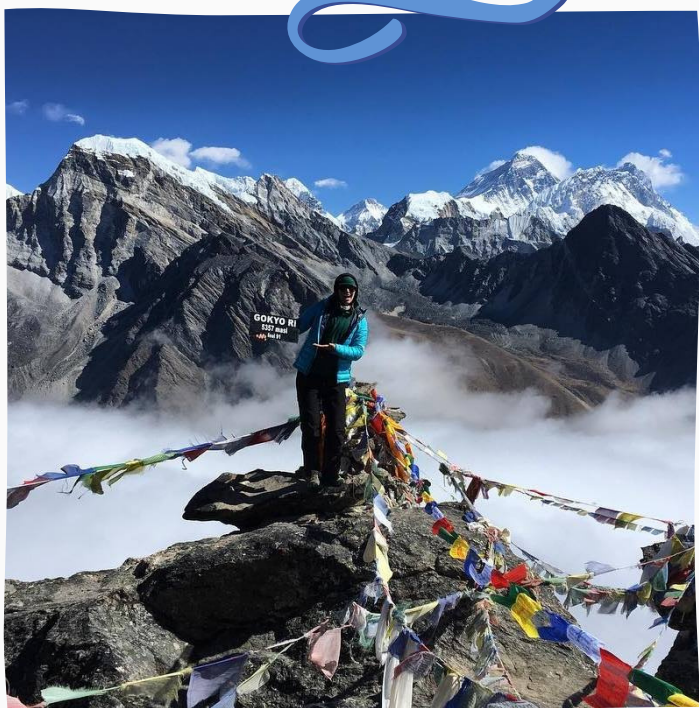
Diane has climbed NINE 14er's, some with her pups, some without! Her youngest, Summit, will be tagging along for his first one this summer!



HOSPITAL NEWS



HAPPY
Birthday



Another big month full of birthdays here at FAH! Happiest of birthdays to Nikki (CVT), Mel (VT), Dr. Daly and Dr. German!



LOCAL SHOUTOUT

**DOGSONG ANIMAL TRAINING
AND BEHAVIOR, LLC**

RULES FOR PLAYING

TUG-OF-WAR WITH YOUR DOG



I am a big fan of tugging with my pet dogs and service trainees. It is a threshold game, meaning this type of play escalates/arouses the dog. We ask the dog to reset by imposing self-control.

We then re-engage. It is important to responsibly manage this game by having rules that are consistent, and effectively setting boundaries so you both are playing fairly. Tug games can build confidence in your dog and help her/him use up excessive energy. It can also provide reinforcement after a good training session.

1. Use only one tug rope. The rope should be pliable so that it does not damage the dog's mouth or teeth. It comes out when you are ready to play and goes away when the game is over.

2. Tug game must be initiated by the handler. As you offer the rope, cue "take it." Some dogs will need encouragement to take the rope and play.

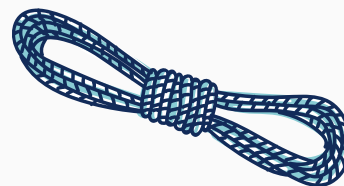
3. Your dog should take the toy when allowed and start pulling her/himself. Your dog should be tugging, pulling and shaking the head side to side- not you. Simply provide resistance. Injury to the dog's teeth, mouth, neck or spine is a possibility. Be aware.

4. If your dog appears to get over-stimulated, overly aggressive when taking the rope, or obsessive about playing, end the game by dropping the rope.

5. Your dog gets to win frequently. Toss the rope to her/him and cue, "you win!" Then re-engage if/when you both are ready.

6. This is one of the only times I compel behavior. When you cue "drop," click with your clicker or mark with a verbal "yes!" and toss away a yummy treat. When the dog drops the rope to get the treat, praise lavishly. Re-engage if/when you and your dog are ready. Coincidentally, you are training a "drop" cue. If your dog is too stimulated to drop the rope, drop your end and walk away.

7. Any teeth on skin, game over. Yelp or cue "ouch," drop the rope, and walk away.



Teaching the rules of tug so that both you and your dog can have a bond-building and fun activity is well worth the effort. When learning the rules, be fair and set up your dog to be successful. Playing tug-of-war is one of those enriching activities that can strengthen the human-animal bond.

HAVE FUN!

LOCAL SHOUTOUT



SUMMIT LOST PET RESCUE



STEPS TO FOLLOW IF YOUR PET WENT MISSING:

- CALL SUMMIT ANIMAL CONTROL TO REPORT LOST- 970-668-8600
- CALL SUMMIT SHELTER TO REPORT LOST- 970-668-3230
- COMFORT/SCENT STATIONS- PLACE OUT OWNER'S DIRTY CLOTHES ASAP IN AREA WHERE DOG WAS LAST SEEN (THEY CAN SMELL FOR MILES, SO THESE SCENTS CAN HELP DRAW THEM BACK). ALSO PLACE OUT THEIR PET BED. IF MISSING PET HAS A SIBLING PET, RUB TOWELS ON THE SIBLING PET AND LEAVE THOSE OUTSIDE AS WELL FOR SCENTS.
- SHARE ON THE FOLLOWING FACEBOOK PAGES:
 - SUMMIT LOST PET RESCUE
 - SUMMIT COUNTY LOVES THEIR PETS
 - DOG GONE SUMMIT COUNTY
 - ONE MAN'S JUNK SUMMIT COUNTY
 - POST A PIC PICTURE AND NAME OF LOST ANIMAL
 - DATE, TIME, EXACT LOCATION LOST
 - PHONE NUMBER OF OWNER TO CALL OR TEXT IF SEEN
 - DESCRIBE ANIMAL- SHY, SKITTISH, FRIENDLY, WHAT COLOR COLLAR, ETC
- SIGNS- HANG NEON FOAMBOARD SIGNS AND WRITE IN BIG BLACK MARKER: "LOST DOG", "TYPE OF DOG", "CALL/TEXT- XXX-XXX-XXXX", "DO NOT CHASE"
- FLYERS- HANG ON BUS STOPS, SUMMIT DAILY BOXES, GAS STATIONS, LOCAL RESTAURANTS & BUSINESSES, NEIGHBORS CARS, AND SHARE WITH FEDEX/UPS/POST OFFICE/MAILMAN/GARBAGE TRUCK DRIVERS, ETC

Those with information about this lost pet should contact Summit Lost Pet Rescue, Inc. ("SLPR") at 970-423-5701. **IMPORTANT:** Those reading this flyer are not authorized to conduct or assist in pet searches for, or on behalf SLPR, without first registering with and executing a waiver and release with SLPR at www.lostpetrescue.org/volunteer. Those who conduct or assist in pet searches without first doing so, do so at their own risk, peril and liability.