**INTRODUCTION**

If you are a dog lover, like me, you would know the perks of having a dog for a pet. The silent but unconditional support they provide, is all the therapy we need in difficult times. Nothing can brighten up our day as much as an excited and vivacious dog. However, what keeps a dog vigorous and healthy? The answer to this is, complete and balanced nutrition. Ensuring a proper nutritional diet for a dog who completely relies on you for its dietary requirements is of paramount importance. One needs to be an attentive and observant caretaker to ensure a dog’s health.

**HOW TO CHOOSE THE RIGHT FOOD FOR YOUR FURRY COMPANION?**

Before stepping out to buy food for your dog, it is imperative to understand that the dietary requirements of dogs of different breeds at different stages of life are varied. They can be allergic to different things. Therefore, visit a veterinarian for the better understanding of your dog’s needs. While buying a dog recipe make sure that it is approved by American Feed Control Officials. The proper perusal of the ingredients is a must.

**WHICH DIETARY APPROACH IS THE BEST?**

Have you heard about the “paleo” approach to nutrition? For those who haven’t, it is an approach that debunks modern diets, comprised of refined and processed food and encourages an all-natural nutritional diet. This approach is fast becoming a rage in the nutritional dietary plan of dogs as well thereby, making way for grain-free pet food. Why eliminate grain, you ask? Well, we tend to forget our dogs are carnivores and grains are not supposed to be in their natural diet. Grains began to be used in dog recipes only because they were inexpensive and increased quantity. However, according to veterinarians an ideal dog diet should contain 50% vegetables, 40% meat protein and only 10% grains because grains are difficult to digest and lead to serious health problems.

**WE RECOMMEND: WHOLE EARTH FARMS GRAIN FREE RECIPE DRY DOG FOOD**

Whole Earth Farms is a state of the art line of nutritional pet food that believes in the goodness of the earth. Their all natural recipes, cooked in USA with supreme quality natural ingredients, provide wholesome nutrition that ensures better digestion, lustrous coat, increased vigour and stronger hair and nails. The **Whole Earth Farms Grain Free with Pork, Beef and Lamb** is a fine mixture of goodness and health.

**PROS:**

* **High quality ingredients:** the **Whole Earth Farms Grain Free with Pork, Beef and Lamb** contains pork meal which has 300% more protein than fresh pork. Potatoes and sweet potatoes which are a gluten free source of complex carbohydrates and are rich in beta carotene and fibre. The inclusion of pork fat lends it an appetising flavour. It is also a rich energy source and helps in the absorption of fat soluble vitamins. Beef and lamb are essential sources of protein. The recipe also includes salmon oil which is a high quality fat as it consists of EPA and DHA type of omega-3 fatty acids which gives lustre to the dog’s coat.
* **No artificial preservatives:** natural preservatives like tocopherols which contain Vitamin E is used.
* **Moderate calorie count:** 1 cup consists of about 348 calories and is a fine concoction of a protein rich diet.

CONS:

* **Peas:** are difficult to digest for most dogs.
* **Meat content:** meat products like pork, beef and lamb contain 80% water, most of which is lost while cooking. This in turn reduces the meat content to just a fraction of its original weight.

**FEATURES:**

* **Affordable:** the use of all natural ingredients not only ensures health but also makes the product economically viable.
* **No grain recipe:** exclusion of grains protects the dog from digestive problems and guarantees better health.
* **Completely natural:** perhaps, the most viable feature of this product is the elimination of unnatural chemicals and preservatives which can be harmful for the dog.

FAQs:

* **Question:** Is grain free food low on carbs?

**Answer:** A grain free meal does not necessarily stand for a low carb meal. Vegetables like potatoes, peas and tapioca replace the grains thereby, maintaining the carbs content.

* **Question:** Are all grain based recipes harmful for dogs?

**Answer:** No. Healthy and easy to digest grains like rolled oats, brown rice, quinoa and millets among others are beneficial for the dog’s health.

* **Question:** What are some of the health benefits of a no grain diet?

**Answer:** A no grain diet protects the dog from digestive problems. The dog feels full for a longer period and therefore, eats less frequently. The dog defecates less which means that the body utilises all the beneficial nutrients and less waste is produced.

**CONCLUSION:**

The detailed analysis of the ingredients used in **Whole Earth Farms Grain Free with Pork, Beef and Lamb** gives us a pretty clear picture of its health benefits and the use of natural preservatives earn brownie points. The grain free alternatives aim at wholesome nutrition and better health of our furry companions. The product uses vegetable protein more than meat protein, which should have been the other way round for it to be the best choice among the sea of dog food alternatives. However, it does provide adequate nutrition at a relatively affordable price.