

DIET

An Important Ingredient For Addressing Aggression

Have you ever heard the saying “you are what you eat?” This adage holds true for our dogs, too. The ingredients, the specific form the ingredients take, the balance between the ingredients and the additives used to stabilize the ingredients can all play a part in your dog’s health. Certain types and levels of dog food ingredients can also contribute to behavior problems such as aggression. When addressing aggression or hyperactivity, it is important to monitor four important ingredients:

- 1) Protein level – Research at Tufts University and by Drs. DeNapoli, Dodman, Shuster, Rand and Gross has determined that protein levels above 20% can contribute (sometimes significantly) to aggression in dogs.
- 2) Corn as an ingredient – Corn and corn by-products increase the level of norepinephrine in the dog’s brain. This norepinephrine contributes to high arousal levels and therefore high reactivity (aggression) in dogs.
- 3) Fiber – Try to keep the fiber level below 6%. Anything higher reduces the amount of high quality ingredients available to the dog.
- 4) Carbohydrates – Adding a carbohydrate source to your dog’s food (in addition to his kibble) increases the availability of serotonin to the brain. Serotonin is critical for controlling arousal levels, moderating mood and reducing impulsivity, thereby lowering aggression levels. Good examples of carbohydrates include, rice, oats, potatoes (white, red and sweet), carrots and barley. Add ¼ - ½ cup per feeding.

The foods listed below conform to the first three requirements and adding carbohydrates to that food satisfies the fourth requirement.

PRODUCT	PROTIEN	CORN?	FIBER	WHERE TO BUY
Nutro Lite	14%	No	4%	CC
Natural Balance	16.5%	No	5%	CC
Solid Gold Holistique	18%	No	4%	HH / CC
California Natural Low Cal	18%	No	6%	HH / CC
Wellness Senior	18%	No	5%	HH
Innova Senior	18%	No	5.5%	HH / CC
Chicken Soup	20%	No	6%	HH
Healthwise Weight Cont	20%	No	6%	CC
Merrick Senior Medley	20%	No	5%	HH
IVD Duck & Potato	19%	No	?	Vet Offices
IVD Rabbit & Potato	19%	No	?	Vet Offices
IVD Venisonk & Potato	19%	No	?	Vet Offices
Natural Balance Allergy	20%	No	?	HH

CC=Creature Comforts – 247-2748

HH=Healthy Hounds & Fat Cats – 375-9700