

This table is a sample of dog food kibble (dry food). Brands selected include some of the most popular as well as some 'better' but less known brands. Within brands, products selected are generally intended for adult dogs on a maintenance diet and are listed alphabetically. Use this table as a starting point for determining healthy food for your canine companion (see **Notes** below). Avoid manufactured treats and snacks without checking ingredients.

Use the last column to insert ingredients from your current brand of dog food for comparison. ✍

	<u>Atta Boy</u>	<u>Beneful</u>	<u>Cycle</u>	<u>Eagle Pack Maintenance</u>	<u>Eukanuba Adult Maintenance</u>	<u>Lams Lamb Meal & Rice</u>	<u>Innova Dry Dog Food</u>	<u>Innova EVO (no grain)</u>	<u>Natural Balance</u>	<u>Nutro Max Adult</u>	<u>Pedigree Complete Nutrition</u>	<u>Science Diet Adult Chicken & Rice</u>	<u>Solid Gold Hund-n-Flocken Adult Dog</u>	<u>Wellness Super 5 Mix Chicken</u>	
Protein (min)	23	25	23	20	25	22	24	42	23	26	21	24	22	22	
Fat (min)	9	10	10	12	16	12	14	22	13	16	9	15	10	12	
Fiber (max)	4.5	4	4	4	5	5	3	3	3	4	4	2	4	3	
Calories/cup	332	360	338	389	405	330	557	537	467	380	290	337	367	407	
Ingredients in order listed by manufacturer	<u>Cooked yellow corn</u>	Ground yellow corn	Corn	Chicken meal	Chicken	Lamb meal	Turkey	Turkey	Chicken	Chicken meal	<u>Ground yellow corn</u>	Chicken	Lamb	Deboned chicken	
	Beef & bone meal	Chicken by-product meal	Chicken by-product meal	<u>Ground yellow corn</u>	Chicken by-product meal	<u>Brewers rice</u>	Chicken	Chicken	<u>Brown rice</u>	<u>Wheat flour</u>	Meat & bone meal	<u>Brewers rice</u>	Lamb meal	Chicken meal	
	<u>Soybean meal</u>	Corn gluten meal	<u>Feeding oatmeal</u>	<u>Ground brown rice</u>	<u>Corn meal</u>	<u>Corn meal</u>	Chicken meal	Turkey meal	Duck	<u>Ground whole wheat</u>	<u>Corn gluten meal</u>	<u>Rice flour</u>	Millet	Oatmeal	
	<u>Cooked wheat</u>	<u>Whole wheat flour</u>	<u>Soybean meal</u>	<u>Oatmeal</u>	<u>Ground whole grain sorghum</u>	<u>Ground whole grain sorghum</u>	<u>Ground barley</u>	Chicken meal	Lamb meal	<u>Rice bran</u>	Chicken by-product meal	<u>Ground whole grain corn</u>	<u>Brown rice</u>	<u>Ground barley</u>	
	<u>Wheat mill run</u>	Beef tallow	Animal fat (with BHA)	Pork meal	<u>Ground whole grain barley</u>	<u>Ground whole grain barley</u>	<u>Ground brown rice</u>	Potato	Oatmeal	Poultry fat	Animal fat (with BHA & BHT)	<u>Soybean meal</u>	<u>Cracked pearly barley</u>	<u>Ground brown rice</u>	
	Animal fat (with BHA)	<u>Rice flour</u>	<u>Brewers rice</u>	<u>Chicken fat</u>	Fish meal	<u>Chicken fat</u>	Potatoes	Herring meal	<u>Pearled barley</u>	Corn gluten meal	<u>Wheat mill run</u>	<u>Ground whole grain sorghum</u>	<u>Oatmeal</u>	<u>Rice bran</u>	
	Poultry by-product meal	<u>Beef</u>	Animal digest	<u>Dried beet pulp</u>	<u>Chicken fat</u>	Fish meal	<u>Natural flavors</u>	<u>Chicken fat</u>	Potatoes	<u>Ground rice</u>	<u>Natural poultry flavor</u>	Chicken by-product meal	<u>Rice Bran</u>	<u>Rye flour</u>	
	Digest of Poultry by-product meal	<u>Soy flour</u>	Calcium carbonate	<u>Brewers dried yeast</u>	<u>Brewers rice</u>	Chicken by-product meal	<u>Ground white rice</u>	<u>Natural flavors</u>	<u>Chicken Fat</u>	Lamb meal	<u>Rice</u>	Animal fat	Menhaden fish meal	<u>Canola oil</u>	
	<u>Fish meal</u>	Sugar	Bone phosphate	Anchovy & sardine meal	<u>Natural flavor</u>	<u>Corn grits</u>	<u>Chicken fat</u>	Eggs	<u>Natural flavor</u>	<u>Natural flavors</u>	Salt	<u>Soybean oil</u>	<u>Canola oil</u>	<u>Whitefish</u>	

Notes: Underlined = **duplicates**; **highlighted** = "good" meat; **highlighted** = filler; **highlighted** = avoid; black font = **OK**