

Hello I'm Dr. Ruth Roberts i
hope you

are well and i wanted to
wish everyone a

Merry Christmas and
Happy Hanukkah

whatever faith you have
this is a

special time of year for
everyone and I

think we get lost in the kind
of the

busyness of the season if
you will and

don't take time to think
about what's

you know what's the what's
the reason

for the season so to speak
and so I I

just really hope that you
keep that in

mind and enjoy this time
with your

family because it's just
such a such a

marvelous time of year and
it can be can

be even more wonderful
when we when we

take time to enjoy it

so today I wanted to talk to
you about

something you know
everybody talks about

oh you should feed this and
this is the

best brand of food and you
should fear

aw and shifty cooked and
this and that

and the other and and now
grain free

food is the very best thing
in the

universe and now grain free
food is evil

incarnate and what in the
world is going

on so there's a couple of
things I want

you to think about what I'm
gonna do is

start with food labels
because this is

where much of the
confusion comes in so

if we think about you know
we're used to

looking at pet food labels
and looking

at ingredients and things of
that nature

and but if we compare that
to a human

nutrition label and let's take
a look at

one of those so here's the
Atkins diet

one of the sort of prepared
frozen foods

and it's telling you you
know and

they're taking kind of a key
to approach

to things so they're telling
you there's

22grams of protein
3grams of sugar

4grams of fiber and

ten calories and and that
means there's

seven 3grams of net carbs
which is

interesting but there you go
so let's

take a look at the full
nutritional

information and here is this
list of

ingredients in human
products and in pet

products ingredients are
listed by the

amount of volume or weight they take up

in the recipe so they've got cauliflower

and all this good stuff and they've got

some other kind of stuff to make this

hold together xanthan gum you know

unsalted butter all sorts of sweet sauce

all that good stuff so there's all the

ingredients and what you'll notice is

they're not adding in supplements

they're not adding in specific nutrients

like vitamin B or C or what have you so

when we look at this nutrition facts

that's on every human meal or food that

you pick up so even water has this on

there and it has zero for everything

right so tells you how many what the

serving size is first of all and this

was hugely misleading for a while so one

Bowl 255 grams gives you 310 calories

and the government still believes that

fat is evil incarnate and almost you

know more than half of that actually is

fat and so they're telling you down

below what's the percentage of the daily

value what's our RDA our required daily

allowance although they're shifting away

from that as well

so they're telling you that this has 31%

of the total amount of fat that you

should eat for a day there's 20 grams of

fat total how much is saturated fat

trans fat is supposed to be out of all

human food at this point and there's

cholesterol there's sodium how much

carbohydrate and you'll see

carbohydrates broken down into fiber so

for gram this is what feeds your bugs

sugar gram is what you can actually

process and then 222 grams of protein

and that's 38% of your RDA so to speak

and here's a few other nutrients it's

got in there some vitamin A calcium and

vitamin C and then it tells you okay

this is 2008 out of a be eating right so

that's pretty pretty simple to

understand and and over time that's what

the government has actually done a good

job is to make these nutrition facts

actually be something that you and I can

pick up and look at and boom you know

you get the picture pretty quick so

let's contrast that with pet food so

here's a Cana which is considered to be

an excellent brand of food nice I think

it is as far as all of the the nutrients

that are put in there so and this is

where it gets so bloody confusing in dog

food so we've got this lit up into a

couple of different things so here's

deboned you know here's our meat mass so

they tell you you know how to understand

what's actually meat and all of that

good stuff and blah blah blah

so here's ingredients and it tells you

exactly what's in it and you'll notice

here that so there's the turkey the

chicken and the chicken meal oat meal

sorghum millet catfish meal all this

stuff and this is part of what I don't

like about much of the pet food industry

is that they tend to not give you a

single protein and so it makes it really

difficult to rotate things so you've got

all this kind of stuff going on there

this one is a grain free version or

excuse me it's not a grain free version

we've got oats and a grass and things of

that nature so whole pumpkin salt and

then up to here is where it's the food

you know chlorine and there's a couple

of other bits and pieces but the rest of

this is the nutrients that they're

adding in to make it complete and

balanced

whole lifestyle life stages so that's

what all of this is so vitamin E mixed a

cough or else as a preservative zinc

taurine d3 blah blah blah so here's all

this stuff and then alright that's great

that looks pretty good as far as

ingredients go and then we pop over to

analysis and this is what we get and

they're telling you Akana is that this

has more meat in it than most pet foods

because they believe this is what is

appropriate for dogs and so do i so you

know here we are twenty seven percent

protein seventeen percent fat and then

six percent fiber okay well how many how

much carbohydrate does this have and

what's the sugar that we're getting out

of here and so here's dietary starch max

thirty percent and this is where it gets

super confusing so this is all on a dry

food basis you know here's two percent

sugars and and again notice all of these

are listed as percentages so why is that

why is this I mean this is really

confusing right so why do they have it

listed like that and the reason is this

the NRC is the group the National

Research Council is the group that

provides the nutrient requirements for

adult dogs and cats and so there's

different ones for puppies kittens and

then there's an all life stages one and

these are a bit more detailed than what

Co uses although I think they finally

gotten to where they're using these so

what the NRC wanted to make sure of is

that each of these amino acids the

values were published as a requirement

and these amino acids are ones that are

considered to be essential amino acids

meaning that the animal or the person

has to

them in order to get sufficient

quantities of them now again these are

the dog requirements and these have not

really been updated since 06 and you

will notice that there is no taurine on

here right because as long as dogs are

eating adequate amounts of protein and

these specific amino acids they should

be able to you know to have enough to

eat so alright so there's the amino

acids

okay here's linoleic acid and omega-3

fatty acids and then here's the minerals

now here's another thing I want you to

notice too if they have down here

minimum maximum and recommended

allowance and so maximum in the case of

linoleic acid and and things of that

nature is going to be to prevent imbalances so this is where it gets super interesting right so here's calcium minimum 0.5. phosphorus maximum 0.5 here's the recommendation 1 what and then the phosphorus is 0.75 is the recommended amount but the maximum recommended is 0.5 what what is that what does that mean now here's the other thing that is super tricky so the nutrient amount is per thousand calories of food so we're not actually looking at it on and it gets difficult because of the weight range in dogs not so much in cats but we're looking at the nutrients that are required to balance a thousand

calories of food not what not what the pet needs so this gets super confusing so we'll just kind of scroll through here and look at the rest of these you know so you know they some of these they have minimums maximums and this is from the merck veterinary manual but if you download the information from the NRC itself it is just as confusing and they don't make it very clear that this is on a thousand Lari basis so yeah you know so maximum sixteen thousand retinol equivalents of vitamin A but just put 379 so I mean this is the interesting thing we don't know what the minimum and maximum is so

cholecalciferol is vitamin d3 we know now that the maximum amount is twenty and beyond that we start creating calcium stones in the kidneys and other places and really creating an issue but we don't know what the minimum is so they're taking a guess and saying this is the recommended allowance so same thing here you know here's all the recommendations and that's kind of it so I'll put a link to this in the comments or actually in the YouTube description once this is up and Adam but this is why it's so bloody confusing so I want to look at a couple of other types of food as well with you so here's just food for

dogs and this is a company that's been

making pet food in their storefronts and

they've worked out a deal with Petco to

where they can I guess this is

irradiated I don't know how it's

preserved but basically you know here's

a meal in a box here's a case of twelve

twelve and a half ounce somehow

preserved meals for your dog

now here same thing you know here's our

let's take a look at our details so the

same thing here's your ingredients

there's all of the supplements that are

added into the food to make it come up

to those NRC requirements and then you

know how its split out as far as fiber

and things of that nature

same thing with Blue Buffalo here's our

ingredient list you know and again

there's all of the actual food and then

the vast majority of it is the other

stuff they add in to balance the diet

here's the guaranteed analysis you know

so again they tell you all of the

percentages and then they do tell you is

not recognized as an essential nutrient

by Affco dog food nutrient profiles but

they think you're you should

about them and indeed the NRC does say

you should actually kind of have that

balanced out and then here's your

feeding guidelines so this is where you

so how do you know that these diets are

complete and balanced and you don't

except for that the manufacturer tells

you that these are complete and balanced

for all life stages which God knows

where this is you know and they don't

even say it on the front of the bag it's

buried down somewhere in the on the back

so you don't know that these are

complete and balanced so it tells you

okay for up to ten pounds you're gonna

feed somewhere between three fourths and

a whole cup for an adult dog and then

more for a growing puppy which makes

sense what if you have a really really

sedentary dog and it just lays around on

the sofa so for instance Mona is 15

working on sixteen she'll be 16 in July

and she doesn't you know we get her up

and move her but she sleeps a lot so

what does she need a whole cup of food

and I would argue that no she doesn't

and in fact based on a caloric basis she

should be eating about 250 calories a

day sort of a good rule of thumb is 25

calories per pound of body weight but I

find that that's actually often way too

much so I'll kind of come back to that

idea in a second and one more thing to

look at is Darwin's biologics raw food

so again you know here it is here's your

list of ingredients how much and they

put in here what the percentage of all

of these foods are and then how to feed

them and all that good stuff so they

tell you kind of what's what's in there

but this is so confusing and I got to

tell you it took me a long time to

figure out what well what does all of

this mean and I'm you know I'm a

veterinarian they supposedly taught me

nutrition but basically what I've

learned is don't worry about it the pet

manufacturers have got it so when I was

going back and kind of answering some

questions for people on the crockpot

diet like why do we only add this much

calcium it says you know other places

say to add this much and it turns out

that know that you really shouldn't

because that's gonna overdose the

calcium and protect potentially create

some issues and then also I'm in process

of reformulating actually I've

reformulated holistic total body support

and I'll be I am very pleased to tell

you that it will be back on our shelves

so to speak by mid - in February then

I'll talk a little bit more about that

but here's the deal so how do you know

how much your pet is getting and how do

you know that it's enough so that's the

the big big question so we've got in the

you know the the pet food labels are

profoundly confusing and and then you

know what if your pet sick is that

enough nutrients and I would say arg

you know the other thing that's not

super clear in all of these pet food

labels or in you know the manufacturing

process is when do they measure the

amount of nutrients that have been put

into food and that is a big issue so for

many years the Affco folks allowed their

pet food manufacturers to measure the

nutrients when they were added to the

food before processing so mind you for

most kibble that is going into you know

this this stuff this mix of goo is going

into a heat extruder which is going to

destroy many of the B vitamins and

things of that nature and I think that

most manufacturers now are spraying many

of the vitamins on with a flavoring

agent it's like that's why you can't eat

just one Lay's later you know as the as

the food is cooling so I think the

vitamin content is closer to what it

says it should be

according to the NRC or Affco but you

don't really know that for sure and then

how long did that bag of food sit around

blah blah blah blah is at six

months is it eight months is it two

months so you don't know there's ways to

look at their codes and they don't put

expiration dates or production dates

cleanly on the bags you have to know

that each manufacturers a little secret

code to know when this food was produced

so why am I telling you all of this my

this is my whole reason for having

develop the crock-pot diet to start with

one is most of these foods are extremely

high in carbohydrates and as many people

have pointed out with a grain free diets

this was like a huge fad

all of a sudden grains were evil and

awful and they caused all of these

horrible diseases and blah blah and

that's true if you react to them if your

pet reacts to them but you shouldn't

throw the whole baby out with a bath

water

so then we started feeding these grain

free foods in their 70-percent beings

well beans happen to contain

anti-nutrients called lectins and even

though they're processed properly if

they are just way way way too high then

they're going to inhibit the absorption

of nutrients that you need and so even

though beans are high in protein dogs

and mostly golden retrievers but some

other breeds as well develop dilia two

of cardiomyopathy because they weren't

getting adequate amino acids into their

systems to produce enough taurine to

keep their hearts happy that's ludicrous

so here's what I'm gonna recommend to

you it doesn't matter what you feed if

you feed it consistently I'm going to

suggest you that feeding real

unprocessed food is a much much much

much much much much better option I mean

same thing with the Atkins you know

frozen dinners that's some gnarly stuff

in there if you feed what you have gone

to the grocery store and purchased

whether that's fresh vegetables or

frozen

however you need to do it you know

exactly what's in your diet now the

other thing I want to tell you is you

know if you look at the list of

ingredients in the crock pet diet that

looks pretty darn good

you've got your meat you've got some

healthy fats you've got a lot of

vegetables but when I went to I knew I

was close but I wasn't exactly sure that

I was dead on and I was recommending to

use some sort of a nutritional

supplement along with it so when the

veterinary nutritionist balanced the

diet according to the NRC standards I

was really close but not quite so the

calcium was off slightly so we have to

add a little bit more and a couple of

other things as far as the

micronutrients copper iron things of

that nature we're slightly low so we

need to add a little bit more and that's

what I would suggest to you with again

regardless of what you're feeding if

you're feeding the original crock pet

diet and you add holistic total body

support as well as calcium when you're

cooking and some fats after its cooled

you are at a hundred percent complete

and balanced for all life stages and

then some and the reason I say and then

some is that it is so important I think

to add in some sort of a nutritional

supplement because if your pets ill its

body requires more nutrients and in

specific B vitamins vitamin A things of

that nature omega-3 fatty acids in order

to repair the tissues and heal so this

is part of what's wrong with many of us

we are many of us are obese but frankly

we are undernourished and I think this

is what's happening with our pets as

well if they eat what the bag of food

says they become fat and they still

probably don't have enough of the

micronutrients available to them so

that's what I have for you today

again I'm delighted to tell you holistic

total body support we'll be back in our

shelves the middle to the end of

February I have reformulated it so that

it will be adequate for both dogs and

cats

so that means there's extra taurine

added for the dogs and the other thing

is that it's going to come in to be

available in a size that's enough for a

two month supply for a 50-pound dog

which means I mean and at about six

somewhere around \$60.00 for the two

month supply

so again it's a glandular bass

supplement I think it's one of them it

will be the best deal on the market I'm

looking at other stuff that's being

launched right now and you know you're

at a 90 day excuse me in 90 bucks for a

30 day supply and that's just really

really expensive so I'm happy about that

if you are super confused about pet food

and what to do and what to
feed and how

to make it match up for
your pet

specific issues that the
other thing I

do is offer consultations
and many of

you have taken care of it
taking

advantage of that both Ilse
and leave

that are on with with me
right now it

has been a big game
changer for many pet

owners so I'll put a link
down to where

to get that consultation
information and

the comments below so
that's what I have

for you this week I am
going to take two

weeks off these broadcasts
but I'll put

a couple of really oldies but
goodies up

one is a for the next two
Mondays one is

a a replay of a video I did
about what

you need to do for
vaccinations and then

the other the other one will
be on my my

take on what you should do
for heartworm

and flea prevention so until
next year

have a very very happy year
end give all

your pets a big hug for me
we've got

some really exciting
changes coming up

to make life simpler and
easier for

everyone many thanks

take good care and
remember your pets

best health truly does start
in the bowl

I'm dr. Ruth Roberts your
pets ally

you