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Introducing New Foods

“Tell me what you eat and I will tell you who you are.”

~ Jean Anthelme Brillat-Savarin

Ruby Recommends:

Products to help with transitioning:

OptaGest

K9 Natural Tripe

The Honest Kitchen Pro-Bloom

The Honest Kitchen Perfect Form

Olie Naturals New Beginnings

Canned pumpkin (pure pumpkin, not pie filling)

*More info on these products on our website.

After years of hearing advice to never change brands of pet food, even conventional vets are recommending to change food at least every 3 months. Regularly rotating foods results a healthy appetite and reduces the chances of your pet having food sensitivities. Just like we need to eat a variety of whole foods to be healthy, our pets need the same. Feeding a variety of foods will also make mealtime more enjoyable.

How to Start:

If your pet is not accustomed to variety or has a sensitive system, you'll want to introduce new foods gradually over a period of a few days or weeks. Whether raw, home-prepared, “people food”, canned or kibble, you can start by feeding small amounts, even as treats, for the first few days, and then begin mixing the new food into the regular diet. For particularly sensitive pets, start with a 10% mixture and slowly increase this amount until your pet is eating the new food exclusively. Natural enzyme supplements like OptaGest (www.incover.com) can help the transition by allowing your pet to digest and assimilate the nutrients, easier and by maintaining a healthy digestive tract. Raw and/or freeze-dried tripe can also help ensure an easy transition.



Patience is Key

Variety is important for optimal health. Unfortunately, our pets are not always open to change. If your pet is less than eager to try new foods, use the following tips to make the journey easier:

- Hunger can be a powerful motivator. It's okay to let a healthy dog miss a few meals to develop an appetite. However, cats should not go without food for more than 24 hours, especially if they have health concerns or are overweight.
- Mix in your pet's favourite food with the new food.
- Serve the food warmed—adding warm water or broth enhances the smell and is especially enticing to cats.
- Use small amounts of yogurt, cottage cheese, salmon or tuna juice, or parmesan to increase palatability.

Won't Changing Foods Make Fido Sick?

Just as if a person eats Mexican food only once a year, they will likely have digestive upset, your pet too may have tummy troubles after a sudden change in food. Although some pets seem to be able to eat anything, others need a slow start. Over time, your pet can become accustomed to eating a variety and enjoy the excitement of not knowing exactly what will be for supper tonight. The stomach is a muscle and it needs to be exercised to be healthy.

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