

Real Food Ingredients to Beware of and Why!

Grains: wheat, rice (brown or white), flour, bran, oats, corn, corn meal, barley and pasta

Root vegetables: potatoes, sweet potatoes, yams, carrots

Lentils & legumes: peas, peanuts, soy, beans

All starch, no matter what kind it is, if eaten in excess will be a problem. Dog Foods that are calling themselves “grain-free” are no better than other commercially processed foods. A kibble or other processed foods using sweet potato, pea protein or quinoa is just as bad as one full of wheat or corn.

When you find these ingredients on the label of your dog's food, you may think that they are real food and recognize them. You may say to yourself “I eat them so they must be okay to feed to my dog”. But what they really are is a carbohydrate/starch and there probably are too many of them in that food you are feeding.

Carbohydrates/starches are complex chains made up of sugars. When your dog eats them, their body converts some of them to create energy. When there are too many they are not all used and will be stored. When their body has too much stored it can create problems like excess yeast. A normal amount of yeast already lives in the gut of their body so it then becomes unbalanced. This overgrowth of yeast can cause several health problems, like ear infections, skin issues and allergies.

In the wild, the foods your dog's ancestors ate contained only about 4% carbohydrate/starch. Most commercial pet foods on market shelves have over **40%, way to much!**

Even the so called “grain free” foods are usually full of potatoes, sweet potatoes, or legumes and have just as much starch as other kibbles.

Here is an article by Dogs Naturally Magazine that talks about why dogs really need more meat and less carbohydrates. [Check out article here!](#)