



Template: Dog Nutrition Checklist

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Based on Article: "Dog Nutrition"

A practical checklist to ensure your dog's nutrition is balanced and meets their needs.

Checklist Items:

- ☐ **1. Assess Current Diet**
Evaluate the current dog food for quality and whole food ingredients. Look for high-quality proteins, controlled fats, and digestible carbohydrates without artificial fillers.
Reference Section: Fundamentals of Dog Nutrition
- ☐ **2. Read Pet Food Labels**
Learn how to identify empty calories and hidden preservatives on labels. Check for whole protein sources listed first.
Reference Section: How to read pet labels
- ☐ **3. Determine Macronutrient Needs**
Identify the appropriate levels of protein, fat, and fiber required based on your dog's life stage and health status. Adjust feeding accordingly.
Reference Section: Macronutrients — Proteins, Fats, and Carbs
- ☐ **4. Transition Gradually**
When changing your dog's food, gradually mix the new food with the old over 7-10 days to minimize gastrointestinal upset.
Reference Section: Simple transition plans to minimize gastrointestinal upset
- ☐ **5. Monitor Weight and Adjust Portions**
Regularly weigh your dog and adjust food portions based on their activity level and life stage to prevent obesity or malnutrition.
Reference Section: Practical feeding decisions
- ☐ **6. Observe for Allergies or Sensitivities**
Watch for any signs of food allergies or digestive issues. Consult a veterinarian if you notice excessive scratching, digestive upset, or unusual lethargy.
Reference Section: Feeding strategies for allergies and digestive sensitivity
- ☐ **7. Hydration Awareness**
Ensure your dog has constant access to fresh water, as hydration is critical for metabolic functioning and recovery.
Reference Section: Water/Hydration

☐ **8. Consider Micronutrient Supplementation**

Evaluate for common deficiencies like vitamin D and omega-3 fatty acids, and discuss any supplementation needs with your veterinarian.

Reference Section: Micronutrients and Supplements

☐ **9. Tailor Diet for Life Stages**

Feed age-appropriate diets: puppies require higher calories, while seniors need diets focusing on digestibility and joint support.

Reference Section: Life Stages and Nutritional Needs