



Template: Dog Owner Nutrition Checklist

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Based on Article: "Dog Owner Resources"

A practical checklist for dog owners to ensure optimal nutrition and health for their pets.

Checklist Items:

- ☐ **1. Prioritize Whole Proteins**
Choose dog foods with named whole proteins (e.g., chicken, beef) as the first ingredient and avoid vague terms like 'meat by-products'.
Reference Section: Quick Reference: What to Use Right Now
- ☐ **2. Check Guaranteed Analysis**
Ensure clear protein, fat, fiber, and moisture percentages are present. Aim for 20-30% crude protein for pets with specific needs.
Reference Section: Quick Reference: What to Use Right Now
- ☐ **3. Avoid Fillers and Preservatives**
Steer clear of ingredients like corn, wheat, soy, and artificial preservatives such as BHA/BHT.
Reference Section: Quick Reference: What to Use Right Now
- ☐ **4. Implement Portion-Sizing Rules**
Determine daily caloric needs by multiplying body weight in kg by 25. Adjust based on activity level, and split caloric intake across meals.
Reference Section: Quick Reference: What to Use Right Now
- ☐ **5. Incorporate Healthy Treats**
Use lean meats, freeze-dried proteins, or vegetable bites for training treats to reinforce positive behavior without excess calories.
Reference Section: Top safe treat types and immediate training treat suggestions
- ☐ **6. Rotate Proteins Wisely**
Rotate different protein sources based on your dog's needs and prevent dietary sensitivities. Lock in stable proteins when needed.
Reference Section: How to match protein blends to age, activity, and digestive needs
- ☐ **7. Understand Life Stage Nutritional Needs**
Tailor your dog's diet to their life stage—puppies require higher protein for growth, adults need maintenance levels, and seniors benefit from joint support.
Reference Section: Map nutrient priorities to dog life stages and activity levels
- ☐ **8. Explore Dog Food Formats**
Choose between fresh human-grade meals for high transparency, kibble for convenience, or raw diets with care for nutrient density.

Reference Section: Quick side-by-side comparison of three common dog food formats

- ☐ **9. Monitor Overall Well-being**
Keep track of your dog's coat quality, digestion, and energy levels to assess the effectiveness of your nutrition choices.
Reference Section: Industry insights