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9 TIPS FOR KEEPING YOUR DOG HEALTHY

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Choosing your dog's food can feel like a heavy decision. How do you know which protein to choose? How can you be sure your dog is getting the vitamins and minerals they need? Will they have enough energy to live their best life? Wet? Dry? Mix-and-match? It can be overwhelming.

Key takeaways

- **Only switch dog food for a valid reason**, such as life stage changes, health issues, or nutritional concerns.
- **Common reasons for switching include** age transitions, weight management, allergies, picky eating, or better nutrition.
- **Consult your veterinarian** before making any dietary changes to ensure it aligns with your dog's health needs.
- **Transition gradually** over several days, mixing new food with old in increasing amounts to avoid digestive issues.
- **Monitor your dog after switching** for signs of discomfort or allergic reactions, like itching, vomiting, or changes in stool.

These questions take on extra weight when you're trying to decide if it's time to switch your dog to a new food. Maybe you have a puppy on the verge of adulthood, or an adult dog crossing into senior territory. Perhaps your dog is having some trouble managing their weight or digesting their current food. No matter the reason, switching food requires extra care.

But don't worry: If you're considering making a switch, you've come to the right place. We'll go through some common questions about transitioning and help you make the right choice for your dog. Let's get started.

Should I Change My Dog's Food?

The first and most important question to ask is whether it's a good idea to switch dog food at all, right? The short answer is that you shouldn't switch your dog's food without a good reason. Changes in diet can have a significant impact on your dog, so you'll want to have a goal in mind before switching. Ideally, you should only switch foods if you have a concern about your dog's nutrition or health, although we understand that cost and availability of certain foods can also factor in.

When Should I Switch My Dog's Food?

Reasons to switch your dog's food can include:

- **Changing life stage:** Dogs have different nutrient needs throughout their life, so it's important to transition from puppy to adult maintenance to senior food as your pet ages.
- **Weight management:** If your dog is overweight, underweight or obese, changing their food can help manage their weight.
- **Food sensitivity or allergy:** Some dogs may develop an allergy to certain ingredients or protein sources, which can be managed by transitioning to a new diet.
- **Picky eating:** Though most dogs have no problem eating the same food every day, pets can have food preferences. If your dog is a picky eater, it could mean they simply don't like their food's flavor or texture.
- **Better nutrition:** Dogs need a high-quality, nutritionally balanced diet to look and feel their best. If your dog is lacking energy, has a dull coat or shows other signs of malnutrition, they might need a food with more comprehensive nutrition.

If you're on the fence, this a great time to consult your vet. They can help you decide if switching foods will achieve your goal.



How Do I Change My Dog's Food Safely?

Once you've spoken with your vet and decided a change of diet is the right call, it's time to prepare for the transition. Let's take it step by step.

Before the Switch

First, do some research to make sure the food you're switching to suits your dog's nutritional needs. Here are a few things to consider:

- **Your dog's size:** Are they a small-, medium- or large-breed dog?
- **Your dog's life stage:** Is it time for adult or senior dog food? Are they a puppy, adult or senior dog?
- **Any health concerns:** Do they need help managing their weight?
- **Type of food:** Will you feed them exclusively dry food, or mix in wet food?

Next, make sure your dog's diet is as steady as possible leading into the transition. Limiting their diet to their main nutrition source (kibble or wet food) will help you monitor how they're responding to the change. That means putting table scraps and snacks on hold. Sorry, furry friends.

During the Switch

Everybody ready? Let's make the switch. Unless your vet advises otherwise, take things slowly. To gradually transition your dog to their new diet, start with 75% old food and 25% new food, gradually adding a larger percentage of the new food each day until your dog seems to be fully adjusted.



After the Switch

You're nearly there! Once your dog is regularly chowing down on their new food, keep an eye out for any changes in behavior or signs of illness. Look for excessive itching, upset stomach or vomiting, or changes in the consistency of their poops.

Time for a Change

Still have questions? IAMS™ is here to help pet parents like you find the right food for your dog, answer common questions about feeding and even help you find a compatible breed to choose as your next pup.

Feeding Chart

Weight Range **Feeding Amount**

3-12 pounds	½-1¼ cup
13-20 pounds	1¼-1⅔ cups
21-35 pounds	1⅔-2⅓ cups
36-50 pounds	2⅓-3 cups
51-75 pounds	3-3¾ cups
76-100 pounds	4-4⅔ cups

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Sources

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Find the right diet

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1. **What is a Pledge 4 Planet supplier partnership and how does it relate to NUTRO™?**

In this program, we are committed to engaging key suppliers to set targets and commit to addressing climate impact in their own supply chain. To date, we have seven key NUTRO™ suppliers who have committed to our Pledge 4 Planet program. Our long-term ambition is to mobilize all our suppliers on climate action.

2. **Is NUTRO™ AAFCO approved?**

Yes! All NUTRO™ recipes are carefully formulated to meet the nutritional levels established by the AAFCO Dog Food Nutrient Profiles for the specific life stage.

3. **How do I read/where is the "Best By" date on the NUTRO™ package?**

You will find the Best By (BB) date on the back of NUTRO™ dry food bags, the side of NUTRO™ plastic food trays and the bottom of NUTRO™ wet food cans. Following the letters BB, there's a two-digit month, day and year expiration date. Example: If you see BB 02 21 23, the food should be fed by Feb. 21, 2023.

4. **Why does your NUTRO™ dry dog food look different?**

The NUTRO™ brand is reintroducing its line of dry dog food products with a new, contemporary look. The reimagined bags represent a bold, simple and modern design that places ingredients at the forefront, making it easy for consumers to know what they are getting in each product.

The brand's core dry dog food product offering is now NUTRO™ NATURAL CHOICE™ with 19 recipes formulated based on protein choice, breed size and life stage.

5. **Have the NUTRO™ dry dog food recipes changed?**

Yes! Our updated recipes are still crafted with natural ingredients plus vitamins, minerals, and other nutrients and high-quality protein sources like chicken, lamb, beef or venison meal as the #1 ingredient. We also included new ingredients like kale, spinach, garnishes from tomatoes and eggs and more.

6. **Why am I still seeing older packaging in some places?**

It can take time for stores across the country to transition to our new formulas, so it's perfectly normal to find the packaging you're used to for several months.

7. **Should I transition my dog to NUTRO™ NATURAL CHOICE™?**

If you're new to NUTRO™ or transitioning to our new formulas, we suggest blending increasing amounts of the new food with the old food over six days. This gives your dog's digestive system time to gradually adjust to the new recipe.

8. **What does SO SIMPLE™ mean?**

NUTRO™ SO SIMPLE™ recipes are crafted with a handful of key ingredient sources plus natural flavors, vitamins, minerals, and other nutrients to make these delicious recipes full of flavor and nutrients.

9. **What is NUTRO™ MAX™ dog food?**

NUTRO™ MAX™ is wholesome, affordable dog food made with natural ingredients plus vitamins, minerals and other nutrients.

10. **Can you tell me about the new NUTRO™ Limited Ingredient Diet product line?**

Our Limited Ingredient Diet product line caters to your dog's sensitivities and is crafted to deliver the nutrition pets need, avoiding ingredients that commonly cause food sensitivities like chicken, beef, dairy, protein or grains. These recipes are also crafted with 10 or fewer key ingredients, plus natural flavors, vitamins, minerals and other nutrients.

11. **Can NUTRO™ Crunchy Treats dog treats be used as training treats?**

Yes! These crunchy treats are less than 5 calories per treat, making them the perfect training treats for rewarding your dog.

12. **Why is NUTRO™ out of stock?**

You may have noticed it's been a little more difficult to find your favorite NUTRO™ products. We are working diligently to build sustainable solutions that will keep our supply chain healthy for years to come.

We strive to make sure you receive great service while our team works to resolve the supply challenges. Our customer care department has grown to meet your needs. Having trouble finding a product? We are here to help. Call 1-800-833-5330 or contact us [contact us](#) through our website. We are happy to assist you.

We appreciate your patience as we work hard to deliver safe and nutritious food that meets your pets' needs.

13. **Why are you expanding the NUTRO™ brand outside of pet specialty stores?**

Many consumers are looking for premium, natural food and treats for their pets, so we decided to bring a portion of the NUTRO™ line of products to major retailers across the country.

14. **Are the NUTRO™ products at major retailers the same quality as what's available at pet specialty stores?**

Of course! The same NUTRO™ products that are sold in pet specialty stores will be available in major retailers and each product will meet our high-quality standards, regardless of whether they are purchased at a pet specialty store or another major retailer.

15. **Where can I find NUTRO™ NATURAL CHOICE™ dry dog food?**

NUTRO™ NATURAL CHOICE™ dry dog food products are available in-store and online at major retailers such as Amazon, Chewy, Walmart, Target, PetSmart and more.

16. **Where can I find NUTRO™ wet cat food cans?**

Beginning in April 2019, all NUTRO™ wet cat food will be in the PERFECT PORTIONS™ format with (2) servings in every package! Try NUTRO™ wet cat food in a fresh format your cat will love.

17. **What makes NUTRO™ ingredients clean?**

To us, clean is simple, purposeful and trustworthy. This means: We will exclusively source non-GMO ingredients† as close to their native form as possible. We will never add artificial preservatives, flavors or colors. We will not use ingredients like chicken by-product meal, corn, wheat or soy protein and will only use ingredients that serve a precise purpose in each recipe. We will also source our ingredients from trusted farmers and suppliers.

In 2014, we started the process by sourcing non-GMO ingredients† and have continued by introducing rigorous GMO testing processes for the NUTRO™ dry dog and cat food lines.

Today, every recipe in our NUTRO™ and ULTRA™ dog and cat food portfolio meets our high standards. We won't rest until choosing any NUTRO™ product means choosing clean for your pet.

†Trace amounts may be present due to potential cross-contact during manufacturing.

18. **What is the difference between "natural" and "clean"?**

Our philosophy goes beyond the regulatory definition of "natural." While "natural" pet foods do not allow the use of artificial or synthetic ingredients, they may contain ingredients like corn, wheat, soy and genetically modified ingredients. Our philosophy reinforces our commitment to natural ingredients, purposeful nutrition, and quality and food safety.

19. **What is in the Superfood Medley?**

Our Superfood Medley is a tasty combination of 14 different superfoods including oatmeal, blueberries, pumpkin, kale, flaxseed and more!

20. **What proteins are used in the Trio of Proteins?**

NUTRO™ ULTRA™ contains a blend of three animal proteins from chicken, lamb and salmon, to nourish your pet and support strong muscles and a lean body.

21. **How many ingredients are in NUTRO™ Limited Ingredient Diet?**

Each of our LID recipes is crafted with 10 or fewer key ingredients, plus natural flavors, vitamins, minerals and other nutrients for limitless tail wags.

22. **How many ingredients are in NUTRO™ Limited Ingredient Diet loafs?**

Each Limited Ingredient Diet loaf is made from five or fewer key ingredient sources plus vitamins, minerals and other nutrients.

23. **Are NUTRO™ Crunchy Treats dog treats natural?**

Yes! They are natural plus vitamins, minerals and other nutrients. We've always believed that our food should be naturally nutritious. Over the years, we made the decision to never add artificial preservatives, flavors or colors.

24. **How do I store NUTRO™ dog and cat food products?**

NUTRO™ Wet: Before opening, we recommend storing cans and plastic trays in a cool, dry environment. Once opened, the unused portion should be refrigerated and fed to your pet within three days.

NUTRO™ Dry: Store the bags of food in a cool, dry environment. Once opened, tightly roll down the top of the bag after each feeding. If the food is kept in a storage container, we recommend putting the entire bag in the container. When stored properly, the food will remain fresh until the Best By (BB) date printed on the package.

25. **How do I store NUTRO™ PERFECT PORTIONS™ after opening?**

Once opened, the unused portion should be refrigerated and fed to your cat within three days.

26. **Is the NUTRO™ Crunchy Treats packaging resealable?**

Yes! These treats are packaged in convenient resealable bags to help keep treats fresh.

27. **Are there coupons available?**

Keep an eye on your local Sunday paper, store circulars and the pet food aisle for NUTRO™ dog and cat food coupons. Need another tip? Keep an eye on our website and www.coupons.com. Unfortunately, we don't have manufacturer's coupons to send right now.

28. What if my dog doesn't like NUTRO™ products?

All NUTRO™ products are 100% satisfaction guaranteed. If you or your pet aren't satisfied, please hold on to the packaging and your receipt and contact us at 1-800-833-5330.

29. Do we specify NATURAL CHOICE™?

Yes! All NUTRO™ recipes are carefully formulated to meet the nutritional levels established by the AAFCO Dog Food Nutrient Profiles for the specific life stage.

30. Where is NUTRO™ dog food made?

Our headquarters is in Franklin, Tennessee, just outside of Nashville. We have two dry pet food manufacturing facilities for NUTRO™ products located in Henderson, North Carolina, and Victorville, California. We also have wet food manufacturing facilities in Columbus, Ohio; Fort Smith, Arkansas; and North Sioux City, South Dakota, for our cans and trays. Our NUTRO™ SO SIMPLE™ trays are made in Thailand.

31. Are there any safety or quality checks in place for the preparation of NUTRO™ dog food?

Yes. We rigorously test to ensure the safety and quality of our pet food. We have quality experts who work on-site to ensure we meet all safety standards and certifications. Additionally, all our facilities are inspected by the Food and Drug Administration (FDA), and we adhere to Good Manufacturing Practices, Good Hygiene Practices and Hazard Analysis and Critical Control Points — all regulated by the FDA.

32. Where does the NUTRO™ brand get its ingredients?

We source our ingredients from trusted farmers and suppliers, prepare only in trusted facilities and rigorously test for quality and safety. We travel the world to locate and source the quality ingredients used in our recipes.

33. How do you ensure that you are sourcing non-GMO ingredients†?

NUTRO™ brand has eliminated many ingredients that have GMO variants as we work toward our cat and dog food non-GMO goal. The ingredients used that do have GMO variants are traced from supplier to final product. We also have DNA tested every ingredient used in NUTRO™ dry dog and cat recipes for GMO variants and cross-contamination (excluding MAX™ CAT dry diets).

†Trace amounts may be present due to potential cross-contact during manufacturing.

34. Do all NUTRO™ factories meet modern standards?

100% of our owned NUTRO™ factories meet our corporate Responsible Workplace Standards.

Our operations are regularly assessed by APSCA registered assessors as part of our

human rights due diligence in our own operations. This approach rates our sites on child rights, compensation and benefits, discrimination, forced labor, freedom of association, health and well-being, issue reporting and work hours.

We work with our Tier 1 suppliers to outline a Code of Conduct that describes human rights, ethical and environmental expectations of our suppliers, including a prohibition on forced labor.

35. **Are NUTRO™ dog food containers recyclable?**

We want our pets to have long lives. Not our packaging.

All packaging for our canned wet dog food products is 100% recyclable.

36. **Are the NUTRO™ PERFECT PORTIONS™ packages recyclable?**

The plastics trays are a #7 plastic and can be recycled where facilities exist.

37. **What does CLEAN SOURCING mean?**

Our ultimate goal is to partner with suppliers who believe that nourishing pets shouldn't come at the expense of the planet.

38. **What is regenerative agriculture?**

We source barley for the dry food made in our North Carolina facilities from farmers who use practices that reduce soil disturbance, enhance crop diversity and/or maintain living roots year-round. These actions not only help grow nutrient rich food, but also give back to the earth. Some benefits of these practices may include helping to restore soil health, trapping carbon, increasing biodiversity, reducing the usage of fertilizer and improving water usage efficiency.

39. **Does NUTRO™ utilize ZERO WASTE facilities?**

Our U.S.-owned facilities are zero waste to landfill. This means we don't put operational waste into landfills where it could lead to water contamination or the generation of excess methane gas emissions.

All our factory waste streams are recycled, composted or, if necessary, incinerated to produce energy that can be utilized during production.

40. **Our Response to COVID-19**

These days, we are all concerned about each and every member of the family, including the four-legged ones. Our friends and expert partners at the Waltham Petcare Science Institute have been working tirelessly for more than 50 years to bring

their scientific knowledge to benefit pets all around the world. Together, we are closely monitoring the latest events and scientific insights surrounding coronavirus. Please follow this link to Waltham's latest guidance on how to care for your pet during COVID-19.

Do you have any questions about The NUTRO Company or NUTRO™ Pet Food? Find your answers here. If you don't find what you're looking for, contact us.

41. **How long has the NUTRO™ brand been making quality pet food?**

We have been making quality pet food for about 90 years!

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