



Nutritional Recommendations

Our goal at ECAH is to provide the highest level of care and education to our patients and to our clients, respectively. This includes recommendations for diets on what is appropriate to feed and what is not appropriate.

Many dog foods these days cater to customers, rather than the patients. They discuss *ingredients*, while our focus is about what NUTRIENTS a patient requires. Our goal at ECAH is to help provide the needed information regarding the nutritional requirements for your pet. Not all foods work for all patients, and we will work to find the one that will.

There have been many foods recently, as linked to heart disease, and fall into the category named “BEG” diets. These stand for Boutique, Exotic and Grain Free diets. Please note many of these diets were listed on the FDA’s list of diets potentially linked to a condition referred to as Nutritional Dilated Cardiomyopathy (Nutritional DCM). These diets caused a taurine deficiency, due to an unknown mechanism which led to the aforementioned heart disease. The most recent data (July 2021) suggests diets that contain peas or other legumes contain the highest risk of Nutritional DCM.

It is important to notify your ECAH technician of the food you are feeding to your pet(s). The following diets are recommended by ECAH and its staff (in no special order):

- Royal Canin
- Hill’s/Science Diet
- Purina (not including Beneful)
- Eukanuba
- Iams

If you are interested in doing a home cooked diet, we do recommend these over a RAW or BARF diet to minimize risks of contamination and illness to the pets and you, as the owner. Please visit the following website(s) to obtain a customized diet for your pet:

- <https://www.balanceit.com>
- <https://www.petdiets.com>

Both of the websites listed below are monitored and guided by veterinary nutritionists. They can provide diets for your regular day to day feedings as well as specifically tailored diets for medical conditions such as, but not limited to kidney disease, heart disease and allergies.

We thank you for entrusting us with the complete care of your pets.