

## Dog Food Grocery List

### Ingredients to Look For & Ingredients to Avoid

#### Good Ingredients

- **Animal protein** as the first and second ingredient... whole meats. The animal source should be named, such as chicken, beef, lamb, etc.
- **Whole vegetables, fruits and grains**
- **Specifically named fats and oils**
- **Good preservatives** such as Mixed Tocopherols (Vitamin E), Rosemary-, Sage-, or Clove Extract, Ascorbyl Palmitate, Ascorbic Acid

For more information, go to  
<http://www.soulfulcreatures.com>

#### Ingredients to Avoid

- **Generic meats** that do not include the specific animal source.
- **Meat meals**
- **Meat or poultry by-products**
- **Processed grains**
- **Corn gluten or soy(bean) meal**
- **Non-specific sources of fat and oil**
- **Artificial flavor enhancers** like phosphoric acid.
- **Artificial preservatives** such as BHA, BHT, Ethoxyquin, Propylene glycol, Propyl gallate, TBHQ (Tertiary Butylhydroquinone) and Sodium Metabisulphite
- **Added sweeteners** such as cane molasses, corn syrup in any form, sugar, sorbitol, sucrose, fructose, glucose and ammoniated glycyrrhizin
- **Coloring agents** such as azo and numbered dyes as well as **color preservatives** such as sodium nitrite.