

## What about chew treats?

Dogs have a natural desire to chew, but they don't need to chew on animal body parts to satisfy this need.

When shopping for chew treats, "natural" should be a red flag. It probably means that the product came from an animal.

Next time you see a bin of **pigs' ears** or a package of "**bully sticks**" (dried bulls' penises) in a pet food store, think of the animals those body parts belonged to.



Plenty of plant-based alternatives exist, including **Whimzees** chew treats and **V-dog** breath bones.

These options are also safer for your dog, since dried animal parts are often brittle with jagged edges.

## Vegan dog food is a win-win-win

Here are three great reasons to consider feeding your dog a plant-based diet:

- ✓ **Better for health** — Vegan pet food could improve your dog's health and increase longevity.
- ✓ **Better for the environment** — Vegan pet food requires less land, water, and energy to produce than meat-based pet food.
- ✓ **Better for farmed animals** — Vegan pet food does not require raising and killing animals for food.

*It is well documented that the meat industry has a significant impact on the environment, and 25% of the meat produced in the U.S. is used for pet food.*

### Resources:

You can find more information about vegan diets for dogs, including tips for a successful transition here:

- V-dog web site
- Wild Earth web site
- [sustainablepetfood.info](http://sustainablepetfood.info)

### Studies:

The studies mentioned previously are listed on Dr. Andrew Knight's web site ([sustainablepetfood.info](http://sustainablepetfood.info)) at:

[tinyurl.com/ycx6tahv](http://tinyurl.com/ycx6tahv)



NH Animal Rights League

## Is a Vegan Diet Right for Your Dog?



*New research shows that dogs can be healthy on a vegan diet*

[nhanimalrights.org](http://nhanimalrights.org)

## Does my dog need to eat meat?

Pet food advertising often **compares dogs to wolves**, implying that a dog's ideal diet is one of pure meat.

But a dog's digestive system is different from his wolf ancestors. Over 15,000 years of living among humans, dogs evolved to eat whatever people gave them — which until modern times would not have included much meat.

*Dogs don't need meat; dogs need protein.*

Food made specifically for pets is a relatively new invention. The first commercial canned dog food, **Ken-L-Ration**, was created after WWI as a way to make use of **surplus war horses**.

From there, the commercial dog food industry grew as a way to sell meat deemed **unfit for human consumption**.



Despite FDA oversight, consumers have good reason to worry about meat-based pet food. Meat is far **more prone to contamination** than plant-based food.

## Can my dog be healthy on a vegan diet?

Until recently, little data was available about the health of dogs on vegan diets.

But there are now eight such studies in leading scientific journals (see "Studies" on back), and all but one found that the healthiest and least hazardous diet for dogs is a nutritionally sound vegan diet.

Researchers found that dogs on vegan diets experienced:






- **Fewer health problems related to allergens** — Beef, chicken, lamb, and pork are all allergens for dogs. On meat-free diets, dogs susceptible to these allergens

experienced fewer gastrointestinal problems, skin diseases, and hot spots.

- **Easier weight management** — Vegan diets are generally less caloric than meat-based diets, which helps dogs maintain a healthy weight. Obesity can lead to mobility and musculoskeletal disorders, diabetes, heart problems, and many other ailments.
- **Longer lives** — According to one study, vegan dogs lived an average of **1.5 years longer** than dogs on meat-based diets.

The studies also **tested for palatability** and found no significant difference in how much dogs enjoyed vegan vs. meat-based food.

**Vegan Dog Food** — Below are some well-formulated vegan dog foods available from major retailers. You can also buy directly from **PawCo, Petaluma**, and other specialty vegan pet food makers. Vegan pet food can be pricey, but a healthy diet may prevent costly veterinary visits.

					
	V-Dog	Halo Holistic Vegan	Gather Endless Valley	Wild Earth	Natural Balance
Chewy	✓	✓	✓	✓	✓
Petco		✓			✓
Petsmart					✓
Amazon	✓	✓	✓	✓	✓