



# MYTH OR FACT?

**Pet foods should be grain-free.**



## IT'S A MYTH

Many pet owners believe that grain-free pet foods are easier to digest and provide pets with better nutrition than pet foods containing grain.

## THE FACTS

The carbohydrates, proteins and other nutrients provided by grains add to both the nutritional value and structure of pet food.

### Grains supply energy.

- Most cells in the body use carbohydrates as a primary source of energy.
- The nervous system (i.e., brain and nerves) requires the carbohydrate glucose to support normal functions.

### Grains spare protein.

- If carbohydrates, such as those from grains, aren't available, dietary protein is diverted away from its most important function — protein synthesis — to make glucose.
- If carbohydrates are available, dietary protein is used to build and maintain muscle and tissue.
- Reproducing females, growing puppies and kittens, and active dogs especially benefit from diets containing carbohydrates.

### Grains provide fiber and other nutrients.

- Grains provide fiber, which contributes to gastrointestinal health.
- Grains also contain essential fatty acids and other nutrients that contribute to a healthy skin and coat.

## REMEMBER

Properly processed grains provide needed nutrients as part of a nutritionally complete and balanced diet.

