



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.

