

The Good, The Bad & The Ugly of Pet Food — Purchase foods with ingredients only from **GOOD Column!**

MEATS	GOOD	BAD	UGLY
	Named Meats (or meals)	Meat Meal (un-named species)	Meat & Bone Meal (unspecified)
	Beef		Meat By Products
	Chicken, Turkey	Poultry Meal (un-named species)	Poultry By Products
	Venison, Duck		Poultry Digest
	Salmon	Fish Meal (un-named species)	Fish Protein Digest
	Lamb		Animal Digest (Intestinal Contents)
FATS & OILS	GOOD	BAD	UGLY
	Safflower Oil	Soybean Oil	Rendered Animal Fats
	Flaxseed Oil	Corn Oil	Poultry Fat
	Olive Oil	Cottonseed Oil	Vegetable Oil (unspecified type)
	Salmon Oil	Fish Oil (unspecified type)	
OTHER PROTEIN	GOOD	BAD	UGLY
	Eggs	(Dried) Egg Product	Poultry Hatchery By-Product
	Yogurt, Keffir		Soy Protein Isolate
		Cheese product	Blood Meal, Plasma Protein
VEGETABLES & FRUITS	GOOD	BAD	UGLY
	Leafy Greens, Sweet Potatoes, Carrots, Broccoli, Zucchini, Celery, Green Beans	Peas	Tomato Pomace (A By-Product of ketchup production)
	Potatoes, Yams	Onion	Potato Product, Potato Starch
	Apples, Melon, Banana, Papaya, Mango		Apple Pomace
	Cranberries, Blueberries		Peanut Meal, Peanut Hulls, Sorghum
PRESERVATIVES	GOOD	BAD	UGLY
	Rosemary	Citric Acid, Mixed Tocopherols	BHA, BHT, Ethoxyquin, TBHQ
GRAINS	GOOD	BAD	UGLY
	No Grain	Husks	Hulls, Middlings
	Organic Grains	Wheat	Gluten, Protein Concentrates
	Whole Grains	Corn	Apple Pommace
	Non-gluten Grains- Quinoa, Amaranth, Millet	Soy, Soybean Meal	Peanut Meal, Peanut Hulls, Sorghum
	Teff, Spelt, Oats, Barley, Rye	Beet Pulp	Rice Gluten, Brewer's Rice
		Brewer's Dried Yeast	
VITAMINS & MINERALS	GOOD	BAD	UGLY
	Amino Acid Chelates	Medadione Sodium Bisulphate	Iron / Ferrous Oxide (=Rust)
	Fewer = better		Many = food based ingredients are nutritionally deficient
OTHER	GOOD	BAD	UGLY
	Herbs & Botanicals	Ingredient Splitting (one ingredient listed more than once)	Colors (esp. Caramel Color, Titanium Dioxide)
	Enzymes	Salt, Sea Salt	Corn Syrup
	Apple Cider Vinegar	Sugar	Glycerin
PROCESSING	GOOD	BAD	UGLY
	Raw, Fresh, Frozen, Freeze Dried, Dehydrated		Canned & Extruded
	Organic, Hormone Free, GMO Free	GMO	Genetically Modified