

DIETARY SOLUTIONS FOR PETS

UNDERSTANDING AND TREATING FOOD INTOLERANCES IN PETS

(Family Features)

If your four-legged friend is exhibiting some unusual symptoms, there is a chance a food sensitivity may be the culprit. Even for pets that don't have a full-blown food allergy, food intolerance can create problems that are easily remedied with a change in diet.

The length of time a pet has been on a food does not seem to affect the risk of developing adverse food reactions, said Dr. Jennifer Adolphe, PhD, a companion animal nutritionist and registered dietitian. A pet can react to a food after just one feeding, or after many months or years on the same food. Just like people, every pet is different, so the degree of sensitivity to an ingredient can vary.

Knowing the warning signs is the first step toward understanding whether your pet is suffering from a food-related intolerance.

Cats with food intolerances may show symptoms such as:

- * Vomiting and diarrhea
- * Bloating and related symptoms, such as gas
- * Skin irritation, which is typically rare in cats

Dogs may display these symptoms if they are suffering from sensitivities to certain foods:

- * Excessive paw licking or chewing with paws often turning red as a result
- * Chronic or recurrent ear infections
- * Visible fur loss
- * Itching and rashes, especially around the dog's face, feet, ears, forelegs or armpits
- * Vomiting and diarrhea

If your pet is experiencing any of these symptoms, it could be a sign he or she has a food intolerance. First, consult with your veterinarian to rule out any health conditions. Once your pet receives a clean bill of health, switching the food your pet eats may help alleviate his or her symptoms.

Home-Cooked Elimination Diets

An elimination diet is a specialized diet that is fed to pets and excludes all suspect ingredients. Once a diet is found that resolves the symptoms, a pet is then fed potentially aggravating ingredients to see if symptoms reappear. If they do, an adverse food reaction is confirmed. The elimination diet will need to be closely monitored by a veterinary professional and followed for approximately 6-8 weeks to determine success.



Limited Ingredient Diets

A limited ingredient diet (LID) offers a single source of meat protein with as few additional ingredients as possible to meet the nutritional requirements of your pet. Options like GO! Solutions recipes from Petcurean are formulated especially for pets with specific dietary needs and food sensitivities, and carefully prepared with premium-quality meat proteins, unique carbs and essential omega oils.

To determine whether a limited ingredient recipe will work for your food-sensitive pet, you should eliminate all treats and other food sources. You may notice immediate improvements, but your pet should stay on the new food for 8-12 weeks to ensure it is the right choice.

It may take some trial and error to find a food that works for a food-sensitive pet, but patience and persistence can help your pet live a happy and healthy life. Learn more about food options for pets with special dietary needs at [Petcureango.com](#).

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Source: Petcurean



Simple Ways to Enjoy Warm-Weather Dining

(Family Features)

The warmer months can bring a sense of new beginnings. While you're taking in the sights and sounds of the seasons, it's the perfect time to give your dining routine some fresh perspective.

Get ready to enjoy the refreshing bounty of the season with these tips that can make it simple to enjoy outdoor dining:

Use fresh ingredients: Fresh simply tastes better. Take advantage of early crops and make the most of a kitchen herb garden. Look to incorporate fresh herbs, like thyme and parsley, and veggies, including artichokes and asparagus, which are at their peaks during warmer months.



Seasonal salads: Salads are another way to enjoy warm-weather flavors. Try switching out root veggies for fresh fruits and berries or add lighter ingredients like quinoa and avocado. Visit your local farmer's market for inspiration and let your taste buds be your guide.

Pair appropriately: As the seasons change, it's a great opportunity to switch up your wine selections. The warmer weather typically calls for lighter fare that pairs best with a white wine such as Sauvignon Blanc or rosé. Try keeping versatile and affordable bottles on-hand that pair well with warm-weather meals, such as Josh Cellars California Rosé or The Crossings New Zealand Sauvignon Blanc.

Take it outdoors: Warmer weather means it's time to embrace the delicious blend of sunshine and warm breezes. Make time to enjoy an outdoor picnic lunch or an al fresco dinner. Be sure to add some ambient lighting so you can linger after the sun sets.

Keep it simple: Skip the complex recipes and let a handful of delicious ingredients shine. Look for simple seasonal recipes with five ingredients or less. Shorter prep time and cleanup allows you to enjoy as much daylight as possible.

Seek out some pairing inspiration for your next warm-weather dining experience at [deutschfamily.com](#).

Photo courtesy of Getty Images (people at table)
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Source: Deutsch Family Wines

