

## Feeding formats decoded - a smarter way to choose what's In the bowl

You've ditched the kibble. Now what?

You're staring at labels – dehydrated, air-dried, freeze-dried – wondering:

"Do I have to feed raw?"

"Do I need a second freezer?"

"Will I be cooking for my dog forever?"

Take a breath. There's no one-size-fits-all.

The best diet isn't the one that's trending – it's the one your dog can digest, thrive on, and you can actually stick with.

## 6 Main whole-food formats at-a-glance

FORMAT	WHEN IT SHINES	WHAT TO WATCH FOR
Home Cooked	Short-term reset, picky eaters	Unbalanced nutrients, esp calcium
Dehydrated Diets	Easy travel, transition from kibble	starches + low nutrient density
Freeze-Dried Diets	Shelf stable raw, healing boost	Hidden filler, expensive
Air-Dried Diets	High protein, toppers, organ rich	Calorie-dense; can overfeed easily
Lightly-Cooked Diets	Sensitive guts, therapeutic use	Cost + freezer space
Frozen Raw Food	Strong digestion, healthy pets	Gut must be ready, clean handling



Book a personalized nutrition consult with Dr. Pam

Rooted in science, experience, intuition, and love – this is where guesswork ends and confidence begins. Walk away with a clear nutrition plan, a deeper understanding of your dog's needs, and the peace of knowing you're doing everything you can to give your dog the healthiest, happiest life possible.

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