

5 popular pet food brands I never recommend

You walk into your vet's office hoping for answers – and you leave with a \$90 bag of food that promises results.

But here's the kicker: most vet-recommended brands are made by the same corporations that fund the research, sponsor the vet schools, and stock the shelves in their offices. So when your vet recommends Hill's or Royal Canin, it's often more about industry exposure than nutritional superiority.

I want to pull back the curtain and give you the truth. Here are 5 of the most popular pet food brands I never recommend – and why they might be standing in the way of your dog's health:

1. Hill's Science Diet

Heavily processed, packed with fillers, and often the first thing vets recommend – because Hill's pays for the textbooks, research, and vet school sponsorships.

2. Purina

Owned by Nestlé. That alone should raise a red flag. You'll often see corn, meat by-products, and vague ingredients topping their lists.

3. Royal Canin

Prescription formulas, fancy names, and sky-high prices – but look closer and you'll find more marketing than meat.

4. Iams

Once premium, now mass-market. You're paying for a legacy brand that's been diluted by cost-cutting and heavy processing.

5. Pedigree

Cheapest on the shelf for a reason. Low-quality ingredients and artificial additives make this one of the least nourishing options out there.

What to do instead

Here are 3 simple things to do the next time you're buying pet food:

1. Flip the bag

Look at the first five ingredients. If they don't sound like something you'd eat (or pronounce), that's your sign to not buy!

2. Add in real food

Gently cooked meat, raw veggies, or a whole egg – even swapping 10% of your dog's bowl makes a big impact.

3. Trust your gut

You know your dog. If the food doesn't feel right, you're probably right.



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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