

Food Allergy Check-List

Ears and Rears are most common symptoms
Scooting + GI upset + Gas + 3 or more poops per day

No need for prescription diets
they are 2X the cost and have 2-3% contamination
Home cooked diet is best - see ingredient list

Over the counter diets work well if
NO beef - dairy - cheese - yogurt - rawhides - bully sticks
NO bison or buffalo - they are just weird cows
NO chicken - egg - turkey

MUST READ INGREDIENTS - most brands sneak in chicken-fat/meal
all Purina diets have chicken or egg

Good diets are usually - Lamb or Fish or Pork or Duck or Kangaroo flavored
Under the Sun Grain-free Lamb
Zignature Limited Ingredient Lamb or Trout/Salmon or Pork or Duck
Blue BASICS Limited Salmon or Lamb or Duck
Taste of the Wild Pacific Stream or Ancient Stream
Canidae PURE Wild Boar or Salmon or white fish
Canidae All Life Stages Lamb
Diamond Naturals grain-free White fish
Diamond Care Sensitive Skin Limited Ingredient - Salmon
Instinct Limited ingredient - Lamb
Costco Kirkland Signature Nature's Domain Salmon
Merrick grain-free - Salmon
Natural Balance LID limited ingredient - Salmon/Lamb/Pollock/Duck

Vegetarian/Vegan diets would be good - but read ingredients for chicken-fat/meal

Email food list is available from 2021 - Hnilica can email

Any chewable medication must be non-Beef and non-Chicken flavored
Flea/tick/mosquito = Simparica and Credelio and Bravecto are fine
Heart-worm = Old Flavor Tabs of Sentinel/Interceptor
or ProHeart injections are fine

Food Allergy is like pregnancy - NO LITTLE OR LOT pregnant - just yes or no
Any amount of allergic ingredient/diet/treats/chews
even if only every 30 days will cause problems

HOME-COOKED or TREATS AND FOODS



1/3 COOKED LEAN PROTEIN

Beyond Beef veggie, Impossible Foods ground-Beef Veggie,
FISH, SALMON, lean PORK, lean HAM, LAMB



2/3 MIXED VEGGIES AND FRUIT

GREENS AND YELLOWS – (AVOID GRAPES AND RAISINS)

GREEN BEANS, PEAS, BROCOLI, ASPARIGUS, BRUSSEL SPROUTS, SQUASH,
PUMPKIN, OKRA, SPINACH, CARROTS, CELERY, ETC

TOMATOES, CUCUMBERS, Pit-less DATES/PRUNES, APPLES, ORANGES,
BANANA, ETC

Grains are usually ok but avoid Soy and Milk or Egg ingredients



Vitamins and Dental Chews

Pet Tabs Vitamins pork flavored vitamins

CET Veggie Dental Chews for reduction of dental tartar in food allergic dogs



SUPPLEMENTS - proven benefits

MAGIC OMEGA VITAMIN PEANUT SUPPLEMENT

Essential Fatty Acid (active EPA) (1000mg EPA per 25 lbs weight).

Vitamin A daily to prevent skin tumors and improve gland health (2,000 IU per 25 lbs).

Vitamin B + D + L-Histadine + niacinamide + inositol + choline - 40% beneficial

Human Probiotic daily mixture of Bacillus fermented and B. Paracasei given daily

Hemp Seed Oil - 1-2 tablespoons daily

Melatonin for hair growth and rejuvenate geriatric conditions (5mg or 10mg every 12-24 hours).