

Weight loss dog foods – Comparison of ingredients

In the table below, we have listed the ingredients of 7 leading dog foods that claim to help your dog lose weight. As you will see from the chart, Formula K is a clear winner being low in saturated fats, high in protein, low in calories, and having the correct level of fibre and Omega 3:6. In addition you'll find it substantially cheaper (and better) than leading "prescription diets".

Test	Units	Formula K	IAMS Adult 1+ Light	Hills Prescription Diet r/d	Bakers Complete Weight Control	Purina Pro Plan Light	Eukanuba Special Care	Pedigree Complete Light	
Moisture	%	8.85	5.78	7.56	9.6	7.91	7.49	8.67	
Protein	%	30.94	23.43	31.59	27.24	27.94	21.39	20.8	High protein gives your dog the energy to be active, and thereby burn off weight.
Oil A	%	9.31	9.87	5.45	6.25	7.8	8.66	8.8	
Oil B	%	10.32	11.26	7.45	7.37	9.43	9.9	9.85	
Fibre	%	2.29	<1	8.45	<1	<1	<1	1.21	Some weight loss dog foods have been created by adding lots of fibre. This can make the dog lethargic and bloated. Would you want a diet of hay?
Ash	%	6.31	2.56	7.21	4.81	3.76	3.2	4.35	
NFE		41.29	56.97	37.74	50.98	50.96	58.02	55.12	

Energy (DE)	cal/100g	340	377	306	336	356	362	349	Formula K is a low calorie food, in line with these other weight loss dog foods. Hills seem to have achieved a very low calorie level through adding a lot of insoluble fibre (see "fibre" above).
Saturated	%	21	35	29	29	33	32	28	Formula K has the lowest level of saturated fats. This has health benefits.
Mono-unsaturated	%	40	40	37	39	40	41	44	
Poly-unsaturated	%	30	21	31	30	23	24	27	Formula K is high in poly-unsaturates. You know this is good for your dog!
Saturated: Unsaturated	Ratio	0.30	0.56	0.43	0.41	0.52	0.49	0.39	Formula K has the lowest ratio of saturates to unsaturates, which will provide health benefits for the obese dog such as reduced heart and circulatory problems.
N-6:3	Ratio	13	28	54	44	16	24	38	The optimal dietary ratio for Omega 6:3 is between 5:1 and 10:1. The only dog food that approaches this is Formula K at 13:1. A low ratio promotes many health benefits including reductions in heart and circulatory disease, inflammation, joint degradation, tumour growth, and skin complaints.

Totals may not add to 100 due to rounding. All results produced by an independent testing laboratory using packs on sale March 2008.