

Cyndi's Favorite Dog Foods

New Year 2023 Edition

Version 1.4

Product Name or Brand	Process Type	Lifestage Formulation(s)	Meat, Meal, Both, or Vegetarian	Raw, Freeze Dried Raw, Freeze Dried Raw Coated, Raw Boost	Limited Ingredient, Single Protein, Peas or Legumes, Synthetic Free	Solution Based Food	Breed Size	Carb Content	Certifications: Organic, Responsibly Sourced, Humanely Raised	Average Price/lb. for Dry Only	Fed by Cyndi	Buy Online	Buy at Local Stores
A+ Answers	Fermented Raw	ALS	Meat	Raw	Single		All	< 4%	No		Yes	No	PB, FF
Acana/Orijen	Dry	ALS, AM, G, LBG	Meat, Both	No	Single, LID	Weight	All, S, L	> 25%	No	\$3.41		Yes	K, PB, PSP
Avoderm	Dry	ALS, AM	Meal, Both	No			All	> 40%	No	\$2.69		Yes	
Bixbi	Dry, FDR, Can	ALS	Meat	FDR, Coat			All	5%, > 25%	HG	\$3.18			
Canidae	Dry	ALS, AM, G, Senior	Meal, Both, Veg	No	LID		All, S	> 40%	No	\$2.67		Yes	PSP, PC, PS
Carna4	Baked	ALS	Meat	No	Synthetic Free		All, S	> 35%	No	\$7.64			
Castor & Pollux	Dry	ALS, AM	Both	No			All, S	> 30%	Org, RS, FR, GF	\$4.55		Yes	PSP
Dogswell	Dry	AM	Both	No		Hip, Skin, Digestion	All	> 30%	No	\$2.62			
Dr. Marty's	FDR	ALS, AM, G	Meat	No	Synthetic Free		All	20%	No		Yes	Yes	PSP
Dr. Tim's	Dry	ALS, AM, Senior	Meal, Both	No		Weight	All	> 30%	No	\$2.74			
Earthborn Holistic	Dry	ALS, AM, G	Meal, Both	No	LID, No Peas, No Legumes		All	> 30%	No	\$2.42	Yes	Yes	PSP
Farmer's Dog	Cooked	ALS	Meat	No			All	< 15%	HG, HR			Yes	
Farmina	Dry/Baked	ALS, AM, G	Meat	No		Skin, Digestion, Weight	All, S, L	> 30%	No	\$4.28		Yes	K, PB, PSP
Fromm	Dry	ALS, AM, G, LBG, Senior	Both	No			All, S, L	> 35%	No	\$2.36		Yes	K, PB, PSP
Halo	Dry	ALS, AM	Meat, Veg	No			All	> 30%	CF, PR, WC, Sus	\$4.07		Yes	
Health Extension	Dry	ALS, AM	Both	No			All	> 35%	Org	\$2.25		Yes	
Holistic Select	Dry	ALS, AM	Meat, Both	No	No Legumes	Added taurine	All	> 40%	No	\$3.03			
I And Love And You	Baked, Dry, Deh	ALS, AM	Both	No	LID		All	> 30%	No	\$2.65		Yes	
Instinct	Dry, Raw, FDR	ALS, AM, G, LBG, Senior	Meat, Both	Coat, Boost	LID, No Legumes		All	5%, > 20%	No	\$3.44		Yes	FF, K, PB, PSP
Just Food For Dogs	Cooked	ALS	Meat	No	LID, Single		All	< 100%?	HG, HR			Yes	PC
Merrick	Dry, Can	ALS, AM, G, LBG, Senior	Both	Coat, Boost	LID		All, S, L	20% - 35%	No	\$3.15	Yes	Yes	PSP, PC, PS
My Perfect Pet	Cooked	ALS	Meat	No	LID		All	< 15%	HG, HR				PB
Natural Balance	Dry, FDR, Can	ALS, AM, G	Meat, Meal, Both	FDR	LID, Veg	Weight	All	20%, > 40%	No	\$2.73	Yes	Yes	PSP, PC, PS
Nulo	Dry, FDR, Can	ALS, AM, G, LBP, Senior	Both	FDR	LID	Low Glycemic, Weight	All, S, L	10%, > 35%	Ethically Source	\$2.93	Yes	Yes	PSP, K, PB
Nutrisource	Dry	ALS, AM, G, LBG	Meal, Both	No			All, S, L	25% - 40%	No	\$2.76			
Nutro Ultra	Dry	ALS, AM, G, LBG, Senior	Both	No		Weight	All, S, L	> 35%	No	\$2.40		Yes	PSP, PC, PS
Open Farm	Dry, FDR, Cooke	ALS	Meat, Both	FDR	Single		All	5%, > 30%	HR, GF, FR, WC	\$3.65	Yes	Yes	PSP
Primal	Raw, FDR	ALS	Meat	Raw, FDR	Single		All	< 5%				Yes	K, PB, PSP
A Pup Above	Cooked, Dry	ALS	Meat	No	Single	Joint, Digestion	All	< 5%	HG, Non-GMO		Yes	Yes	PB, FF, PSP
Small Batch	Raw, FDR, Cooke	ALS	Meat	Raw, FDR	Single		All	< 5%	HG, HR		Yes	Yes	PSP, PB, K
Solid Gold	Dry	ALS	Both	No			All	20% - 45%	No	\$2.44		Yes	
Stella & Chewy	Dry, FDR, Raw, S	ALS, AM, G	Meat, Both	All	Single		All, S	5%, > 25%	No	\$3.42	Yes	Yes	PSP, K, PB
Taste of the Wild	Dry	ALS, AM	Both	No			All	> 40%	No	\$1.95		Yes	PSP, PC, PS
Tender and True Orga	Dry, FDR	ALS, AM	Both	FDR			All	5%, > 35%	Org, HR, WC, Su	\$3.68			
The Honest Kitchen	Dehydrated, Co	ALS, AM, G, Senior	Meat, Both	No	LID		All	> 30%	HG	\$3.83	Yes	Yes	PSP, K, PB, PC, PS
Tiki Dog	Baked, Can, Raw	ALS, AM	Both	No			Small	> 35%	No	\$5.21		Yes	
Wellness	Dry	ALS, AM, G, LBG, Senior	Meat, Both	No	LID	Weight, Digestion	All, S, L	> 25%	No	\$3.50		Yes	PSP, PC, PS
Whole Earth Farms	Dry	ALS, AM	Both	No			All	> 35%	No	\$1.86		Yes	PSP, PC, PS
Zignature	Dry, Can	ALS	Both	No	LID		All	> 30%	No	\$2.87	Yes	Yes	K, PB, PSP, PC, PS
Ziwi Peak	Air Dried	ALS	Meat	No	Single		All	< 5%	No		Yes	Yes	K, PB, PSP

Legend:

Highlights are favorites for highlighted reason

Legend: Life Stage Formulations

ALS = All Life Stages
 AM = Adult Maintenance
 G = Growth (Puppy)
 LBG = Large Breed Puppy

Legend: Raw Categories

Raw = Raw
 FDR = Freeze Dried Raw
 Coat = Raw Coated
 Boost = Includes FD Raw Pieces

Legend: Breed Size

All = All Breeds, All Sizes
 L = Large breed
 S = Small breed

Legend: Certifications

FR = Free Range
 HG = Human Grade
 HR = Humanly Raised
 Org = Certified Organic
 PR = Pasture Raised
 RS = Responsibly Sourced
 Sus = Certified Sustainable
 WC = Wild Caught

Legend: Local Stores

FF = Fifi & Fido's
 K = Kriser's
 PB = Paw Basics
 PC = Petco
 PS = PetSmart
 PSP = Pet Supplies Plus

Selection Criteria and Other Notes:

- 1) I only listed brands I am familiar with and have done research on
- 2) All brands are rated 5 Stars on DogFoodAdvisor.com
- 3) Criteria used to identify good-quality foods
 - Named animal protein at the top of ingredient list (e.g. all fresh meat or listed first, named meat meal listed second) except for budget foods and vegetarian
 - Whole food ingredients (e.g. sweet potatoes, chickpeas, quinoa, pumpkin)
 - Fewer synthetic ingredients listed after salt except for LID and solution based foods
 - Lower carbs and higher protein except for vegetarian, LID and solution based foods
 - Bonus points for certified organic, humanely raised or sustainably farmed
- 4) Criteria used to identify low quality foods that are NOT included in any brands of food listed
 - Unnamed meat meal of any kind (e.g. meat meal, poultry meal, bone meal)
 - Corn of any kind (e.g. corn gluten meal)
 - By-Products of any kind (e.g. poultry by-products, chicken by-products, meat by-products)
 - Added sweeteners, artificial colors, flavors, or preservatives (e.g. BHA, BHT, ethoxyquin, caramel)
 - Carbohydrate-heavy or mostly plant-sourced proteins (unless listed as vegetarian)
 - Low quality fillers (e.g. peanut hulls, soybean hulls)
 - Low quality ingredients (e.g. any soybeans, animal fat, animal or poultry digest)
 - Toxic ingredients (Menadione, titanium dioxide, propylene glycol)
 - No meal listed as first ingredient (e.g. pork meal, chicken meal, turkey meal) with exception for budget foods
 - No ingredient splitting (e.g. several same ingredients listed like rice, rice bran, rice protein meal)
 - No super cheap grocery store or store brands (e.g. Costco, Trader Joe's, HEB, Whole Foods, Petco, PetSmart)
- 5) For people concerned about Grain Free foods with legumes or peas: all brands listed have Grain Included options (except raw foods)
- 6) No food is best for all dogs. How you choose the best food for your dog depends on your dogs' specific needs.
- 7) Dry dog food is not the healthiest diet for your dog. Most dogs do fine on dry food. But if you want to provide the very best, most natural diet possible for your dog, you need to look to something other than kibble. Look at the foods on the list that are Raw, Freeze Dried Raw or Cooked. This is explained in more detail in full article and The Forever Dog book.
- 8) Budget friendly foods are highlighted by average price per pound. Lowest price is a little under \$2 per pound. Several highlighted foods are higher priced (between \$2.50-\$3 per pound), but they are the lowest price in their highlighted area. Or what I consider a good price for the quality of the food.
- 9) Be prepared to pay more for the higher quality food. You pay for good food now, or pay the Vet bills later.