

Published based on [Finding the Right Adult Dog Food](#)

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Finding the Right Adult Dog Food

The AAFCO has different **testing standards for commercial puppy and adult dog foods**, and the ingredients in and AAFCO approved puppy food will not continue to meet **your dog's changing nutritional needs**. The AAFCO's **Growth testing protocol applies to puppies, and its Adult Maintenance protocol applies to all adult dogs**. So if you are enticed by a commercial dog food labeled as "Senior," don't think it has been tested by the AAFCO on older dogs.

With your **dog coming into adulthood**, you will have to **change the food from puppy chow to a food formulated for older dogs** that is one of the best rated dog food. This should **start around the one year mark for your puppy**. Changing foods should be done carefully and with great care and consideration.

Pay close attention to **your dog's likes, dislikes, and attitude toward the new food**. When **choosing the new food**, make sure that it contains the **six major nutrient groups** which will provide your dog with a **healthy diet**. These groups are the **proteins, fats and oils, minerals, water, carbohydrates, and vitamins** that can be found listed on the Guaranteed Analysis on the dog food package.

It is also important to **consider your dog's special needs and circumstances while choosing an adult formulated food**. Breed and size are two factors as well as any health issues and if your dog is active or inactive. **Smaller breeds metabolize much faster than larger breeds** and will need twice the calories. **Larger breeds will need to eat more** and will also need **food that helps strengthen their bones and joints**. **Active dogs will need food with high levels of fat** which will not help the inactive dog.

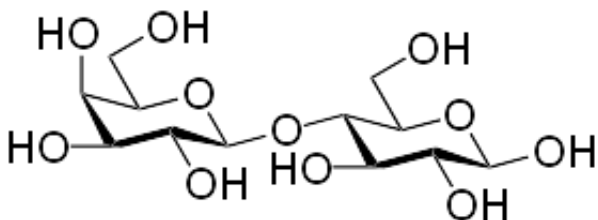


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The **dietary needs for adult dogs** will vary dog to dog depending upon condition, size, and breed. In general, the aim of **adult dog food** should be the continued **maintenance of well being for the immune system, skin, coat and muscles**. Always try and buy one of the **best rated dog foods**.

No matter what food you choose, make sure that it will meet your **dog's dietary needs**. Remember that the **feeding recommendations** below and those found on other **food's labels are merely guidelines**. You, as the owner, will be the first to know if your dog is benefiting from the diet or that adjustments are needed. And, as always, **do not hesitate to consult with your veterinarian if you should have any questions or concerns**.

Adult dogs will be eating less often than their puppies, averaging two servings a day; **some breeds will only need one serving a day**. It is vital to ensure that your dog is meeting all of the **nutritional requirements** at each meal to keep it healthy and happy. **Routine is also important and allows your dog's digestion system a sense of regularity**.

It is important to remember that with a **regular feeding schedule** and consultations with veterinarians, **feeding your adult dog** should not be stressful. Usually, there should be **two feeding times for healthy adults**; morning and evenings with enough food to sufficiently meet the dog's daily requirements. To do so, **simply divide the daily nutritional requirements in half**.

With a **stable routine**, your dog's body will come to **expect meals at the appointed time** which will help the **digestion process** and even his **mental health**. When **deciding what time to feed your dog**, take into **consideration your own daily habits and choose times** that will allow you to follow through with the plan each and every day. In time, you and your dog will fall into habit of reducing stress and making life much easier for both.

One thing you should keep in mind when **feeding your adult dog** is that his or her **metabolism will begin to slow over time**. While **properly balanced adult dog foods** will not by themselves [make your adult dog fat](#), continuing to **feed a dog with a slowing metabolism** the same amount of food will. So you should either **give your aging pet more exercise** to burn off the calories which aren't being burned by his or her slowing metabolism, or cut back on the portions at meal time.

What you decide to **feed your adult dog**, whether you go with a commercial food or decide to try the [BARF diet](#) or [your own home made dog food](#), will be the single most important factor in his or her continuing health and happiness. So do your research before you **make the switch from puppy to adult food**, and pay attention to **how well your pal is responding to the new food**.

It's **perfectly alright to try a variety of adult foods** until you discover the one **the best rated dog foods** which has you dog both thriving, and looking forward to mealtime as the best part of the day! But make an educated choice!

Sharda Baker has published several dog ebook and audios, including the internet best selling ["Complete Guide to Your Dog's Nutrition"](#).

Visit the link below now for Sharda's Special [Free Dog Food Report](#).

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