



Diet related Heart Disease

As some of you may have heard, there have been recent concerns about some types of diets creating significant health problems.

We want you to have the most recent scientific information about how to choose the best diet for your dog. It is very difficult to say that one food is the very best, but in the past year there have been several articles about the role that diet appears to play in the development of a form of heart disease called dilated cardiomyopathy or DCM. The diets implicated are either from **B**outique manufacturers, have **E**xotic ingredients, or are **G**rain free. You will hear the acronym “**BEG** diets” in relation to this grouping.

Below are links to reliable sources, which will provide you with the information we have to date. We are still not certain what the exact cause of this heart disease is, although some of the dogs have been shown to have low taurine levels. The good news is that the problem is often reversible if caught early; this is done by transitioning your dog to a more complete diet.

Not all dogs on these BEG diets will develop heart disease, but our recommendation is to choose a food from one of the large manufacturers that have a veterinary nutritionist on their staff and extensive research and trials done on their foods. There is no scientific evidence to support the benefit of a grain free diet. The brands that meets these requirements are:

1. Purina (most formulas)
2. Hills (Science Diet)
3. Royal Canin
4. Eukanuba

June 2019 FDA announcement

<https://www.fda.gov/animal-veterinary/news-events/fda-investigation-potential-link-between-certain-diets-and-canine-dilated-cardiomyopathy>

Veterinary Partner – Grain Free

<https://veterinarypartner.vin.com/default.aspx?pid=19239&id=8989590>

Tuft’s University – Grain Free Diet

<http://vetnutrition.tufts.edu/2018/11/dcm-update/>

Taurine DCM Group – frequently asked questions

<https://taurinedcm.org/taurine-dcm-faq/>