



How to Choose a Healthy Pet Food

Pet Nutrition Guide

How to Choose a Healthy Pet Food

A good pet food should provide complete and balanced nutrition tailored to your pet's age, size, and life stage. When evaluating a food, look at several factors: Does the company have a history of recalls? Do they manufacture their own food, or does a copacker produce it for them? Are veterinary nutritionists involved in formulating the diet? While ingredient lists are a good starting point, labels can sometimes be misleading, so it's worth doing a little research. The presence of meat as the first ingredient isn't always the most important factor—what matters most is that the overall formula meets your pet's nutritional needs. When in doubt, our team is happy to discuss which foods might work best for your cat or dog.

When Prescription Diets Are Appropriate

Prescription diets are specially formulated to address specific health conditions—such as kidney disease, digestive sensitivities, diabetes, or joint problems. These diets are only available through your veterinarian and are designed to work alongside medical treatment. If your pet has a chronic health condition, ask our team whether a therapeutic diet might help manage their condition or improve their comfort.

Helping Picky Cats Eat

Cats can be finicky eaters, and there's often a reason behind their pickiness. Food preferences, texture, temperature, and even the food bowl itself can all play a role. Offering variety in flavor and type, warming wet food slightly, or switching to a different bowl can sometimes help. If your cat suddenly loses interest in food or eats very little, that can signal a health issue and warrants a veterinary visit. Our team can help rule out medical causes and develop a feeding strategy that works for your cat.

Weight Management and Calorie Needs

Maintaining a healthy weight is one of the most important things you can do for your pet's long-term health and quality of life. Calorie needs vary based on age, activity level, metabolism, and health status. Overfeeding—even by just a little—can lead to obesity and related health problems. Regular exercise, measured portions, and limiting treats are all part of a successful weight management plan. If you're unsure how much to feed your pet or concerned about their weight, we can assess your pet's body condition and recommend a tailored feeding plan.

Have questions about your pet's diet? Contact Foxmoor Animal Hospital at 1-609-426-0155 or visit us at 1073 Washington Boulevard, Robbinsville, NJ 08691. Our team is here to help.