

The Benefits of a Rotational Diet

Have you ever had the same meal for an entire week? A month? A year? What if you had to eat the same exact meal for your whole life? This is essentially what most of us do to our pets — choose a food brand and stick with it. And while keeping your dog on a consistent diet isn't unhealthy, some veterinary nutritionists are raving about an alternative called rotation feeding. You can [click this link](#) to watch a video by Dr. Karen Becker about rotation feeding for pets.

What is Rotation Feeding?

Rotation feeding is really all about variety. It's a holistic and nutritional philosophy that offers your pet a dietary alternative — varying both food proteins (chicken, beef, lamb, etc.) and food forms (raw, frozen, wet, dry, etc.). This way your dog or cat is able to enjoy and experience different flavors and textures.

How is Rotation Feeding Beneficial?

Proponents of rotation feeding boast about the many health and behavioral benefits, but here are three particular benefits that may interest you:

1. A more complete approach to nutrient intake

Many pet foods on the market are designed to be complete and balanced. However, food ingredients each have a unique nutritional profile. Components such as amino acids, vitamins, minerals and fatty acids can be found in different quantities, depending on the type of food. By combining specific complete diets, rotation feeding allows your pet to experience the benefits of two or more foods.

2. Creates excitement during mealtime

Some dogs become uninterested in their food once they are accustomed to certain textures, flavors and even brands. With rotation feedings, it's like a new tasty adventure is waiting for your pet every time they go to their food bowl.

3. Reduce risk of food allergies and intolerances

If consistently fed the same food, some dogs may develop an allergy or intolerance to common ingredients such as chicken, beef, wheat, corn, or soy. Rotation feeding reduces the risk because

the ingredients and formulations are not in your pet's diet long enough for him or her to develop an adverse reaction, such as vomiting, diarrhea and hives.

When Should I Start My Pet on Rotation Feeding?

It's much easier to start rotation feeding while he or she is still a puppy, but that's not to say an older dog can't benefit from rotation feeding too. It just may take a little bit more patience. Often, it's recommended that small amounts of the new food be blended into the regular diet, so that your pet may become accustomed to the taste and texture of the food slowly, especially if you are switching between brands with different formulations. This may be an issue for some pets.

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