INSIDE FLAP • KEEPER HABITS

4 Keys to Long-Term Health

Small Daily Habits That Prevent 95% of Vet Visits

What the FDA Concluded

In December 2022, the FDA announced it would stop routine DCM updates unless new scientific evidence emerged, noting that the reports did not prove grain-free diets cause DCM.

Easy Same-Brand Switches

If you'd feel more comfortable feeding grains (or switching off grains), ask us for the matching recipe inside your current brand so the protein stays familiar.

Read the Whole Top 5

Whether you pick oats/barley or sweet potato/lentils, check that named animal proteins lead the first five ingredients.

Cats Are Obligate Carnivores

Cats naturally have no dietary requirement for grains — moisture-rich, meat-first wet and dry diets remain the foundation of feline nutrition.

When to See Your Veterinarian: If your dog ever shows signs of coughing, tiring quickly on normal walks, fainting, or difficulty breathing, that calls for a veterinary exam right away — whatever food they are eating. For healthy pets, our crew is always happy to compare grain-inclusive and grain-free labels side by side with you!

BACK COVER • TAKE THIS TO THE AISLE

Grab-and-Go Setup Checklist

1. CHOOSE YOUR CARBOHYDRATE STYLE

- ☐ Wholesome/Ancient Grains (Oats, Barley, Brown Rice, Spelt, Quinoa)
- ☐ OR Grain-Free (Sweet Potato, Pumpkin, Squash, Lentils, Chickpeas)
- ☐ Confirm With Your Vet If Your Dog Has Any Diagnosed Heart Condition

2. VERIFY THE LABEL TOGETHER

- ☐ First 5 Ingredients Checked (Named Meat & Named Meal at the Top)
- ☐ AAFCO Complete & Balanced Statement + Life Stage Verified
- ☐ Check for Ingredient Splitting (Multiple Forms of the Same Carb)

3. TRANSITION & FREQUENT BUYER SETUP

- ☐ Follow the New Bag's Gradual Mixing Schedule
- ☐ Enroll Your Phone Number in Our Frequent Buyer Program at Checkout

MY PET'S FOOD PREFERENCE & FEEDING LOG

Pet Name & Weight: _____

Current Food & Protein: _____

Treats / Chews & Notes: _____

Critter Cabana & Cascade Pet Supply

Questions about labels, picky eaters, or switching foods? Stop by or call our team anytime — we're here for the full every healthy year!

CRITTER CABANA & CASCADE PET SUPPLY • CARE GUIDE

Grain-Free vs. Wholesome Grains (The DCM Facts)

What the FDA Actually Found • Ancient & Wholesome Grains vs. Grain-Free Carbohydrates



The Quick Version: Since 2018, many dog owners have heard headlines asking whether grain-free food causes heart disease (DCM). Here are the plain facts: **the FDA investigated reports for four years, never found that grain-free food causes DCM, never issued a recall, and ended routine updates in December 2022** because the data did not establish a cause-and-effect link. Whether you prefer **wholesome ancient grains** or **grain-free recipes**, we stock flagship options in both styles!

QUICK VITAL STATS AT-A-GLANCE

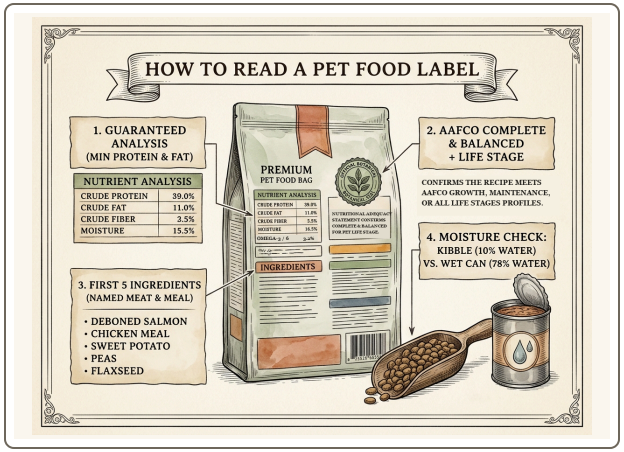
APPLIES TO **Dogs & Cats**	FDA DCM FINDING **No Cause-and-Effect Found**
FDA UPDATES ENDED **December 2022**	GRAIN-INCLUSIVE **Oats, Barley, Brown Rice, Quinoa**
GRAIN-FREE **Sweet Potato, Pumpkin, Lentils, Peas**	

OPEN FOR LABEL RULES, BRANDS, FEEDING TIPS & CHECKLIST →

STEP 1 • LABEL & NUTRITION BASICS

What Happened With the FDA & DCM — And How to Choose Confidently

We Carry Both Grain-Inclusive and Grain-Free Lines Across Every Flagship Brand!



2018 FDA Investigation

FDA looked into reports of canine DCM, many involving grain-free diets

Investigation Opened

Dec 2022 FDA Update

FDA stated it found no firm causal link and stopped routine updates

No Recall / No Link

Wholesome / Ancient Grains

Oats, pearled barley, brown rice, spelt, millet, sorghum & quinoa

Steady Digestion

Grain-Free Carbs

Sweet potatoes, pumpkin, squash, chickpeas, lentils & green peas

Zero Corn/Wheat/Grains

Vet Heart Plans First

If your dog has a diagnosed heart condition, your vet's diet plan always wins

Follow Vet Plan

Frequent Buyer Program: Just give your phone number at the register at any of our 6 stores — buy 10 to 12 bags of most food brands and your next bag of the same size is free!

STEP 2 • STOCKED STORE OPTIONS

Two Ways That Work

Pick Option A or Option B Based on Your Home Setup

The 3 Questions to Ask When Deciding Between Grain-Inclusive & Grain-Free

Both styles are complete, balanced, and thriving in millions of bowls — pick what fits your pet and your peace of mind:

1. HAS YOUR VETERINARIAN DIAGNOSED A HEART CONDITION?

If your dog has a diagnosed heart condition or is on a veterinarian's treatment plan, **your vet's plan always comes first**. Tell us what your vet asked for and we'll help you find an exact match.

2. DOES YOUR PET DO BEST ON WHOLESOME GRAINS OR GRAIN-FREE?

Many dogs thrive on gentle whole grains like oats, barley, and brown rice, while others do great on grain-free sweet potato or pumpkin recipes (especially cats or dogs avoiding specific grains).

Same Trusted Brand, Your Choice of Grain-Inclusive or Grain-Free

Almost every flagship maker on our shelves crafts both grain-inclusive and grain-free lines so you don't have to switch makers:

WHOLESOME & ANCIENT GRAIN FAVORITES

Farmina N&D Ancestral Grain (spelt & oats), **NutriSource Choice / Classic Grains** (brown rice, oatmeal & barley), **Fromm Classic / Gold / Four-Star**, **Nulo Challenger / Frontrunner**, **Acana Wholesome Grains**, **Orijen Amazing Grains**, and **Taste of the Wild Ancient Stream / Ancient Prairie**.

GRAIN-FREE & HIGH-MEAT FAVORITES

Taste of the Wild (High Prairie, Pacific Stream), **Stella & Chewy's Raw-Coated Kibble**, **NutriSource Grain-Free & PureVita**, **Fromm Grain-Free Four-Star**, **Zignature**, **Nulo Freestyle**, **Acana**, and **Orijen Original**.

Check the First 5 Ingredients (Meat First vs. Carbohydrate Splitting)

Whether a bag has grains or legumes, the most helpful label check is looking at how much animal protein leads the recipe:

LOOK FOR NAMED MEAT & NAMED MEAT MEAL AT THE TOP

Flip the bag over and read the **first five ingredients**. A recipe where #1 and #2 are named meats and meals (like deboned salmon + menhaden fish meal) is meat-led regardless of carb style.

SPOT 'INGREDIENT SPLITTING' ON THE PANEL

If a label lists *peas, pea protein, pea flour, and pea starch* (or *rice, brown rice, brewers rice, rice bran*) separately, those carbs may outweigh the meat when added together!

STEP 3 • DIET & NUTRITION

Side-by-Side Brand Guide: Grain-Inclusive & Grain-Free Options

Want to Switch Between Grain-Free and Grain-Inclusive? You Can Often Stay Within the Same Brand!

NutriSource & Fromm Grain-Inclusive & Grain-Free	Both family-owned makers make it easy to move between grain-inclusive (brown rice, oatmeal, barley) and grain-free (lentils, peas, sweet potato) while keeping the same probiotic/digestive system.
Farmina N&D, Nulo & Open Farm Ancestral / Ancient Grains & Grain-Free	**Farmina N&D** offers Pumpkin/Quinoa (Grain-Free) alongside Ancestral Grain (spelt & oats, 'Low Glycemic Index'); **Nulo** and **Open Farm** offer high-meat options in both styles.
Taste of the Wild, Acana & Orijen Ancient Grains / Wholesome Grains & Original	**Taste of the Wild Ancient Grains** uses ancient sorghum, millet, quinoa, and chia seed; **Acana Wholesome Grains** and **Orijen Amazing Grains** pair high meat with oats, quinoa, and chia.

Important Rules on Heart Health & Supplements:

- **Both Styles Supported:** We stand behind both our grain-free and grain-inclusive shelves — pick what you feel best feeding!
- **No Supplement Claims:** We never sell taurine or supplements as a heart fix or quote unverified dosages — always read the label
- **Emergency Heart Signs:** Coughing, tiring fast on walks, fainting, or trouble breathing require an immediate veterinary visit
- **Smooth Transitions:** Switching from grain-free to grain-inclusive (or back)? Follow the new bag's gradual transition guide

Smooth Transition Rule: Follow the gradual mixing chart printed on your new food bag — never switch cold turkey! Keep kibble sealed inside its original barrier bag.