

RECOVERY FROM THE HOLIDAYS!

We all love treats, even our four legged kids (canines). Healthy eating is important. With the holidays coming to an end, you may have canned pumpkin in your pantry. Make sure it is PURE pumpkin, and not pie filling. Check the ingredients carefully. You want “pumpkin” only on the can label. Do not use raw pumpkin. Pure pureed pumpkin has about three to five grams of fiber per cup and is good for your dog. The fiber can be good for constipation at the same time help with large bowel diarrhea. The bulk stimulates the gastrointestinal walls to contract, while the fiber draws excess fluid firming up the stool, thus regularity can be established through pure pumpkin.

Pumpkin has nutritional benefits, it’s an excellent source of potassium, which is important for muscle contractions. Calcium and iron are important minerals found in pumpkin. Vitamin A maintains healthy immune system and aids in healthy vision. Vitamin C & E aids enzyme activity, helps with collagen for healthy joints, and are antioxidant, as are alpha and beta carotene. These all are found in pumpkin, helping to slow down the aging process. Pumpkin can help in weight-loss program. Dogs fed one to four tablespoons of pumpkin (depending on the weight of the dog) will tend to feel full and do less begging.

Only nutritious, wholesome treats are served at Ms C’s Bed & Biscuits. Homemade biscuits and muffins for our canine guest are often on the menu. We would enjoy discussing other nutritious alternatives to commercialized treats with you, give us a call, 865-986-6325.