

Why You Should Overhaul Your Senior Dog's Diet

Fight the effects of your aging dog with a customized diet.

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Aging dogs tend to have more gastrointestinal distress, so a diet with increased fiber can help prevent constipation. Older dogs still require protein - vital to the body for cell repair and muscle maintenance - but can't metabolize it as efficiently. They need higher-quality protein with a complete range of essential amino acids. The omega-3 fatty acids found in fish oil and flaxseed oil can help alleviate a dull, dry coat and dry skin, as well as aid immune-system function. In addition to diet-based changes, make sure your senior dog gets a change in exercise as well. Decreased mobility in older dogs creates a tendency to gain weight, so moderate, reasonable exercise helps keep off pounds that can exacerbate other health troubles, such as heart disease, diabetes, and joint problems.