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# Feeding Your Puppy in Their First Year



Good nutrition is essential for all dogs, but it's especially important for growing puppies. The first year is critical to your puppy's development. During this time, your puppy needs the best possible nutrition to strengthen bones and teeth, ensure proper development of body functions, and provide with clear eyes and a thick, lustrous haircoat.

## What to Feed Your Puppy

Not sure how to feed a puppy? Here are some of the most important things to consider when you're choosing puppy food.

1. **Think about your puppy's breed and size.**

Your puppy's size can have a big effect on his growth and nutritional needs. When you're feeding a puppy, consider a food formulated specifically for size. If you have a small or toy breed puppy, look for food with easy-to-chew, bite-sized kibble like the **Purina ONE Smartblend Small Breed Formula** or the **Pro Plan Small Breed Shredded Blend Dry Dog Food.** If you have a large or giant breed puppy, consider **Purina ONE dry dog food** made with natural sources of glucosamine to support developing joints.

2. **Look for essential nutrients your puppy needs.**

Because your puppy is growing so fast, it has different nutritional needs than adult dogs, so its food should have everything to promote healthy growth, like:

- High-quality protein to support growing muscles
- Minerals like calcium and phosphorus to support growing bones and teeth
- A healthy level of fat to support growth and energy
- Antioxidants to support your puppy's developing immune system
- DHA, an omega fatty acid found in mother's milk, to support brain and vision development

These nutritional needs can be found in the **Purina ONE True Instinct Puppy Food formula.**

## How Much to Feed Your Puppy

At certain times during the first year of your puppy's growth and development, your puppy will require up to twice the amount of nutrients needed by an adult dog (per pound of body weight).

At six to eight weeks of age, a puppy requires as much as three times the adult caloric requirement per pound of body weight. This amount declines to twice the adult caloric requirement by the time the puppy is 16 weeks old. The rate at which the caloric requirements decrease to adult levels depends on the breed.

## How to Feed Your Puppy

1. **Transitioning your puppy to a new food.**

The stress your puppy experiences by entering a new home can often lead to digestive problems. If you change your puppy's food when you bring them home, or at any other time, be sure to do so gradually over a 7 to 10 day period. This will help alleviate an upset digestive system.

2. **Set up a place to feed your puppy.**

Make sure to place your puppy's food and water bowls in a quiet, clean place that it can easily reach. Find a place that's out of the way, so it won't get distracted, and feed away from places with human food like the stove, the refrigerator, or the dining table.

3. **Establish a regular feeding routine.**

Feeding your puppy the same amount of food at the same time every day can help keep the digestive system regular and it'll also help make house training easier.