

Food Allergy Check-List

TheItchClinic.com Allergy and Dermatology (2024)

Ears and Rears are most common symptoms
Scooting + GI upset + Gas + 3 or more poops per day

ALL commercial diet food **EVEN prescription diets** have 2-3% contamination
Home cooked diet is best - see *ingredient list*

Over the counter diets work well if

NO beef - dairy - cheese - yogurt - rawhides - bully sticks
NO bison or buffalo - they are just weird cows
NO chicken - egg - turkey

MUST READ INGREDIENTS - most brands sneak in chicken-fat/meal
ie. - all Purina diets have chicken or egg

Good diets are usually - Lamb or Fish or Pork or Duck or Kangaroo flavored

ALL AVAILABLE ON CHEWY.COM and AMAZON

Pure Balance - Lamb and Fava Bean (Walmart)
Blue BASICS Limited Salmon or Lamb or Duck (Walmart, PetSmart)
4Health Sensitive Skin - whitefish (Tractor Supply)
Diamond Naturals grain-free White fish (Tractor Supply)
Natural Balance LID limited ingredient - Salmon/Lamb/Pollock/Duck
Costco Kirkland Signature Nature's Domain Salmon
Under the Sun Grain-free Lamb (Petco, PetSmart)
Taste of the Wild Pacific Stream or Ancient Stream (Rural King)
Zignature Limited Ingredient Lamb or Trout/Salmon or Pork or Duck
FreshPet Vital Grain-Free Salmon/Ocean Whitefish (Petco, PetSmart)

Vegetarian/Vegan diets would be great - but read ingredients for chicken-fat/meal

Canidae Sustain Vegetarian (PetSmart)
Natural Balance Limited Ingredient Vegetarian (PetSmart)
Halo Holistic Vegan Garden/Ocean
Wild Earth Complete Protein Vegan

Any chewable medication must be **non-Beef and non-Chicken flavored**

Flea/tick/mosquito = Simparica and Credelio and Bravecto are fine
Heart-worm = Old Flavor Tabs of Sentinel/Interceptor/Milbehart
or ProHeart injections are fine

Food Allergy is like pregnancy - NO LITTLE OR LOT pregnant - just yes or no

Any amount of allergic ingredient/diet/treats/chews

even if only every 30 days will cause problems

HOME-COOKED or TREATS



1/3 COOKED LEAN PROTEIN

Beyond Meat veggie, Impossible Foods Veggie,
FISH, SALMON, lean PORK, lean HAM, LAMB



2/3 MIXED VEGGIES AND FRUIT

GREENS AND YELLOWS – (AVOID GRAPES AND RAISINS)

GREEN BEANS, PEAS, BROCCOLI, ASPARAGUS, BRUSSEL SPROUTS, SQUASH,
PUMPKIN, OKRA, SPINACH, CARROTS, CELERY, ETC

TOMATOES, CUCUMBERS, Pit-less DATES/PRUNES, APPLES, ORANGES,
BANANA, ETC

Grains are usually ok but avoid Soy and Milk or Egg ingredients

Our In-Office treats = Stewart Freeze-dried Pork Liver

Pill Pocket option = Pill Buddy's Natural - Duck

Pet Tabs Vitamins pork flavored vitamins

CET Veggie Dental Chews for reduction of dental tartar in food allergic dogs

Joint Supplement - Phycox HA (hypoallergenic seafood based)

SUPPLEMENTS - with proven benefits

Doc Itchy MAGIC (Vegan) Supplements:

Hair Skin & Nails

Vitamin A SUPER-SKIN NUTRIENT tumors, restores glands, microbiome (5,000 IU per 20 lbs).

Vitamin B - Niacinamide vessels, inflammation, Lupus (500mg per 20lbs daily)

Rejuvenating Hair Grower

Melatonin hair growth, rejuvenate geriatric conditions (10mg every 24 hours)

Itch Recovery Probiotics

Probiotics for skin and allergies = Lactobacillus sakei and Lactobacillus paracasei k71

Itch Defense Zinc Vitamin

Zinc + PEA (palmitoylethanolamide) + Vitamin E + Rosemary Extract + Hemp

