



WINTER TIPS FOR A HEALTHY DOG

Along with the change in seasons, also comes a change in your dog's daily diet. To ensure your dog is healthy and happy throughout the colder months, we've compiled a list of tips for your dog's diet to ensure he is ready to fight off any winter flu. As winter rolls in, our eating and exercise routine frequently starts changing, that's why it's important that you and your dog's diet changes with it.

Find the balance

During colder months, it takes more calories for your dog to stay warm. If you have a dog that is extremely active and energetic and isn't all that happy about walking around with dog sweaters – consider increasing his calorie intake during winter. However, it's important to find a balance, to not overdo it and combine it with exercise, so your dog doesn't become lazy or sluggish. Some dog owners add a drizzle of warm chicken broth over their dog's dry pellets (make sure the bones are out). This trick often increases the food intake, provides more energy and boosts their immune system.

Keep to the routine

Although the warm and cosy atmosphere of the indoors is known for bringing out the treats and snacks, it's important to keep an eye on the treats you feed your pooch. Remember which foods your dog is and isn't allowed to eat and stick to that. It's also important that you stick to the normal feeding routine, making it easier to monitor your dog's food intake.

Keep exercising

Although it may seem more challenging, it's important to keep your dog active and busy. Along with monitoring your dog's health through calorie and food intake, it's important that you find creative ways to keep your pup busy with activities he can put that energy into.

Keep their coat healthy

It's important to keep an eye on the skin and coat health of your dog. The main protector from the cold is their coat, so it's crucial that it stays in tip-top shape. If their coat is looking thin and dry, it might be allergy-related, and you should contact your vet. Be sure to check their skin as well, as dry and cracked skin can often get worse during colder months. Have a look at their paws too, if they are looking chapped and broken it's crucial to take your dog to the vet to find the best treatment. Food that is rich in omega fatty acids is great for keeping coats and skin healthy.

Stay hydrated

Keep them hydrated. Dogs are at risk of dehydration even in winter months. Make sure you always keep out a water bowl during the winter so that they can stay hydrated and happy.

Boost their immune systems

Weakened immune systems are more susceptible to diseases. Make sure to bolster their immune systems with antioxidants and high-quality dog food.

Sources:

<https://www.petcarerx.com/article/top-5-winter-nutrition-tips-for-a-healthy-dog/101>