



# Healthy Dogs Thrive

BY STRAIGHT BACKED



**Protein:** German Shepherds are active dogs that require a significant amount of protein to support their muscles. Good sources include high-quality meat, poultry, fish, and eggs.

**Fats:** Healthy fats are essential for a shiny coat and overall well-being. Include sources like fish oil, flaxseed oil, and chicken fat in their diet.

**Carbohydrates:** While dogs don't need as many carbs as humans, they still play a role in providing energy. Opt for whole grains like brown rice and oats.

## "List of Nutrients and Vitamins for Maintaining the Health of Your German Shepherd."



**Calcium:** Essential for strong bones and teeth. Dairy products, leafy greens, and fish are good sources. Ensure proper balance with phosphorus.

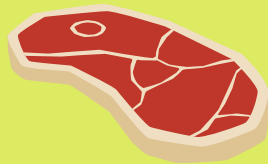
**Phosphorus:** Works in tandem with calcium for bone health. Meat, poultry, and fish are rich in phosphorus.



**Vitamins A and D:** Vital for vision, immune function, and bone health. Liver, fish oils, and egg yolks are good sources.

**Vitamin E:** Acts as an antioxidant, promoting a healthy immune system. Include nuts, seeds, and spinach in their diet.

*"It's always a good idea to consult with your veterinarian to tailor the diet to your specific German Shepherd's requirements."*



**Vitamin C:** While dogs can produce their own vitamin C, it can be beneficial to include sources like berries and vegetables in their diet.

**B Vitamins (B6, B12, Niacin, Riboflavin):** Important for metabolism, skin health, and nerve function. Meats, liver, and leafy greens are good sources.

**Iron:** Essential for oxygen transport in the blood. Meat, fish, and fortified cereals can provide iron.

