

Is Iams A Good Dog Food

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Is Iams a

Good Dog Food?

Today, we look at Iams and evaluate whether it is a "good dog food."

The Iams So Good product line includes three dry dog foods.

Each recipe below includes its related AAFCO nutrient profile when available on the product's official webpage: Growth, Maintenance, All Life Stages, Supplemental or Unspecified.

- Iams So Good Wholesome Blends with Beef [U]
- Iams So Good Wholesome Blends with Salmon [U]
- Iams So Good Wholesome Blends with Chicken [U]

Iams So Good Wholesome Blends with Chicken was selected to represent the other products in the line for this review.

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Iams So Good with Savory Chicken

A review of Iams Dry Dog Food



Estimated Nutrient Content Method Protein Fat Carbs Guaranteed Analysis 25% 14% NA Dry Matter Basis 28% 16% 49% Calorie Weighted Basis 24% 33% 43%

Ingredients: Ground yellow corn, chicken by-product meal, soybean meal, animal fat (preserved with mixed tocopherols, a source of vitamin E), chicken, corn gluten meal, chicken flavor, dried beet pulp, calcium carbonate, salt, potassium chloride, choline chloride, dicalcium phosphate, vitamins (vitamin E supplement, ascorbic acid, vitamin A acetate, calcium pantothenate, biotin, thiamine mononitrate (source of vitamin B1), vitamin B12 supplement, niacin, riboflavin supplement (source of vitamin B2), inositol, pyridoxine hydrochloride (source of vitamin B6), vitamin D3 supplement, folic acid), minerals (ferrous sulfate, zinc oxide, manganese sulfate, copper sulfate, manganous oxide, potassium iodide), brewers dried yeast, dried apple pomace, dried carrots, dried peas, L-tryptophan, dried spinach, dried tomatoes, rosemary extract. The first ingredient in this dog food is corn. Corn is an inexpensive and controversial cereal grain. And aside from its energy content, this grain is of only modest nutritional value to a dog. For this reason, we do not consider corn a preferred component in any dog food. The second ingredient is chicken by-product meal, a dry rendered product of slaughterhouse waste. It's made from what's left of a slaughtered chicken after all the prime cuts have been removed. In addition to organs (the nourishing part), this stuff can contain almost anything — feet, beaks, undeveloped eggs — anything except feathers.



On the brighter side, by-product meals are meat concentrates and contain nearly 300% more protein than fresh chicken.

At any rate, although this item contains all the amino acids a dog needs, we consider chicken by-products an inexpensive, lower quality ingredient.

The third ingredient is soybean meal, a by-product of soybean oil production more commonly found in farm animal feeds.

Although soybean meal contains 48% protein, this ingredient would be expected to have a lower biological value than meat.

And less costly plant-based products like this can notably boost the total protein reported on the label — a factor that must be considered when judging the actual meat content of this dog food.

The fourth ingredient is animal fat. Animal fat is a generic by-product of rendering, the same high-temperature process used to make meat meals.

Since there's no mention of a specific animal, this item could come from almost anywhere: roadkill, spoiled supermarket meat, dead, diseased or dying cattle — even euthanized pets. For this reason, we do not consider generic animal fat a quality ingredient.

The fifth ingredient is chicken. Although it is a quality item, raw chicken contains about 80% water. After cooking, most of that moisture is lost, reducing the meat content to just a fraction of its original weight.

After processing, this item would probably account for a smaller part of the total content of the finished product.

The sixth ingredient is corn gluten meal. Gluten is the rubbery residue remaining once corn has had most of its starchy carbohydrate washed out of it.

Although corn gluten meal contains 60% protein, this ingredient would be expected to have a lower biological value than meat.

And less costly plant-based products like this can notably boost the total protein reported on the label — a factor that must be considered when judging the actual meat content of this dog food.

After the chicken flavor, we find beet pulp. Beet pulp is a controversial ingredient, a high fiber by-product of sugar beet processing.

Some denounce beet pulp as an inexpensive filler while others cite its outstanding intestinal health and blood sugar benefits.

We only call your attention here to the controversy and believe the inclusion of beet pulp in reasonable amounts in most dog foods is entirely acceptable.

The ninth ingredient is calcium carbonate, likely used here as a dietary mineral supplement.



From here, the list goes on to include a number of other items.

But to be realistic, ingredients located this far down the list (other than nutritional supplements) are not likely to affect the overall rating of this product.

With five notable exceptions...

First, brewers yeast can be a controversial item. Although it's a by-product of the beer making process, this ingredient is rich in minerals and other healthy nutrients.

Fans believe yeast repels fleas and supports the immune system.

Critics argue yeast ingredients can be linked to allergies. This may be true, but (like all allergies) only if your particular dog is allergic to the yeast itself.

In addition, a vocal minority insists yeast can increase the risk of developing the life-threatening condition known as bloat. However, this is a claim we've not been able to scientifically verify.

In any case, unless your dog is specifically allergic to it, yeast can still be considered a nutritious

additive.

What's more noteworthy here is that brewers' yeast contains about 48% protein, a factor that must be considered when judging the actual meat content of this dog food.

Next, we find apple pomace, which includes the pulpy solids that remain after pressing apples to extract the juice. It is most likely used here for its fiber content.

In addition, we note the inclusion of dried peas. Dried peas are a good source of carbohydrates. Plus, they're naturally rich in dietary fiber.

However, dried peas contain about 27% protein, a factor that must be considered when judging the meat content of this dog food.

Next, we find no mention of probiotics, friendly bacteria applied to the surface of the kibble after processing to help with digestion.

And lastly, the minerals listed here do not appear to be chelated. And that can make them more difficult to absorb. Non-chelated minerals are usually associated with lower quality dog foods.



Iams So Good Dog Food Review

Judging by its ingredients alone, Iams So Good Dog Food looks like a below-average dry product.

But ingredient quality by itself cannot tell the whole story. We still need to estimate the product's meat content before determining a final rating.

The dashboard displays a dry matter protein reading of 23%, a fat level of 11% and estimated carbohydrates of about 58%.

As a group, the brand features an average protein content of 23% and a mean fat level of 11%.

Together, these figures suggest a carbohydrate content of 58% for the overall product line.

And a fat-to-protein ratio of about 48%.

Below-average protein. Below-average fat. And above-average carbs when compared to a typical dry dog food.

When you consider the protein-boosting effect of the soybean and corn gluten meals and dried peas, this looks like the profile of a kibble containing a limited amount of meat.

Bottom line? Not recommended.

Iams So Good is a plant-based dry dog food using a limited amount of chicken by-product meal as its main source of animal protein, thus earning the brand 2 stars.

Please note certain recipes are sometimes given a higher or lower rating based upon our estimate of their total meat content and (when appropriate) their fat-to-protein ratios.

The following list (if present) includes all dog food recalls since 2009 directly related to this product line. If there are no recalls listed in this section, we have not yet reported any events.

- Iams and Eukanuba Dog and Cat Food Recall (8/14/2013)
- Iams Withdraws Shakeables Brand Dog Treats (3/21/2013)
- Iams Recalls Puppy Food (12/6/2011)
- Iams Recall Mysteriously Removed by Retailer (11/27/2011)
- Eukanuba and Iams Dog Food Recall (8/1/2010)

You can view a complete list of all dog food recalls sorted by date. Or view the same list sorted alphabetically by brand.

A Note From Pet Food Patrol: The FDA is investigating a potential link between diet and heart disease in dogs.

Pet Food Recalls

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