

# *Grain-Free Diets & Your Dog's Heart:* **What Pet Owners Should Know**

The FDA is investigating a possible connection between certain dog foods—particularly "grain-free" varieties containing peas, lentils, other legumes, or potatoes as main ingredients—and dilated cardiomyopathy (DCM).

## ***Why Is This a Concern?***

Veterinary cardiologists and the FDA have observed a potential link between certain diets and DCM. Research is ongoing as not all dogs on these diets develop problems.

### ***Understanding DCM***

DCM affects the heart muscle, reducing pumping efficiency. **Signs include:**

- Enlarged/weakened heart
- Fluid buildup in lungs or abdomen
- Coughing, fatigue, labored breathing, or fainting

Contact your veterinarian if you notice these symptoms.

## ***What Should Pet Owners Do?***

- **Check ingredients:** Note if peas, lentils, legumes, or potatoes appear early in the list
- **Consult your veterinarian** about your dog's specific dietary needs
- **Stay informed:** The FDA isn't recommending universal diet changes but encourages individualized guidance

**The FDA is continuing to gather data and work with veterinary nutritionists, laboratories, and pet food manufacturers to better understand the potential link between diet and DCM.**

### ***Have Questions? We're Here to Help.***

If you'd like help reviewing your pet's diet or understanding the latest research, just ask!



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