

What's really in the bowl?

Most pet owners don't know.
That's about to change.



Week 4

Finding the Right Routine for your Dog

WHY ROUTINE MATTERS

A consistent feeding routine helps support healthy digestion and steady energy levels. When meals arrive at familiar times, a dog's body is better prepared to process food and absorb nutrients. Routine also gives dogs a sense of predictability, which can help them feel more settled and reduce stress. For owners, regular feeding makes it easier to notice changes in appetite that may signal discomfort or illness.

FEEDING FREQUENCY

- Most adult dogs benefit from having their daily food split into two meals
- Puppies need more frequent meals to support growth and steady energy
- Feeding at similar times each day helps support digestion
- Small changes in timing are usually well tolerated

FEEDING AS A DAILY ANCHOR

- Mealtimes act as reference points that help organise a dog's day
- Feeding helps create a predictable rhythm of walks, play and rest
- Allowing time between eating and exercise supports comfort
- Feeding after activity can help dogs relax and settle

KEEPING CONSISTENT

- Familiar feeding times help provide stability when daily routines shift
- Consistency can reassure dogs during changes such as working from home, office days or visitors
- Regular meals act as a reliable reference point when other parts of the day change
- Sudden changes to feeding times can be unsettling and may affect appetite or digestion
- Gradual adjustments allow dogs to adapt more comfortably and confidently

TREATS AND SNACKS

- Treats work best when they are part of a clear, predictable feeding routine
- Offering treats at familiar times helps protect appetite at regular meals
- Treats contribute to daily calorie intake and should be considered alongside main meals
- Consistent treat habits make it easier to balance overall nutrition
- Structured treat timing helps reduce constant food seeking behaviour

WHAT THIS MEANS FOR WHAT'S REALLY IN THE BOWL

Good nutrition is about more than ingredients or labels alone. How food is fed plays an important role in how well it supports a dog's health. A consistent routine helps food work as intended by supporting digestion, steady energy levels and emotional wellbeing. When meals are predictable, portions are appropriate and feeding habits are consistent, dogs are better able to feel settled and comfortable day to day. When these elements come together, feeding becomes more than a daily task. It becomes a reliable foundation for long term health and wellbeing.