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Is Your Dog a Picky Eater? Find Out Why and What You Can Do

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When it comes to mealtime, watching your dog turn their nose up at food can be frustrating, to say the least. If you've found yourself asking why your dog is such a picky eater, you're not alone! Many pet owners face this challenge.

In this article, we'll explore why dogs can be particular about their food and provide tips to make feeding your dog less stressful.

## Behavior Examples of Dogs Being Picky about Their Food



Before we dive into the reasons behind your dog's picky eating habits, it's important to understand what this behavior looks like.

Here are some signs that your dog might be a picky eater:

- Turning away from food or refusing to eat
- Eating only certain types of food (such as only eating [wet food](#))
- Taking longer than 20 minutes to finish meals
- Taking only small bites of their food
- Showing disinterest in treats

If you notice any of these behaviors with your dog, it's possible they're being picky with their food.

If you are concerned about your dog's eating habits or behaviors, it is always best to consult with your veterinarian.

## Why Dogs Become Picky Eaters

Most puppies eagerly eat anything you put in front of them, so why do some dogs become picky eaters over time? Let's explore some possible reasons for this behavior.

### Age

As dogs age, their appetite and eating habits can change. Senior dogs may be less active and therefore require fewer calories, leading to a decreased appetite. They may also experience changes in their sense of taste and smell that make food less appealing.



### Boredom

When was the last time you changed your dog's food? If they've been eating the same food for a long time, they may simply be bored and ready for something different.

Consider switching brands or flavors, but do so gradually to avoid upsetting your dog's stomach. You could also try selecting food with culinary-inspired flavors, like [CESAR® WHOLESOME BOWLS™](#). These palate-pleasing recipes can tempt even the pickiest eaters!

### Spoiled Appetite

How many treats or table scraps does your dog receive throughout the day? They may not be hungry for regular meals if they're constantly snacking.

Be mindful of any extra food your dog gets, and limit treats to no more than 10% of their daily calorie intake.



## **New Home**

If you've recently [brought your puppy home](#) or moved to a different house with your dog, it may take some time for them to adjust and feel comfortable in their new environment. During this transition period, they may have a decreased appetite.

Be patient with your dog and continue offering them their regular meals. As they become more familiar with their surroundings and settle into a new routine, their appetite should return to normal.

## **Attention**

Dogs are smart and know how to get what they want. If your dog has learned that being picky gets them plenty of attention while you try to coax them into eating, they may continue this behavior.

It's important not to give in and offer treats or table scraps to entice your dog to eat. Instead, provide their regular meals at scheduled times and offer plenty of praise and affection when they do eat.

## **What to Do When Your Dog's a Picky Eater**

Now that you know what could be causing your dog's picky eating habits, the next step is to address the issue and find solutions that work for you and your pup.

Here are some tips to help get your dog back on track.

## **Consult Your Vet**

Anytime you're concerned about your dog's behavior, it's always a good idea to consult your veterinarian. They can help rule out underlying issues and provide specific recommendations based on your dog's needs.

# Pick the Right Dog Food



Simply Crafted™ Chicken

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The type of food you choose for your dog can make a big difference in their appetite and overall health. Look for palatable, nutritious dog food with [multiple flavor options](#) available. This will give your dog variety and help prevent boredom.

You can also try adding [CESAR® Simply Crafted™ Chicken](#) to your dog's dry kibble. With only two simple ingredients (chicken and water), this wet food topper adds flavor and moisture that'll make your dog's tail wag for joy!

## Get Outside Together

[Physical activity](#) can help boost your dog's appetite. Take them for a long walk or engage in some playtime together.

You'll stimulate their appetite and strengthen your bond with your furry companion. Plus, getting more of your attention will help them [live their best life](#).

## Create a Consistent Meal Routine

A consistent meal routine can help your dog establish a healthy appetite. Use these ideas to encourage your pup to eat and maintain a healthy relationship with food.

- Decide how many meals you'll offer your dog in a day (typically two or three)
- Set an alarm on your phone to help you remember when to feed them
- Measure out the right amount of food
- Offer it in a designated feeding area that's quiet and free from distractions
- Don't offer any additional food until the next scheduled meal time

## Avoid Table Scraps

Is anyone in your home sneaking your dog table scraps when you're not looking? This common scenario could reinforce picky eating habits and can lead to digestive issues and weight gain.

Educate everyone in your household about ignoring those pleading puppy eyes at the dinner table. You'll also want to clear food off the table quickly and put it where your dog can't reach when you're not looking.

## Keep an Eye on Portion Size

If your dog isn't eating all of their food, it could mean you're offering too much. Check the recommended portion size on your dog food packaging, and make sure you are measuring accurately. A dog's energy requirements may vary based on age, breed, or activity level, so adjust accordingly to maintain ideal body weight

Your canine companion may not need as much food as you think, especially if they're a small breed or not very active.



## Tempt Your Dog's Taste Buds with CESAR®

If your dog is a picky eater, don't lose hope. With patience and persistence, the tips above can help them develop healthy eating habits.

Remember to stick to a consistent meal schedule, avoid over-treating, and provide a variety of palate-pleasing flavors. Choosing quality dog food, like [CESAR®](#), can also help. Our gourmet recipes have a wide range of tasty flavors designed to satisfy even the pickiest eaters.

So the next time your dog turns their nose up at their food, tempt their taste buds with one of the [delicious flavors CESAR®](#) offers. Let your furry friend try CESAR® canine cuisine today!

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