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- A longer prime of life. That's what new high protein, low fat Gaines Meal helps give your dog. We all know the importance of high protein and low fat in staying trim and youthful, and a cup of Gaines has 50% more protein, as much as a cup and a half of this puffed up food. Concentrated Gaines is low in fat, too, not greasy like this puffy meal. Give your dog new high protein, low fat Gaines Meal.