

## You Are What You Eat – And So Is Your Pet

### Lesson Summary

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As pet parents, we often pass down our eating and exercise habits to our pets, which isn't always positive. While you might recognize your personal responsibility to stay healthy, have you considered that your pet is entirely dependent on you to keep him or her healthy? In this lesson, you'll discover why pet nutrition matters and how you can determine if the food you're feeding your pet is nutritionally sound.

### Lesson Objectives

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After completing this lesson, you should be able to:

- Identify potentially harmful ingredients in your pet's primary source of food
- Consider your responsibility in meeting your pet's nutritional needs

### Lesson Roadmap

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1. Watch the lesson **video** and fill in the note-taking guide below.
2. **Read about it.** Carefully read the suggested resource:
  - a. *The Ultimate Pet Health Guide*, Chapter 1 – **Why Pet Nutrition Matters**
  - b. eBook: [Nutrition For Your Cat Made Simple](#)
  - c. eBook: [Nutrition For Your Dog Made Simple](#)
3. **Think about it.** Take several minutes to reflect on the following questions:
  - a. What habits does your pet have that mimic your own? Are they mostly good or mostly bad habits?
  - b. What is your responsibility for your pet's health? What can you do to change the status quo?
  - c. After reading the label on your pet's primary source of food, did you find any ingredients that are harmful or a cause for concern?
4. **Take action steps** to help your pet thrive.
  - a. Read pet food labels on products available at your local grocery store or pet store before purchasing them.

- b. Jot down your reactions to this lesson and your action steps to improve your pet's health in the space provided below.
5. Take the **quiz** to advance to the next lesson.

## Video Notes

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Nutrition is a key component to your pet's health. In this video, you'll discover the problem with the pet foods available on the market today and how you can begin to improve your pet's health by changing their diet.

Nutrition is the foundation of good \_\_\_\_\_.

### What Today's Pet Foods Look Like

- Dry foods (kibble)
- Canned foods
- \_\_\_\_\_ food options
  - Frozen foods
  - Raw food
  - Frozen cooked food
  - Freeze-dried or \_\_\_\_\_ fresh foods

The more \_\_\_\_\_, whole foods we're eating, the healthier we're likely to be. And, conversely, the less \_\_\_\_\_ food we're eating, the better off we tend to be.

### Shortcomings of Kibble and \_\_\_\_\_ Pet Food

- Highly processed to be shelf-stable for two years
  - Cooked at very high \_\_\_\_\_
  - Produced at very high \_\_\_\_\_
- Some have artificial preservatives
- Processing results in the production of \_\_\_\_\_ compounds (advanced glycation end products)
- Dry foods tend to be very high in \_\_\_\_\_

### Grain-Free Diets

- There is very little, if any, \_\_\_\_\_ to suggest that grain-free diets are better for animals.
- Dogs are carnivorous as omnivores, but they are adapted to eat \_\_\_\_\_. Some dogs can actually develop a particular type of \_\_\_\_\_ if they're on grain-free diets for a very long time.

The goal is to get our pets as close to a \_\_\_\_\_, whole food diet as possible.

### **Are Concerns about Bacterial Contamination Valid?**

- Dogs and cats are more \_\_\_\_\_ to foodborne illness in bacterial contamination than we are.
- Good companies that make raw food on a \_\_\_\_\_ scale take a lot of \_\_\_\_\_ to make sure their food is safe and free of bacterial contaminants before it ever leaves the processing facility.
- Cross-contamination to humans is also a possibility.

If you make food at home, it's important to work off a \_\_\_\_\_ that is appropriately \_\_\_\_\_ by a veterinary to ensure your pet is getting the \_\_\_\_\_ they need. Because pets have a tendency to eat the same thing or similar things every single day, if there's a nutritional shortcoming in their diet, it will be \_\_\_\_\_ over time.

### **Reactions and Action Steps**

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What did you learn in this lesson that was new to you or that you found intriguing? Based on what you learned, list any action steps you plan to take. What can you do right now to improve your pet's health? What can you do in the future? What are the major obstacles to taking your action steps, and how will you overcome them?