

The Five Major Components of Pet Nutrition

Lesson Summary

In this lesson, you'll discover the five key nutrients essential to helping your pet thrive and take some necessary steps to improve the quality of your pet's diet.

Lesson Objectives

After completing this lesson, you should be able to:

- Identify which of the nutritional components are currently being met for your pet
- Determine one healthful action in each of the five components of nutrition to adopt this month for your pet

Lesson Roadmap

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 2 – **The Basics of Nutritional Requirements for Dogs and Cats**
 - b. [Your Dog's Nutritional Needs](#)
 - c. [Your Cat's Nutritional Needs](#)
3. **Think about it.** Take several minutes to reflect on the following questions:
 - a. How much attention have you paid in the past to your pet's nutrition?
 - b. Can your pet stay fit and healthy on his current diet if he continues to eat the same thing day after day for years to come? Would you?
4. **Take action steps** to help your pet thrive.
 - a. Download and review the **Pet Nutrition Quick Reference Guide**.
 - b. Determine which of the five essential areas of nutrition are most lacking for your pet right now
 - c. On the nutrition guide, highlight suggestions that you can adopt right away.
 - d. Add Nutra Thrive to your pet's diet using the [first-time customer's link](#) for over 35% off

- e. 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

What can happen if your cat doesn't get enough water or gets too much protein? Is there any harm in feeding your pet a vegetarian diet made of mostly carbohydrates? In this video, you'll discover the five essential nutritional requirements for your pet and how they function to impact your pet's health. You'll identify key actions you can take to immediately improve your pet's health.

Water

The purpose of water

- Hydrates the body
- Flushes out _____
- Keeps _____ moving effectively

Canned food or fresh food can be up to ____% water, which will lessen your pet's need for water from her water bowl.

Protein

Protein, which is made up of amino acids, is vital to nearly all body functions.

- Muscles
- Bones
- _____ system
- Digestive system

Our pets get their protein from their _____.

- _____ are obligate carnivores.
- _____ are carnivorous omnivores.

Protein sources should be _____-based, which is what their bodies naturally are designed to assimilate and to function well with. There are two exceptions:

- Pets with very specific _____ conditions
- Cultured proteins, which hold promise from a _____ and environmental standpoint for the future

Fats

Like protein, fat is a source of _____ in the diet.

- Fat is vital for
- Skin
- Central _____ system
- Tissue
- Energy

Foods that are too high in fat do have the potential to cause some gastrointestinal _____.

Carbohydrates

Carbohydrates include starches from grains or beans or other _____-based sources.

Dogs and cats don't really have a particular nutrient _____ for carbohydrates. Even though they don't need carbohydrates, many pet foods are extremely _____ in carbohydrates, which could potentially have a _____ health impact.

Most dry pet foods can be anywhere from 50 to upwards of _____ % carbohydrates.

Adding a lot of carbohydrates to your pet's diet, particularly in _____, can lead to weight _____ and can potentially lead to other metabolic problems.

It's always a good idea to _____ the number of carbohydrates in your pet's diet.

Vitamins and Minerals

Vitamins are very _____ molecules that help support various body processes

- Vitamin ____ is an antioxidant
- Vitamin ____ is used by the body to help regulate calcium and phosphorus

Minerals are single elements the body needs in appropriate _____ to maintain all the various body processes

- Calcium
- Magnesium
- Selenium

Conclusion

The bottom line is that your dog or your cat requires water, protein, fat, carbohydrates and vitamins and minerals in the appropriate quantities and _____ in order for them to be healthy.

Pet food companies create a nutrient _____ or nutrient spectrum. But you can frequently achieve the exact same profile with lower _____ ingredients. So, two diets with the same nutrient profile are not necessarily _____.

Reactions and Action Steps

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?