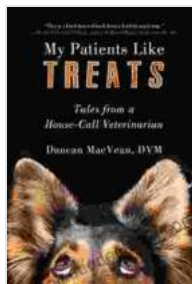# My Patients Like Treats

As a veterinarian, I see a lot of animals. And one of the most common questions I'm asked is, "What should I feed my pet?" It's a good question, and one that deserves a thorough answer.

My Patients Like Treats: Tales from a House-Call Veterinarian by Duncan MacVean

★★★★☆ 4.1 out of 5

Language	: English
File size	: 933 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
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The truth is, there is no one-size-fits-all answer to the question of what to feed your pet. The best diet for your pet will depend on a number of factors, including their age, breed, activity level, and health status. However, there are some general principles that you can follow to ensure that your pet is getting the nutrients they need to stay healthy and happy.

The Different Types of Nutrients

There are six essential nutrients that all animals need: water, protein, carbohydrates, fat, vitamins, and minerals. Each of these nutrients plays a vital role in your pet's health.

- **Water** is the most important nutrient for your pet. It makes up about 60% of their body weight and is essential for every bodily function.

- **Protein** is essential for building and repairing tissues. It also provides energy.

- **Carbohydrates** are the body's main source of energy.

- **Fat** is essential for absorbing vitamins and minerals. It also provides energy.

- **Vitamins** are organic compounds that are essential for a variety of bodily functions, such as growth, reproduction, and immunity.

- **Minerals** are inorganic compounds that are essential for a variety of bodily functions, such as bone health, muscle function, and blood clotting.

How to Feed Your Pet a Healthy Diet

Now that you know about the different types of nutrients, you can start to think about how to feed your pet a healthy diet. The first step is to choose a high-quality pet food. Look for a food that is made with real ingredients and that is appropriate for your pet's age, breed, and activity level.

Once you have chosen a pet food, you need to feed your pet the correct amount. The amount of food you feed your pet will depend on their age, breed, activity level, and health status. You should also adjust the amount of food you feed your pet based on their weight.

In addition to feeding your pet a healthy diet, you should also make sure that they have access to plenty of fresh water. Water is essential for good

health, and it can help to prevent a variety of health problems.

How to Prevent and Treat Common Nutritional Problems

Even if you feed your pet a healthy diet, they may still develop nutritional problems. Some of the most common nutritional problems include:

- **Obesity** is a major problem in pets. It can lead to a number of health problems, including heart disease, diabetes, and arthritis.

- **Underweight** is also a problem in pets. It can be caused by a number of factors, including poor nutrition, illness, and parasites.

- **Vitamin and mineral deficiencies** can occur if your pet does not eat a diet that is balanced in nutrients.

- **Food allergies** are a common problem in pets. They can cause a variety of symptoms, including itching, skin rashes, and digestive problems.

If you think your pet may have a nutritional problem, it is important to take them to the veterinarian for a checkup. The veterinarian will be able to diagnose the problem and recommend the best course of treatment.

Feeding your pet a healthy diet is one of the most important things you can do for their health and well-being. By following the tips in this article, you can help your pet live a long, healthy, and happy life.

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