

NUTRITION

Nutrition

 A proper and balanced food and water ration to facilitate growth, body maintenance, reproduction, and other animals functions

Nutrient

 A food or group of foods of the same general chemical composition that supports animal life

6 BASIC NUTRIENT GROUPS

- Water
- Proteins
- Carbohydrates
- Fats
- Vitamins
- minerals

WATER

• What is water necessary for?

- Supporting reactions in the body
- Transporting nutrients
- Maintaining body temperature
- Body form
- Waste removal



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WATER

Most important nutrient

- Makes up 65% of the body
- Blood 90%
- Muscle 72%



- For animals:
- Must provide a clean, fresh water supply



O Carbon, hydrogen, oxygen, nitrogen

- What are proteins necessary for?
 - Tissue repair
- Milk, wool, egg production
- Developing a fetus
- Enzymes, hormones
- Antibodies
- DNA, RNA



PROTEINS

• Amino acid

The building block of protein

In your animal:

- Proteins from plant or animal material are broken down into amino acids
- Amino acids are used to build things the animals body needs to function

PROTEINS

• 25 amino acids total

- 10 are essential
- These cannot be made by the body must get from diet

• Example:

- Cats cannot make enough taurine
- If not added to the diet
 - Eye lesions
 Heart failure

CARBOHYDRATES

Components

Carbon Hydrogen Oxygen

What are carbohydrates necessary for?

- Energy for body functions
- Energy for producing heat (warm blooded)
- Energy to be stored as fat

CARBOHYDRATES

Sugar and starches

Easily digestible

• Crude fiber

- Not easily digested
- Ruminant animals have specialized digestive systems to use crude fiber

FATS (LIPIDS)

Carbon, hydrogen, oxygen

- In a different combination than carbohydrates
- 2.25 times as much energy as carbohydrates and proteins

FATS (LIPIDS)

• Why are fats necessary?

- Providing energy
- Absorption of fat-soluble vitamins
- Providing fatty acids





VITAMINS

- Organic substances required in small amounts for biochemical reactions in the body
- Necessary part of some reactions
 - Metabolism
- hair, feather, bone, eyes
- Regulating body glands
- Forming new cells
- Immune function
- Nervous system function

VITAMINS

- Classified by solubility
- Fat soluble vitamins
 - Can be stored in the bodyA, D, E, K
- Water soluble vitamins
 - Very little can be stored
 - B, C



FAT SOLUBLE VITAMINS

• Vitamin A

- Vision
- Green leafy plants are rich in A

• Vitamin D

- Produced after exposure to UV rays (sunlight)
- Bone development
- Deficiency
- Rickets = soft and deformed bones



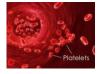
FAT SOLUBLE VITAMINS

• Vitamin E

- Reproductive hormones
- Deficiency
- Poor fertility, miscarriages

• Vitamin K

- Blood coagulation (clotting)
- Green forages have lots of K



WATER SOLUBLE VITAMINS

• Vitamin C

- Immune function
- Deficiency
- Scurvy = swollen, painful joints and bleeding gums

B-complex vitamins

- Riboflavin
- Niacin
- Folic acid
- thiamine



MINERALS

- Inorganic elements that are essential to life's processes
- Macrominerals
- Required in large amounts
- Microminerals
- Required in trace amounts
- Macrominerals are not more important, just need in larger quantities!

MACROMINERALS

- Calcium and Phosphorus
 - Functions
 - Bones and teeth
 - Metabolism
 - Deficiency
 - Rickets (soft, deformed bones)

MACROMINERALS

• Potassium and Sodium

- Regulation of body fluids
- nerve function

Chlorine

- Gastric secretion hydrochloric acid
- Salt provides both sodium and chlorine



MICROMINERALS

Iron

- Component of hemoglobin in blood
- Deficiency
- Anemia weak, listless, poor appetite • Iodine
- Needed in the thyroid gland
- Deficiency = goiter (swelled thyroid gland)

• Zinc

Immune function



PET NUTRITION

- Most commercial pet foods are properly formulated
 - Problem: table scraps

Supplementation

- To add specific targeted nutrients to a diet
- Careful not to oversupplement
- Wasteful
- Can be toxic