

# 生食饮食



## 热门话题

生食饮食受到很多宠物主人的欢迎，但其营养益处尚未得到有效证实，而且大多数人并没有意识到生食会给宠物和人类带来健康风险。<sup>1</sup>

普瑞纳研究院将会提供科学事实来帮助您了解有关宠物食品营养的讨论话题。

let's  
**takeback**  
the conversation.

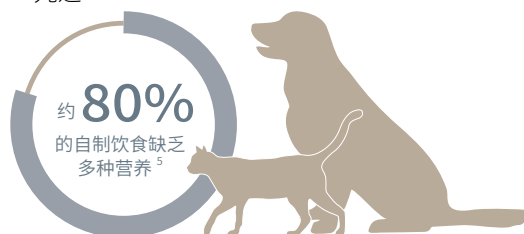
了解更多关于营养效用的信息，请访问  
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## 饲喂生食有哪些营养益处？

生食饮食模拟了狼或野猫的饮食习惯，这种理念吸引了众多宠物主人。然而在家庭环境中，生食饮食可能并不是家养犬猫健康长寿的最佳选择。<sup>2</sup>

如果采用适当的配方饲喂生食，从营养上来说可能是合适的。但众多研究表明，家庭自制饮食往往无法达到营养均衡，<sup>3-6</sup>而且可能会引起以下健康问题：

- 幼犬骨骼和发育缺陷<sup>7</sup>
- 以生兔肉饲喂的幼猫中，有 70% 的猫心肌缺乏牛磺酸<sup>8</sup>
- 以含有牛食道的生肉饲喂犬，容易造成犬的甲状腺机能亢进<sup>9</sup>



生肉易于消化，因此饲喂生肉时粪便质量往往较好。然而，以适当的温度烹煮宠物食物，可提高蛋白质和谷物的消化率，降低健康风险。<sup>8,10,11</sup>

## 我的宠物看起来很健康，为什么你要强调生食饮食的风险？

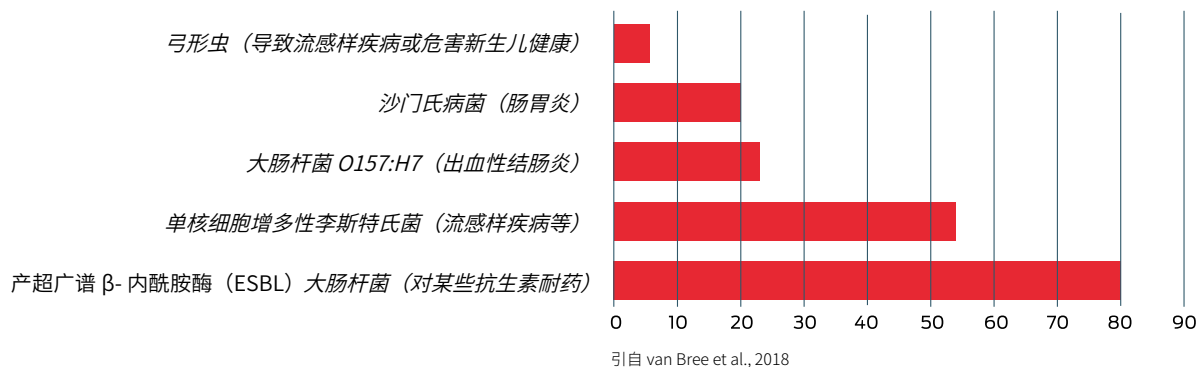
研究表明，人类往往严重低估以生食饲喂宠物的风险。<sup>12</sup>

与加热处理后的食物相比，生肉饮食引起细菌污染的概率通常要高得多，<sup>13-15</sup> 而且生肉饮食也已经被证实会增加宠物通过粪便将病原体传播到环境中的风险。<sup>16-18</sup> 这些环境病原体会给儿童、老人或免疫功能低下的人群带来极大的风险。<sup>16-18</sup>

一些宠物医疗报告报道了宠物因这些细菌而生病的案例，这也驳斥了犬和猫天生就能适应生食中的细菌这一观点。<sup>18-20</sup> 生食饮食就像胃肠道 (GI) 疾病一样，会改变宠物的肠道微生物群。<sup>21</sup>

尽管一项研究表明，咀嚼骨头有助于清除宠物的牙菌斑，<sup>22</sup> 但更多研究发现，如果生食饮食中含有骨头，宠物发生牙齿断裂、窒息或肠道穿孔的风险也会增加，并且这些都可能都会导致致命的并发症。<sup>23-26</sup>

### 35 种生肉饮食中发现的人畜共患病原体 (%)



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