

Pets Aren't People: Diet Trends Can Put Animals' Health at Risk

As more people embrace alternative diets, some think their pets should too

The Ohio State University College of Veterinary Medicine

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NEWS PACKAGE

SUGGESTED TEASE	IF YOU'RE A VEGETARIAN, IS YOUR PET ONE TOO?
ANCHOR LEAD	COMING UP, WHY EXPERTS SAY IT'S A BAD IDEA TO APPLY POPULAR DIET TRENDS TO YOUR ANIMALS.
(PACKAGE START) -----	
CG: Courtesy: The Ohio State University College of Veterinary Medicine	
:00 - :03	
Shots of Lily and Magpie playing fetch	
CG: Lily Clarkson	
Dog owner	
Shot of grain-free pet food	
Shots of Dr. Parker examining dog, talking to owner	
CG: Dr. Valerie Parker	
Ohio State College of Veterinary Medicine	
Shots of Dr. Parker examining a	
	FROM KOMBUCHA TO AVOCADO TOAST, THERE SEEMS TO BE A NEW DIET OR NUTRITION TREND EVERY WEEK.
	IN FACT, IT'S ESTIMATED THAT THERE ARE NOW MORE THAN SEVEN MILLION VEGETARIANS IN THE U-S. ¹ AND WHILE PEOPLE ARE WILLING TO CHANGE THEIR DIETS IN THE NAME OF HEALTH, EXPERTS WARN NOT TO APPLY THE SAME THINKING TO YOUR PETS.
	BARB CONSIGLIO HAS MORE ON WHY IT'S BEST TO REJECT THE HYPE WHEN FEEDING YOUR DOG OR CAT.
	(Nats - Lily playing with dog. "Ready? Sit.") :02
	LIKE MANY PET OWNERS, LILY CLARKSON TURNED TO THE INTERNET WHEN HER DOG, MAGPIE, BEGAN HAVING DIGESTION ISSUES. :05
	<i>"When I first adopted her, I kept reading that grain-free was really good for new diets and stomach issues."</i> :07
	GRAIN INTOLERANCE IS ONE OF THE MOST COMMON DIETARY CONCERNS THAT VETERINARY NUTRITIONIST, DOCTOR VALERIE PARKER OF THE OHIO STATE COLLEGE OF VETERINARY MEDICINE HEARS FROM PET OWNERS.
	SHE SAYS FOOD ALLERGIES, ESPECIALLY TO GRAINS, AREN'T REALLY A PROBLEM IN PETS. :12
	<i>"Very rarely are there allergies to grains. And that's a very common misconception."</i> :05
	PARKER HAS HEARD IT ALL WHEN IT COMES TO

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<p>dog, taking to owner</p>	<p>ALTERNATIVE PET DIETS, BUT REMINDS HER PATIENTS THAT ANIMALS HAVE VASTLY DIFFERENT NUTRITIONAL NEEDS THAN HUMANS. :06</p>
<p>Dr. Parker (CG'd earlier)</p>	<p><i>“When people try to apply their own diets to their pets, it doesn't always work out so well.” :04</i></p>
<p>Shots of cat eating</p> <p>Shot of vegetarian pet food</p>	<p>ANOTHER COMMON TREND, ESPECIALLY FOR THOSE WHO ARE MEAT-FREE THEMSELVES, IS FEEDING THEIR PETS A VEGETARIAN OR VEGAN DIET. :06</p>
<p>Dr. Parker (CG'd earlier)</p>	<p><i>“Cats are carnivores. Now that doesn't mean that cats can't tolerate carbohydrates and plant sources of food in their food, but they are designed to eat certain meats.” :15</i></p>
<p>Shots of dog owner prepping raw meat</p>	<p>OTHERS DON'T SHY AWAY FROM MEAT, FEEDING THEIR PETS A RAW DIET, WITH THE BELIEF THAT DOGS AND CATS SHOULD EAT LIKE THEIR WOLF AND WILD CAT ANCESTORS.</p> <p>DOCTOR PARKER SAYS A RAW DIET IS NOT ONLY NUTRITIONALLY INADEQUATE, BUT CAN ALSO PUT ANIMALS AND THEIR OWNERS AT RISK FOR INFECTIOUS DISEASES.</p>
<p>Shots of person making dog food</p>	<p>PET OWNERS CONCERNED ABOUT THE INGREDIENTS IN PET FOODS MAY BE TEMPTED TO MAKE THEIR OWN.</p> <p>BUT MOST HOMEMADE PET FOOD RECIPES JUST DON'T CONTAIN THE NUTRIENTS YOUR PET NEEDS AND CAN CAUSE SEVERE HEALTH ISSUES. :24</p>
<p>Dr. Parker (CG'd earlier)</p>	<p><i>“The worst case scenarios will be significant bone deformities in young animals that don't grow their bones appropriately. They can get fractures, they can become paralyzed.” :12</i></p>
<p>Shots of Lily feeding Magpie</p> <p>Shot of Lily and Magpie playing fetch</p>	<p>AFTER CONSULTING HER VET, LILY DITCHED THE GRAIN-FREE FOOD AND FOUND THE RIGHT DIET FOR MAGPIE, WHO IS GROWING INTO A HAPPY, HEALTHY DOG. :06</p> <p><i>Nats of Lily playing with Magpie. “Come on.” :02</i></p>
<p>(PACKAGE END) -----</p>	<p>AT THE OHIO STATE COLLEGE OF VETERINARY MEDICINE, THIS IS BARB CONSIGLIO REPORTING. :03</p>
<p>ANCHOR TAG</p>	<p>EXPERTS SAY AN INFINITE AMOUNT OF MISINFORMATION ONLINE CAN MAKE UNHEALTHY PET DIETS SEEM LIKE A GOOD IDEA.</p> <p>YOUR VETERINARIAN IS THE BEST PLACE TO GO FOR ADVICE AND CAN RECOMMEND BRANDS AND</p>

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Dog owner	<p>Lily says she stopped following diet trends for her and Magpie: <i>“People are going low carb, no carb diets and everything, and really, for my dog and for myself, I just try to focus just on whole foods and everything in moderation, as well.” :11</i></p> <p>Lily says it’s hard to tell what pet diet info is science-backed: <i>“Anyone can post anything on the internet, and so it’s hard to really distinguish what’s true and what’s not and what’s research-backed and what’s not. And so, just going to my veterinarian was kind of the end goal for me.” :14</i></p>
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References

¹*Vegetarianism in America*, **Vegetarian Times**, May 10, 2017. Online:
<https://www.vegetariantimes.com/uncategorized/vegetarianism-in-america>

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