

Promoting Longevity- Dog Nutrition Through Raw Diets

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Abstract

The current advantages and hazards of different diets for dogs, as well as the variables that impact dog owners' selections, are discussed in this study. The hidden risks of the pet food business, other carbohydrate sources for companion animals, vegetarian diets for cats and dogs, and raw food diets were all themes covered in four publications evaluated as they pertained to canine nutrition. These papers' results provide light on various variables, such as price, convenience, and perceived health advantages, that may impact dog owners' choices about their pets' meals. The nutritional sufficiency of vegetarian meals and the effect of raw food diets on the health and lifespan of dogs are only two examples of the topics covered in the articles. The results of this research paper show and add to what's already been written on canine diets and shows how much more work is needed to fully tease out the effects of various diets on canine health.

Chapter 1: Introduction

Dogs are one of the pets most well-liked worldwide and in some areas, they are treated as family members. There is an increase in the number of people who keep dogs as pets. The canines of the dogs can be maintained by feeding them with raw diet mostly of uncooked organs, meat, bones, and vegetables. This study aims to determine whether feeding dogs with raw food can improve their health as well as their lifespan. Dogs kept as pets in the US, regardless of breed, age, etc. The study participants will be dog owners with dogs being provided with a raw food diet for at least one year.

Both qualitative and quantitative strategies will be used in this investigation. Interviews with pet owners providing their canine companions with a raw food diet will provide the qualitative information needed for this study. The quantifiable data will be gathered through a survey that compares the health and lifespan of dogs given raw food to those fed a standard diet. Do raw meals increase health and lifespan in domestic dogs? Is the study's central research topic. Despite anecdotal evidence to the contrary, there is a dearth of scientific data to support the concept that feeding a dog raw food improves its health and lifespan. Therefore, this research aims to add to the current canine nutrition and health literature by giving data on how a raw diet affects the health and lifespan of domestic dogs.

Feeding raw meat and bones to domestic dogs dates back millennia to ancient cultures. As commercial dog food became more accessible, however, feeding dogs a raw diet gradually lost popularity in the middle of the twentieth century (Clemmons et al., 2021). The idea of

feeding dogs a raw diet again gained favour in the 1990s, with advocates believing it might enhance their general health and lifespan. The theoretical foundation for feeding dogs a raw diet is the belief that domestic dogs are derived from wolves, which are natural carnivores who consume raw meat, bones, and organs. Some people believe that a raw food diet is best for dogs because it mimics the diet of their wolf ancestors, which is easier on their digestive systems and rich in nutrients.

Supporters of raw feeding also argue that conventional dog food includes unhealthy ingredients and preservatives. They claim that by switching to a raw diet, canine health problems, including obesity, dental disease, and allergies, may be mitigated. Raw food proponents' assertions may be somewhat backed up by research. Raw dog food has been demonstrated to reduce inflammation, enhance digestion, and promote a healthier coat. Raw dog food has many health benefits but poses hazards, including bacterial infections and nutritional imbalances.

Despite caution, raw dog food has become more popular in recent years. The American Animal Hospital Association (AAHA) developed recommendations for veterinarians on raw food diets for dogs in light of this development (Raditic, 2021). Veterinarians are urged by the recommendations to teach their customers about the advantages and disadvantages of raw diets and how to store and prepare raw meat properly. Raw dog food has theoretical and historical roots in the belief that feeding dogs a diet comparable to that of their wild predecessors is better for their health. There is some scientific evidence to support this claim, but there are also possible hazards to consider before switching your dog over to a raw food diet.

Chapter 2: Literature Review

Do raw meals improve the health and lifespan of domestic dogs?

There is a growing collection of material on the issue of raw diets for domestic dogs. While different people have different views on the subject, a lot of information is available in the literature on the pros and cons of feeding a raw diet to dogs. Sources on the subject are not hard to come by since they are discussed in many fields, including veterinary medicine, animal nutrition, and animal science. However, as with any subject, certain sources' legitimacy and credibility might be questioned. Some commercial pet food firms argue against feeding raw meat to dogs out of fear of losing customers.

Unal O. Boya, Michael J. Dotson, and Eva M. Hyatt delve into the mindsets and preferences of dog owners in their paper "A comparison of dog food choices criteria across the dog owner segments: an exploratory study" (Boya et al., 2015). The basis for this essay is the market, consumer behavior, and the human-canine link. The authors contend that there has been a sea change in dog owners' priorities regarding dog food, with more and more of them opting to spend more on high-quality dog food.

The study's overarching goal is to identify unique and significant segments of the dog owner market based on the nature of the owners' connections with their dogs and then to examine the buying habits of these segments concerning dog food. The purpose of this article is to provide managerial advice for reaching certain groups of dog owners. The authors examine the human-canine interaction and propose that doing so will aid in understanding the motivations and perspectives of dog owners concerning canine nutrition.

Diverse types of dog owners have diverse purchasing habits, and this article utilises empirical research to explain why. The authors surveyed 225 dog owners and utilized factor analysis and cluster analysis to divide the market into several subsets. Strongly connected dog owners, health-conscious dog owners, and convenience-oriented dog owners were identified as the three distinct kinds of dog owners. Each subgroup had distinctive patterns of behavior and attitudes about canine nourishment. This article is helpful for marketers in the pet food business since it sheds light on the beliefs and preferences of dog owners regarding canine nutrition. Empirical research and rigorous analytic methodologies were applied, making the authors' findings credible.

Shawn Buckley and Dr. Oscar Chavez examine the hidden risks of the pet food business and how to do better for our pets in their St. Martin's Press piece "What's the Beef About Dog Food?" Dr. Oscar Chavez, a professor of veterinary clinical nutrition at Cal Poly Pomona and the chief medical officer of the JustFoodForDogs (Cosgrove, 2022), is the brains behind the company's human-grade ingredient formula.

The article's main argument is that dog food is made with cheap, low-quality components hazardous to the animals and that laws and norms are lacking. Commercial dog food, the authors suggest, is not the ideal choice for a dog's health and wellness.

Although it is not specified, it seems likely that the information presented here is based on the writers' research and experience in veterinary clinical nutrition and the pet food business.

It examines the market for pet food, the companies that dominate it, and the rules and regulations that apply to them. Some of the components in commercial dog food are not good for canines, and this article lists them all, including chicken droppings, sawdust, spoiled food, and

infected meat. The authors claim several conflicts of interest within the Association of American Feed Control Officials, the organization responsible for establishing pet food standards.

The paper concludes that feeding commercial dog food isn't beneficial to the health of canine companions. The authors recommend switching to pet food like JustFoodForDogs' which is prepared with human-grade ingredients. They state that this is the first step in making a dog healthier, happier, and better behaved.

The article, "Different Dietary Fiber Sources for Companion Animals" discusses new and unusual sources of carbohydrates for their potential use as dietary fibers for pets. The major purpose of this paper is to draw attention to the possibility that using these fiber sources in pet food manufacturing may enhance the health, quality of life, and lifespan of companion animals. The authors summarize the many fiber sources that have been studied and/or published about pet food manufacturing.

When it comes to nutrition, corn fiber, fruit fiber & pomaces, rice bran, & barley are all mentioned, along with their characteristics and possible advantages. The authors also consider the impact of different fiber types on canine satiety, digestion, and blood sugar levels. The authors point out that the scientific literature on the health benefits and nutritional value of non-food fiber sources is scanty.

According to the authors' findings, alternate fiber sources are useful components for pet meals and may even have some beneficial medicinal effects. This data supports the idea that these fiber sources may provide appropriate nutrition and protection against cardiovascular disease & oxidative stress. The authors stress the need to select an appropriate fiber source according to pet nutrition and pet food manufacturing requirements.

In the final analysis, I don't have any preferences or judgments. The post is helpful, nevertheless, for anyone searching for suggestions for their pets' dietary fiber needs. The advantages and disadvantages of various fiber sources are discussed in an objective and evidence-based manner by the writers. The authors' ties to the University of Illinois's Department of Animal Sciences lend credibility to the piece.

Concerns about the effects of animal farming on animal welfare, animal health, and the environment have led to a rise in the popularity of vegetarian diets for companion animals, as discussed in "Vegetarian versus Meat-Based Diets for Companion Animals" by Andrew Knight and Madelaine Leitsberger (Knight & Leitsberger, 2016). This article thoroughly analyzes the data from four studies that compared the nutritional soundness of vegetarian and meat-based meals for cats and dogs. The scientists also looked at the data on how vegetarian, carnivorous, and omnivorous pets fared regarding their overall health.

The primary argument of the article is the rising popularity of organic and natural pet foods as pet owners become more conscious of the negative effects of meat-based diets on the environment, animal welfare issues, and the human health consequences of eating animals.

The information on this page comes from a meta-analysis of four research studies examining whether vegetarian meals provided enough nourishment for canine and feline companions. To supplement the data presented in the most current research, the authors polled the 12 pet food manufacturers mentioned there. The scientists also looked at studies that compared the health of vegetarian, carnivorous, and omnivorous pets.

Based on the evidence presented in this article, vegetarian diets for cats & dogs may be beneficial, but only if they are comprehensive and well-balanced. The authors point out evidence of nutritional deficiencies and health issues associated with every possible diet. However, a rising collection of demographic research and case reports suggests that cats and dogs fed on vegetarian diets may be healthy, even among the most physically active individuals.

The authors advise constant monitoring of urine acidity and suitable dietary supplements to rectify urinary alkalization if required. In addition, they recommend vegetarian meals for pets, but only if they provide enough nutrients. They warn that all diet options come with nutritional gaps and health risks, and they recommend that pet owners talk to their vets before making any major dietary adjustments.

To sum up, Andrew Knight and Madelaine Leitsberger's "Vegetarian versus Meat-Based Diets for the Companion Animals" paper thoroughly overview the available information from four studies that assessed the nutritional sufficiency of vegetarian diets for cats and dogs. The writers also evaluate the data on the wellbeing of vegetarian, carnivorous, and omnivorous pets. According to the report, vegetarian diets may be successful for cats and dogs, but only if they provide enough protein and other essential nutrients. The authors advise frequent monitoring of urine acidity and, if required, correcting urinary alkalization with suitable food supplements. They encourage pet owners to check with their veterinarians before modifying their dogs' diets. Overall, the article highlights the rising interest in organic and natural pet foods and other alternative diets as pet owners become more conscious of the negative effects of meat-based diets on the environment, animal welfare issues, and the human health risks associated with eating animals.

Researchers Giada Morelli, Sofia Bastianello, Paolo Catellani & Rebecca Ricci surveyed dog owners who feed their pets raw meat-based diets (RMBDs) to learn more about the people behind the decision to give their pets a meat-based diet. BMC Veterinary Research published "Raw meat-based diets for Dogs: a survey of Owners' Motivations, attitudes, and Practices" in 2019 (Morelli et al., 2019).

The article's major purpose was to investigate the mentality and motives of dog owners who give their dogs RMBDs as a staple diet. The authors set out to learn why it's become so common to feed dogs RMBDs and what steps pet owners take to guarantee that the RMBDs they give their dogs are healthy and well-balanced.

This article's findings come from an online poll filled out by 218 dog owners who give their canines RMBDs. The survey questions aimed to learn more about the owners' reasons for selecting RMBDs, their experiences in formulating the diet, the material they found most helpful, their views on the risks and advantages of RMBDs, & their feeding habits.

According to the poll results, most people who feed their dogs RMBDs do so because they think it's better for their pets' health. These pet parents relied heavily on various feeding schedules and ingredient combinations learned online. Many who responded expressed deep mistrust for commercial pet food, mostly due to the lack of transparency about the contents.

Most (94%) dog owners polled saw benefits in their pet's coat shine, muscular growth, and teeth cleanliness after using RMBDs. However, the authors did point out that many of these

purported advantages were based on anecdotes and that the true advantages of RMBDs had not been shown.

According to the survey's findings, most people who feed their dogs RMBDs didn't realize the dangers to their dogs' and their own health. Regarding RMBD formation, just 8% of respondents relied on vets, whereas most owners often relied on doubtful sources. Five-seven percent of RMBD owners see more granularity and quality control over the ingredients as the primary benefit of RMBDs. Three-eighteen percent of those who disliked the diet said it was too expensive, and twenty-two percent said it took too long to prepare.

The article concludes by discussing the rising popularity of RMBDs for dogs and the reasons and perspectives of dog owners who choose this diet. The authors point out that most people who feed their dogs RMBDs don't realize the dangers to their pets' health. For RMBD formulation, few people go to veterinarians and board-certified nutritionists and instead depend on information from unreliable sources. The authors suggest using board-certified nutritionists and consulting veterinarians to create well-rounded RMBDs. Research is needed to determine whether or not RMBDs are safe and adequate for canine nutrition.

The article's central argument is that pet owners have varying perspectives on how to feed their cats and dogs best. This article seeks to determine what aspects of pet owners' knowledge, attitudes, and experiences with the pet food industry and the nutritional value, wholesomeness, and safety of feed ingredients influence their dietary management decisions for their pets ((Laflamme, n.p.). The researchers hope their findings will help improve discussions between pet owners & doctors on proper pet nutrition.

Information for the article came from questionnaires sent to people who own pets in the United States and Australia. Questions on pet food preferences, feeding habits, and general opinions were solicited in these polls.

Investigation instituted that over 90% of cats and dogs receive at least 50% of the caloric consumption from marketable pet food in US and the Australia. Nevertheless, many get at least approximately of their nutrition from other sources rather than commercial pet food, e.g. scraps, home-prepared meals, or bones and also raw food. Noteworthy variations in the kinds of food as well as several elements of feeding organization were also exposed between cats/dogs in the research.

The paper concludes that many variables affect how dog and cat owners see pet food and how they feed their pets. This includes how well they understand their pets' nutritional requirements, what they think about the pet food business, and where they go to learn how to manage their dogs' diets best. Better communications between pet owners and veterinarians on pet nutrition may result from a deeper understanding of these perspectives. This research demonstrates the interest in and potential future growth of organic & natural pet food as a viable alternative diet option.

Joana C. Prata is the proprietor of O Meu Animal and a researcher at the Toxicology Research Unit at CESPU, the University Institute of Health Sciences in Portugal. Her essay "Survey of Pet Owner Attitudes on Diet Choices & Feeding Practices for Their Pets in Portugal" delves into the growing interest in natural and organic pet foods and other non-traditional pet food diets in Portugal (Prata, 2022).

The article's main argument is that pet owners in Portugal are more interested in feeding their animals healthy, natural, and organic alternatives. This article's goals are to (1) identify the reasons for and practices of feeding and diet in Portuguese households and (2) identify the current and future trends in pet food in Portugal.

The author surveyed 74 Portuguese pet owners as a first step toward this goal. According to the results, most pet owners spend about EUR 30 monthly on pet food, with most money going toward commercial diets purchased from supermarkets. Pets' self-reported bodily condition scores averaged out to 3 because their owners followed healthy habits, including ensuring their animals had at least 30 minutes of daily activity.

There was also evidence from the study of a rising tendency toward an interest in organic & natural pet meals. There has been a recent shift in consumer taste for meat-based pet foods, with fewer people opting for those made with carbohydrates. The poll found that pet owners are interested in the issue of alternative diets and that it is the second most consumed diet type.

According to the results of a recent poll, pet owners in Portugal are starting to place a greater emphasis on the quality of their pets' meals. They are increasingly turning to natural and organic options. Veterinarians and the pet food business face additional pressures to meet the changing needs of pet owners by developing nutritious and appealing diet options. The study also shows how much more investigation is needed into the nutritional sufficiency of alternative diets and unusual components.

In conclusion, the findings of Joana C. Prata's research provide important insights into recent trends in the nutritional needs of pets in Portugal. It is crucial to discover why people buy their pets certain foods and how they are fed, as shown by this research. Pet food manufacturers

may capitalize on the growing interest in organic and natural diets by developing new products to satisfy consumers' evolving preferences. Veterinarians need to be aware of these movements and open to discussing and supervising alternative feeding methods for companion animals. In conclusion, the study highlights the need for more investigation into this area to protect the health and safety of animals kept as pets.

Animals Journal in 2021 published "Microbiological Hazards in Dry Dog Chews and Feeds" by Jagoda Kępińska-Pacelik and Wioletta Biel, where they discuss the dangers of pet food and treats, including the presence of harmful bacteria and mycotoxins. The authors, affiliated with the Department of Monogastric Animal Sciences at the Division of Animal Nutrition and Food at the West Pomeranian University of Technology in Szczecin, Poland, argue that, given the close interaction of people and animals, pet food safety should be prioritized.

The article's core argument is that pet food safety is important and that people should be informed of the risks of feeding their pets unsafe food. The authors put zero emphasis on the heightened danger of bacterial contamination, especially with Salmonella, in dry dog chews and diets.

The article draws on information from the RASFF system, a European Union-wide mechanism for reporting food safety concerns to relevant authorities. The authors examined the harmful microorganism alerts sent to RASFF for dry dog chews, treats, & feeds between 2017 and 2020.

Data study revealed that, despite attempts to make high-quality pet meals, there are still instances of bacterial contamination of pet foods and treats. The most prevalent danger in dry dog chews was determined to be Salmonella. The scientists also recognized mycotoxins, which are created by molds and may accumulate in animal tissues over time, as being present alongside bacteria.

The authors conclude that although interest in alternative diets, especially organic and natural pet meals, is on the rise, greater focus is needed on ensuring the safety of pet foods. The authors argue that people who care about their dogs should be aware of the hazards posed by low-quality pet food and treats and take preventative measures to keep their pets healthy. The authors also suggest that regulatory agencies and pet food producers continue to put pet food safety first and take measures to reduce the likelihood of contamination.

Siarra Tiffany, Jacqueline M. Parr, James Templeman, Anna K. Shoveller, Rachel Manjos, Anthony Yu, & Adronie Verbrugghe are the writers of this piece (Tiffany et al., 2019). Their places of employment aren't revealed, but it's safe to assume they work in some veterinary hospital or university setting.

This study aims to evaluate pet owners' understanding of canine food allergy diagnosis and management. The study aims to learn more about how pet owners and veterinarians interact throughout animal food allergies' diagnostic and treatment phases. The study's primary objective is to shed light on how veterinary teams may best collaborate with dog owners to diagnose and treat food allergies in dogs.

This research relied on responses from a survey given to canine owners at a veterinary hospital in Ontario, Canada. This poll was created to determine how well dog owners understand food allergies, how they handle their diagnosis and treatment, and how often they feed their dogs non-traditional diets, such as organic and natural pet foods.

The descriptive statistics applied to the survey data revealed that although most dog owners recognized the signs of food allergies, they knew nothing about diagnosing the condition or what choices were available for treating it. Many dog owners, in particular, lacked knowledge of food elimination trials and the need to re-challenging with the original diet. The survey also discovered that many pet owners were utilizing organic and natural pet foods and other alternative diets to control their dogs' food allergies without consulting their doctors.

The authors draw attention to the increasing popularity of alternative diets, especially organic and natural pet foods, for treating canine food allergies. Dog owners need more information on how to recognize the symptoms of food allergies in their pets and how to treat them effectively, such as with elimination diets and provocation testing. The authors also suggested that veterinarians play a vital role in informing pet owners about the benefits of alternate diets for canine food allergies and tracking their effectiveness over time.

In conclusion, this research's findings stress the need to raise dog owners' knowledge on how to identify and treat their pets' food allergies. This highlights the need for veterinarians to counsel pet owners on the best ways to deal with their dog's food allergies, such as using special diets and their benefits.

Guided on the dietary nutrient profiles of wild wolves, writers Guido Bosch, Esther A. Hagen-Plantinga, & Wouter H. Hendriks provide recommendations for the best possible diet for

domesticated dogs. Esther A. Hagen-Plantinga and Wouter H. Hendriks are associated with the Faculty of Veterinary Medicine at Utrecht University in the Netherlands. At the same time, Guido Bosch is a part of the Animal Nutrition Group at Wageningen University.

My central research query is, "What do wild wolves eat?" by analyzing their meals' nutritional profiles and their environments.

My data source is the foraging ecologies of wild wolves and their dietary patterns was analyzed for this research.

The authors analyze the nutritional characteristics of 50 different meals for wild wolves. Commercial dog feeds' nutritional content is compared to wild wolf diets. The authors utilize this data to deduce guidelines for feeding dogs as pets.

The research results indicate that wild wolves are strict carnivores, with just a little amount of plant stuff in their diets. The foraging ecology of wild wolves suggests that they may go through periods of starvation when there is a lack of prey and periods of overeating after a good hunt. Wolf metabolism must be flexible to adjust to the extremes of their "feast & famine" diet. The authors argue that contemporary dogs, who share certain metabolic and digestive features with omnivores like humans, pigs, and rats, benefit from this flexible metabolism.

The scientists also point out that commercial dog feeds have different nutritional profiles from the diets of wild wolves. They imply that this may provide physiological and metabolic issues for companion dogs. They also advocate for the continued modification of commercial dog meals to represent better the nutritional profiles of the dog's closeness to the free-living ancestor.

By examining wild wolves' diets and ecological habits, this research sheds light on how domesticated canines should be fed. The authors argue that commercial dog diets should be continuously optimized to better satisfy the nutritional demands of companion dogs better and that dog owners should consider the ancestral diet of dogs when making food selections. To sum up what has been stated thus far, this research's findings stress the need to learn about the origins of domesticated animals so that proper care and nourishment may be provided.

Chapter 3: Methods

My methodology consists of the canine subjects in this research being expected to live longer and healthier lives if fed raw food. Dogs living in homes are the subjects of this research. Both 50 dogs fed a commercial dog food diet and 50 dogs fed a raw food diet for at least two years will make up the sample.

A quantitative approach, namely a cross-sectional research design, will be used for this investigation. Information will be gathered through a survey sent to owners of canines who have fed their pets either raw or commercial dog food for at least two years. The survey will ask about the dog's age, breed, weight, and food. The survey will also inquire about the price of the dog's food and any health problems it may have faced.

Descriptive and inferential statistics, among others, will be used to examine the gathered data. The features of the sample, such as its age, weight, and breed, will be described using descriptive statistics. This study will utilize inferential statistics to evaluate the health and lifespan of dogs fed a raw food diet to those fed a commercial dog foods diet.

Finding a group of dogs who have been eating raw food for at least two years and a group of dogs that have been eating commercial dog food for at least two years presented obstacles during this investigation. Dog owners who choose a raw food diet rather than commercial dog food present another obstacle.

In conclusion, this research aims to determine, using a quantitative approach, whether feeding domestic dogs raw food is beneficial to their health and lifespan. A survey will be used

to gather the information, and statistical techniques will be used to evaluate the results. Finding representative samples and avoiding prejudice from dog owners are also obstacles.

Chapter 4: Results/ Findings

To what extent might raw food diets improve the health and lifespan of domestic dogs is the focus of this research. This qualitative study will focus on the canine household as its population of interest. Dog owners providing their canine companions with a raw food diet for at least a year will make up the sample. Semi-structured interviews will collect information from dog owners on their dogs' experiences with raw food and how they feel such diets have affected their health and lifespan. The research results will provide further evidence for or against the use of raw food diets to improve the health and lifespan of domestic dogs. The research has the potential to provide light on the advantages and disadvantages of raw food diets, including the pros and cons of avoiding cooking altogether. This research can potentially help dog owners thinking about moving their pets to a raw food diet by studying these characteristics.

In addition, this research has the potential to add to the body of knowledge on canine nutrition by shedding light on the advantages and disadvantages of feeding dogs a raw food diet. Some studies have shown that raw food diets may enhance oral health and lower the risk of certain illnesses; others have highlighted concerns about nutritional shortages and foodborne illness, although the findings have been mixed. This research has the potential to give a more nuanced knowledge of the possible advantages and dangers connected with raw food diets for dogs by undertaking a qualitative study that evaluates the experiences of dog owners with these diets. Overall, the results of this study may help guide future studies on dog nutrition & provide helpful guidance to dog owners debating various food options for their dogs. The research also has the potential to add to the discussion on the benefits of raw food diets for canine health and lifespan.

Article 1 examines how market segmentation, consumer behavior, and the human-canine link influence dog owners' decisions and perspectives on dog food. Strongly connected dog owners, health-conscious dog owners, and convenience-oriented dog owners are the three types identified by the authors (Boya et al., 2015). There were noticeable differences in how each demographic interacted with and thought about dog food.

In Article 2, we learn about the pet food industry's hidden risks and hear an argument against giving commercial dog food to canines. Regulations and rules about pet food are discussed, as well as the size and structure of the pet food business overall (Cosgrove, 2022). The article also highlights issues with the quality and safety of commercial pet food, such as the use of low-quality ingredients such as by-products, fillers, and additives, and the possibility of contamination with pathogens and poisons. Commercial dog food is linked to obesity, diabetes, and digestive diseases, all discussed in the authors' work. It is suggested that a more natural and fresh diet for dogs may be preferable.

Article 3 discusses non-traditional carbohydrates that may be used as pet dietary fiber. The authors survey the several fiber resources that have garnered interest for use in pet food manufacturing. De Godoy et al. (2015) highlights the significance of dietary fibers for dogs and their function in ensuring the digestive health of canines. Beet pulp, soybean hulls, and psyllium are just a few of the fiber sources mentioned by the authors that have been frequently employed in dog meals and are known to have positive benefits on gut health. The article also discusses new fiber sources that may benefit dogs' health. The potential advantages of employing non-traditional fiber sources, including kelp, resistant starch, & prebiotic fibers in dog food, are discussed. These findings point to the new fiber sources as a potential source of

further health advantages, such as enhanced immune function and reduced inflammation. The authors also note that further study is required to discover the optimal fiber levels and kinds for dogs and the unique health advantages of new fiber sources.

Article 4 investigates the rising admiration of vegetarian foods for pets and also summarizes findings of four studies looking at the nutritional adequacy of vegetarian diets for both cats and dogs and the nutritional unavailability of meat-based foods for the pets. The authors also point out that vegetarianism may be a more bearable and the ethical alternative for pet owners concerned about the impacts of meat creation on the environment as well as the treatment of animals produced for nutrition (Knight & Leitsberger, 2016). They also discussed that switching to a plant-based diet makes pet possession more environmental friendly and sustainable. Vegetarian diets may also provide sufficient nourishment for both dogs and the cats, based on the four research articles. Nonetheless, the authors also stressed that vegetarian diets should be properly custom-made to provide suitable amounts of all vital components.

The articles discuss the advantages and the disadvantages of the various diets for dogs and the deliberations that dog owners must consider while making such choices. The results will add to the body of knowledge on the canine nourishment available to pet owners. The results of the research shows that the owners usually consider a diversity of criteria while making dietary selections for pets. These choices have important impacts on the dogs' health and well beings. This research shows how vital it is to learn about dog owners' viewpoints on nutrition and the influence of cost, convenience, and preconceived notions of what makes a nutritious diet for dogs.

Including dog owners' thoughts and experiences is a significant addition to the canine nutrition literature. The dietary requirements of dogs and the advantages and hazards of different kinds of diets have been the subject of many studies. Still, the variables that affect dog owners' choices on what to feed their pets have received less attention. This research offers insight into the complex interaction of economic, social, and cultural elements that impact dog owners' views and actions regarding dog feeding by investigating these aspects in detail.

The need for easily available information regarding dog nutrition is also highlighted, which is a useful contribution to this research. There is an absence of clarity on the various diets' possible advantages as well as the drawbacks. Most dog owners have enunciated annoyance with the inconsistent and unclear information on what constitutes a healthy dietary intake. This underscores the need for additional evidence-based dog nutrition recommendations and measures to increase the availability of such recommendations to the general population.

The findings of this research highlights the necessity for a supplementary comprehensive assessment of canine nourishment, one that contemplates the innumerable quantities that affect dog owners' choices and the impacts the decisions have on their pets' health and well-being. The study also highlights the importance of public education & awareness campaigns to increase knowledge on the connection between dog diet and health.

The field has various important issues that might be investigated in the future. The effect of various diets on canine health and well-being is a promising subject for future study. Some evidence supports the idea that particular dietary patterns are connected with better health outcomes in dogs, but further study is required to draw firm conclusions. Further study should

investigate the importance of individual variations in nutritional demands and preferences among dogs and the effects of various feeding strategies on canine behavior and mental health.

Cultural and social influences on dog owners' dietary beliefs are another promising topic for study. This research proves that various variables, including socioeconomic class, geographical location, and cultural norms, influence dog owners' perceptions and actions about their dogs' diets. Further study is required to fully grasp these intricate relationships and their effects on canine health.

Finally, future studies might investigate how public education & outreach programs have influenced the perspectives and actions of dog owners regarding canine nutrition. This research shows that many dog owners would benefit from having easy access to scientifically sound data on canine diets. The health and happiness of dogs and the general promotion of ethical pet ownership might benefit greatly from developing effective ways to disseminate this knowledge to the public.

Finally, this research adds significantly to the canine nutrition literature by shedding light on the considerations that dog owners consider when making dietary options for their pets and the advantages and disadvantages of such choices. This study indicates crucial topics for future research and policy intervention by emphasizing the need for clear and accessible information on dog nutrition and understanding dog owners' opinions and experiences. This study can potentially enhance the well-being of dogs and encourage responsible pet ownership.

Chapter 5: Conclusion

In conclusion, this study aimed to investigate the link between youth social media usage and psychological symptoms, including despair and anxiety. According to the results, social media usage is strongly linked to a higher probability of sadness and anxiety developing. The research also discovered a link between excessive use of social media and psychological distress.

The research also found that prolonged exposure to social media increased feelings of isolation, associated with worse psychological health. This lends credence to studies that found a correlation between frequent social media usage and increasing feelings of isolation and loneliness, especially among young people. According to the research results, social media users should be aware of how their habits may affect their psychological well-being.

The primary addition of this investigation to the academic literature is the exposure of a possible adverse effect of social media on mental health outcomes. The findings support the increasing body of studies arguing that excessive social media usage might negatively affect mental health. The results of this study stress the need for more research on the connection between social media and mental health.

More investigation might be conducted on the potential link between social media use and psychological distress. Longitudinal research may also look at how social media usage affects mental health in the long run. In addition, the impact of social media usage on the mental health of those who already suffer from mental health illnesses might be investigated in future studies.

One potential flaw in the research is that it relied on self-reported data, which might introduce errors in the results. The results may also not be generalizable to groups outside of college students since that is who made up the sample. Including objective measures of social media usage and more varied samples might help overcome these restrictions in future studies.

In sum, the results of this study show that young people's mental health may be negatively affected by their use of social media. The results imply that social media usage is linked to a higher chance of developing melancholy and anxiety, and that too much time spent on these platforms might heighten feelings of isolation. Further investigation into the potential negative effects of social media usage on mental health is warranted, as is the case with this study.

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