## Back to Basics: **Interpreting Product** Guides & Labels

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#### Objectives

- Review some nutrition basics
- Utilize basic nutritional tools
- Case examples
- Nutritional assessments incorporating into exam • Red flags
- Case example
- Hot topics



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#### Resources

- Textbooks:
- Applied Veterinary Clinical Nutrition
- WSAVA website • http://www.wsava.org/nutrition-toolkit
- ACVN website • http://www.acvn.org/
- Pet Nutrition Alliance website http://petnutritionalliance.org/
- Timely Topics in Nutrition JAVMA
- Product guides





#### Product Guides

- Contact company reps
- Electronic copy (PDF)
- Paper/hardcopy

- https://vet-royalcanin-ca.force.com/
- <u>http://www.hillspet.ca/en-ca/index.html</u>



#### Nutrition

- Interaction of food with an organism
  - Nutrients and other substances in food
  - Effects on growth, reproduction, maintenance
- Interaction contributes to health or disease
- Complex



#### **Clinical Nutrition**

• Management of patients' nutritional needs



#### Nutritional Needs

- Animals should be fed to meet their Energy needs
- Food also needs to provide <u>essential nutrients</u>
  - Water
  - Energy
  - Macronutrients: protein, fat, carbohydrates
  - Essential amino acids
  - Essential fatty acids
  - Micronutrients
    - Essential vitamins
    - Essential minerals





#### Metabolizable Energy (ME)

- •Label  $\rightarrow$  kcal/kg
- •Calculated as kcal/100 g (of food)

# •Metabolizable Energy (ME)

- •kcal/kg
- From macronutrients
- Protein, Fat, Carbohydrate
  - Atwater factors
  - Protein = 4 kcal/g; Fat = 9 kcal/g; CHO = 4 kcal/g
  - <u>Modified Atwater factors</u>
    - <u>Protein = 3.5 kcal/g; Fat = 8.5 kcal/g; CHO = 3.5 kcal/g</u>













"Carbohydrate"
Calculated by difference
Fiber
Protein
Fat
Moisture
Ash (estimate ~3% if not on GA)
<u>+ "Carbohydrate"</u>
100 %



## Metabolizable Energy (ME)

Typically expressed on label as kcal/kg

• Calculated as kcal/100 g (of food)

ME (kcal/100 g) =

Prot (g/100 g)

- + Fat (g/100 g)
- + CHO (g/100 g)

\**May need to use Atwater factors highly-digestible diets* 

# •ME (kcal/100 g) = Prot (g/100 g) + Fat (g/100 g) + CHO (g/100 g)

#### Metabolizable Energy (ME)

• ME (kcal/100 g) =

Prot (g/100 g) \* 3.5 kcal/g

+ Fat (g/100 g) \* 8.5 kcal/g

+ CHO (g/100 g) \* 3.5 kcal/g

\*May need to use Atwater factors highly-digestible diets



Metaboliz	abl	e Energy (ME)
GUARANTEED ANAL	YSIS 🌌	Prot - 24 g/100g * 3.5 kcal/g = <b>84 kca</b> l/100
Crude Protein (minimum)	24.0%	Fat - 20 g/100g * 8.5 kcal/g = 170 kcal/100
Crude Fat (minimum)	20.0%	· · · · · · · · · · · · · · · · · · ·
Crude Fiber (maximum)	5.8%	CHO -36.2 g/100g * 3.5 kcal/g = 126.7 kcal/10
Moisture (maximum)	11.0%	Total = 380.7 kcal/100
Om Sint Fatty Acide* (mini	4.2%	
Om Fatty Acids (Innum	0.62%	
Ash	3%	Can project <u>Percent (%) Calories from e</u> ach:
Total	60.8%	84 kcal Protein / 380.7 kcal
CHO (by difference)	39.2%	→22.06% of calories from protein
	100 %	
	<u> </u>	"Percent Metabolizable Energy From"
		Protein - 22% Fat - 45% CHO - 33%
		Allows comparison between diets
		ford to Franzy and

#### Metabolizable Energy (ME) rot - 24 g/100g \* 3.5 kcal/g = **84 kcal**/100 g GUARANTEED ANALYSIS 24.0% Crude Protein (mini Crude Fat (minimum) 20.0% Crude Fiber (maximum) 5.8% 11.0% Moisture (maximum) On MAC 4.2% Or 162% Ash 3% 60.8% <u>39.2%</u> 100 % Total





	alty	Weight at
	line in the second s	
	N8	ibs.
	1-5	3-12
	6-9	13-20
	10 - 16	21-35
	17 - 22	36-50
	23-34	51 - 75
	35-45	76 - 100
g (10 lbs) of 0 lbs)	Over 45	Over 100
	EP	etabolizable Energ
	EV	etabolizable Energ
cup	E) <sup>2</sup>	rtabolizable Energ
	Over 45	Over 100 etabolizable Energ etabolizable Energ ng a standed 250 mil



DIGESTION TEST RESULTS					
Digestibility:	Dry Formula	Canned Formula			
Total, %	85.9	81.1			
Protein, %	88.0	89.6			
Fat, %	95.4	93.8			
Carbohydrate, %	91.5	78.5			
Percentage of Metabolizable E	nergy from:				
Protein, %	25.2	42.3			
Fat, %	38.3	34.4			
Carbohydrate, % 36.5 23.3					
** Carbohydrate values are too low to be calculated.					

#### Nutritional Needs

- Animals should be fed to meet <u>their</u> Energy needs
- Food also needs to provide <u>essential nutrients</u>
  - Water
  - Energy
    - Macronutrients: protein, fat, carbohydrates
    - Essential amino acids
    - Essential fatty acids
  - Micronutrients
    - Essential vitamins
    - Essential minerals

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  - Essential minerals





#### Complete & Balanced • What does "complete" mean? • All ESSENTIAL nutrients present • species & life-stage

- •What does "balanced" mean?
- Nutrients in correct amounts & proportions
- Prevent deficiencies or excesses
  - Varies with species & life-stage







#### Who determined nutrient reqs? • National Research Council (NRC)

- Most recent publication 2006
- Provides MR\_AL\_RA\_& SUL when available
- Association of American Feed Control Officials (AAFCO)
- Published every year, may or may not update recommendations
- Invited experts from industry & academia
- Provides RA & SUL ONLY
- Modifications for practical industry concerns
- Safety margin for commercialization & diet digestibility

#### Who determined nutrient reqs?

#### • FEDIAF

Fédération Européenne de L'Industrie des Aliments Pour Animaux Familiers • European equivalent to AAFCO

#### •Private research

 Should still comply with established guidelines or legal requirements but may have preferred ranges within allowed parameters...

AAFCO DOG FOOD NUTRIENT PROFILES BASED ON CALORIE CONTENT				
Nutrients	Units per 1000 kcal ME	Growth & Reproduction Minimum	Adult Maintenance Minimum <sup>®</sup>	Maximum
Crude Protein	g	56.3	45.0	
Arginine	8	2.50	1.28	
Histidine	g	1.10	0.48	
Isoleucine	g	1.78	0.95	
Leucine	g	3.23	1.70	
Lysine	g	2.25	1.58	
Methionine	8	0.88	0.83	
Methionine-cystine	g	1.75	1.63	



The following feeding program is recommended as a guideline only, with discretionary clinical adjustments for proper weight maintenance.

AVERAGE NUTRIENT CONTENT ON SERVING AND 100 CALORIE BASIS				
	Dry Formula		Canned	Formula
	Grams per 100 kcal ME	Grams per 8 oz. cup	Grams per 100 kcal ME	Grams per 156 g can
Protein	6.84	30.24	13.13	17.79
Carbohydrate	9.87	43.68	5.53	7.49
Fat	4.33	19.15	3.92	5.30
Fibre	0.27	1.21	0.35	0.47
Calcium	0.34	1.49	0.55	0.75
Linoleic Acid	0.48	2.13	0.69	0.94
Phosphorus	0.23	1.01	0.36	0.48
Sodium	0.10	0.45	0.28	0.37
Potassium	0.17	0.75	0.41	0.56
Chloride	0.21	0.94	0.62	0.84
Magnesium	0.02	0.10	0.02	0.03
Omega-3	0.14	0.60	0.0	0.0









	C A 1	VINE FORM	ULA	Arthritic//		rablame
	_			Arthnus/i	viobility P	robients
	2847 kca	Ina	N	NETABOLIZABLE ENERGY		
	3042 KLd	1/ NB		calling	3,557	3.866
	17/2 ken	1/lb		cairoup	353	
	1/45 KCd	1/10		Veight ozroap	3.5	
(001		EO mill		Aps per ro	4.6	
408 K	caro oz (2	SO ITTL) (	up qu.	s Carones more.	PT008/0 17	vic 36 Carbonydrates
A	ERAGE NUTRIE	NT CONTEN	T			
	Per 100 kost ME	As Fed	DyMater			
Protein	8.07#	3.00%	33.67%			
Fat	340g	1305%		As East	Dev Matter	As East Coloris Route!
Catobetela	10.37 a	25.57%	AVERAGE NUTRIENT CONTEN	ITS PARTON	10.3.8	FO -
Crude Reve	0.44 g	169%	Protein	17.7 %	19.2 %	5.0 0
Total Dataly Fibre	204g	7,54%	Fat	15.1 %	10.4 %	42.9
Soluble Fibre	0.17g	0.50%	Cardonydrate (yet)	72.44	24.0	13.5 g
Insulutile Fibrie	1.97 g	7,34%	Calcher	0.58.95	0.63.55	163 mm
Calclum	0.33 g	120%	Brentrous	0.45 %	05.55	127 mg
Phosphora	0.24 g	0.94%	Sodern	0.18.55	0.20.%	51 mm
Petastan	0.17 g	0.65%	Potasskam	0.73 %	0.79 %	205 mg
Sodum	010 g	0.37%	Magnesium	0 133 %	0.145.%	37 ma
Chicride	0.18 g	0.70%	Camiline	321 maka (pomi	349 mg/kg (ppm	0 9.0 mg
Magnesium.	0.7 g	0.80%	Vitamin E	\$12 8JAm	557 EJAg	14 EUTOXIcal
Creper	0.40 g	E4mpAg	Vitamin C	184 mg/kg	200 mg/kg	5.2 mg
Znc.	6.35 mg	244 mp/kg	EFA	0.415 %	0.451 %	116.7 mg
Warrin A	61340	235574J/hg	Alpha-Linolenic Acid (ALA)	2.31 %	2.51 %	649.4 mg
Viane	27.90 KJ	1075 U.Ve	Total Omega-3 Fatty Acids	3.18 %	3.46 %	894 mg
Total Omega-6 Fetty Actd	054 g	200%	2.29%			
Tubel Omegar-3 Fetty Ackl	0.25 g	0.94%	103%			
EFA + D-A	0.84	0.69%	0.75%			
Olucosenine	2863 mg	100 mg/kg	1202 mg/kg			



Kidney	Disease
Cardiov	As Fed, Caloric Basis <sup>3</sup>
Protein	3.2 g
Fat	5.8 g
Carbohydrate (NFE)	11.8 g
Crude Fibre	0.1 g
Calcium	170 mg
Phosphorus	48 mg
Sodium	40 mg
Potassium	81 mg
Magnesium	31 mg
Vitamin E	18 IU/100kcal
Vitamin C	2.8 mg
Total Omega-3 Fatty Acids	420 mg

	k/d	RENAL SUPPORT	RENAL SUPPORT E
Kcal/kg	1238 kcal/kg (458 kcal/13 oz can)	964 kcal/kg (371 kcal per 385 g can)	1677 kcal/kg (645 kcal per 385 g can)
Protein/Fat/CHO (% calories from)	11%/48%/41%	15%/56%/29%	12%/49%/39%
Protein	32 g/1000 kcal	41.5 g/1000 kcal	32.8 g/1000 kcal
Phosphorus	0.48 g/1000 kcal	0.8 g/1000 kcal	0.7 g/1000 kcal
Potassium	0.81 g/1000 kcal	1.8 g/1000 kcal	1.2 g/1000 kcal
Sodium	0.4 g/1000 kcal	1.2 g/1000 kcal	0.4 g/1000 kcal

#### Bonsai

- 7 yo MC Brussels Griffon
- Body weight 4.14 kg
- BCS of 4/9
- History of pancreatitis
- Diagnosed with IBD



#### Diet History

- Currently eating
- Hill's Prescription Diet i/d Low Fat, canned
- 1/2-3/4 can per day:

Protein Fat Carbohydrate (NFE) Crude Fibre Caldoum Phosphorus Sodium Potassium Magnesium Magnesium	6.5 % 2.2 % 15.1 % 0.6 % 0.19 % 0.14 % 0.10 % 0.22 % 0.024 %	251 % 85 % 583 % 0.73 % 0.5 % 0.85 % 0.093 % 568 Ш/с	As red, Caloric Basis 6.9 g 2.3 g 15.9 g 0.6 g 200 mg 148 mg 105 mg 232 mg 25 mg 16 III (100km)
Protein Fat Carbohydrate (NFE) Crude Fibre Caldium Phosphorus Sodium Potassium	6.5 % 2.2 % 15.1 % 0.6 % 0.19 % 0.14 % 0.10 % 0.22 %	25.1 % 8.5 % 58.3 % 0.73 % 0.5 % 0.39 % 0.85 %	As rea, Calorie Bass 6.9 g 2.3 g 15.9 g 0.6 g 200 mg 148 mg 105 mg 232 mg
Protein Fat Carbohydrate (NFE) Crude Fibre Calcium Phosphorus Sodium	6.5 % 2.2 % 15.1 % 0.6 % 0.19 % 0.14 % 0.10 %	25.1 % 8.5 % 58.3 % 0.73 % 0.5 % 0.39 %	As rea, Calorie Basis 6.9 g 2.3 g 15.9 g 0.6 g 200 mg 148 mg 105 mg
Protein Fat Carbohydrate (NFE) Crude Fibre Calcium Phosphorus	6.5 % 2.2 % 15.1 % 0.6 % 0.19 % 0.14 %	25.1 % 8.5 % 58.3 % 2.3 % 0.73 % 0.5 %	As Fee, Caloric Basis" 6.9 g 2.3 g 15.9 g 0.6 g 200 mg 148 mg
Protein Fat Carbohydrate (NFE) Crude Fibre Calcium	6.5 % 2.2 % 15.1 % 0.6 % 0.19 %	25.1 % 8.5 % 58.3 % 2.3 % 0.73 %	As Fee, Calonc Basis 6.9 g 2.3 g 15.9 g 0.6 g 200 mg
Protein Fat Carbohydrate (NFE) Crude Fibre	6.5 % 2.2 % 15.1 % 0.6 %	25.1 % 8.5 % 58.3 % 2.3 %	As red, Caloric Basis 6.9 g 2.3 g 15.9 g 0.6 g
Protein Fat Carbohydrate (NFE)	6.5 % 2.2 % 15.1 %	25.1 % 8.5 % 58.3 %	6.9 g 2.3 g 15.9 g
Protein Fat	6.5 % 2.2 %	25.1 % 8.5 %	6.9 g 2.3 g
Protein	6.5 %	25.1 %	As red, Caloric Basis" 6.9 g
	Cu i eu	MALE IN GLUCI	ON ROAT & BUSINESS IN BUSINESS
AVERAGE NUTRIENT CONTENTS	As Ead	Dox Matter <sup>2</sup>	to deal dealers based
Turkey Heart, Egg Product, Flaxeed, Dir lavour, Soybean Oil, Ginger, Potassium ri alut, vitamins (Vitamin E Supplement, As jupplement, Biotin, Vitamin D3 Supplem julfate, Manganous Oxide, Calcium Ioda AVERAGE NUTRIENT CONTENTS	ed Beet Pulp, Oat F Chloride, Sodium T corbic Acid (source alcium Pantothena bent, Folic Acid), Ta ite, Sodium Selenit	e) of Vitamin C), Thiamine N ste, Vitamin B12 Suppleme urine, minerals (Zinc Oxide e), L-Carnitine, Beta-Carote	Chloride, lodized Mononitrate, Niacin ent, Riboflavin e, Ferrous Sulfate, Copper ene.

# Diet History Ourrently eating: Hill's Prescription Diet i/d Low Fat, canned 1/2-3/4 can per day: provides 176-263 kcal/dat 24% protein, 20% fat, and 56% carbohydrate on a ME basis

#### **Diet History**



- Currently eating:
- Hill's Prescription Diet i/d Low Fat, canned
- 1/2-3/4 can per day: provides 176-263 kcal/day
- 24% protein, 20% fat, and 56% carbohydrate on a ME basis
- When pancreatitis was diagnosed:
- Orijen Adult Dog, Six Fish Dog or Regional Red, dry
- 1/2 cup/day =

Calorie content (calculated): ME 3940 kcal/kg, 449 kcal per 8oz. cup. Calories distributed to support peak conditioning with 39% rom protein, 19% from vegetables and fruits, and 42% from fat.

# Windowski <td

#### **GUARANTEED ANALYSIS** DESIGNED TO MIRROR MOTHER NATURE Crude protein (min.) 38 % Crude fat (min.) 18% Crude fiber (max.) 4% Moisture (max.) 12% 1.4% Calcium (min.) Phosphorus (min.) 1.2 % Omega-6 fatty acids (min.) 2.3 % Omega-3 fatty acids (min.) 2% DHA (min.) 1% EPA (min.) 0.6 % Glucosamine (min.) 800 mg/kg Chondroitin sulfate (min.) 600 mg/kg

#### **Diet History**

• Currently eating



- 1/2-3/4 can per day: provides 176-263 kcal/day
- 24% protein 20% fat, and 56% carbohydrate on a ME basis
- When pancreatitis was diagnosed:
- Orijen Adult Dog, Six Fish Dog or Regional Red, dry
  1/2 cup/day = 228-239 kcal per day
  - 35% protein, 41% fat, and 24% carbohydrate on a ME basis









	k/d	PENAL SUPPORT	RENAL SUPPORT E
		REINAL COTTORT	
Kcal/kg	1238 kcal/kg (458 kcal/13 oz can)	964 kcal/kg (371 kcal per 385 g can)	1677 kcal/kg (645 kcal per 385 g can)
Protein/Fat/CHO (% calories from)	11%/48%/41%	15%/56%/29%	12%/49%/39%
Protein	32 g/1000 kcal	41.5 g/1000 kcal	32.8 g/1000 kcal
Phosphorus	0.48 g/1000 kcal	0.8 g/1000 kcal	0.7 g/1000 kcal
Potassium	0.81 g/1000 kcal	1.8 g/1000 kcal	1.2 g/1000 kcal
Sodium	0.4 g/1000 kcal	1.2 g/1000 kcal	0.4 g/1000 kcal



INGREDIENTS				CANNED	-
g/d*: Water, Corn Flour, Pork Liver, Ric Flaxseed, Chicken Fat, Calcium Carbor Supplement, Thiamine Mononitrate, A Pantothenate, Vitamin B12 Supplemer D3 Supplement, Folic Acid), Iodized Sa Suffate, Calcium Iodate), Beta-Caroten	e, Pork By-Produ late, Choline Chi scorbic Acid (sou It, Pyridoxine Hyo It, Taurine, miner e.	cts, Turkey, oride, Pota rce of Vita frochloride als (Zinc O:	Chicken Liver Flavour, ssium Chloride, vitamin min C), Niacin Supplem Biotin, Riboflavin Supp dde, Ferrous Sulfate, M	Dried Beet Pulp, s (Vitamin E ent, Calcium olement, Vitamin langanese Sulfate,	Copper
AVERAGE NUTRIENT CONTENTS	As Fed'		Dry Matter <sup>2</sup>	As Fed, Caloric	Basis <sup>3</sup>
Protein	5.1 %		18.5 %	4.9 g	
Fat	2.9 %		10.5 %	2.8 g	
Carbohydrate (NFE)	17.9 %		64.9 %	17.1 g	
Crude Fibre	0.5 %		1.8 %	0.5 g	
Calcium	0.21 %		0.76 %	200 mg	
Phosphorus	0.11 %		0.4 %	105 mg	
Sodium	0.06 %		0.22 %	57 mg	
Potassium	0.20 %		0.72 %	191 mg	
Magnesium	0.019 %		0.069 %	18 mg	
Vitamin E	216 IU/	kg	783 IU/kg	21 IU/1	00kcal
Vitamin C	36 mg	√kg	130 mg/kg	3.4 mg	
Total Omega-3 Fatty Acids	0.19 %		0.69 %	181 mg	
METABOLIZABLE ENERGY					
kcal/kg	1,049		3,801		
kcal/can 13 oz	388				
	Destal a 7	F-+ 22	Cashabudates 60		

	k/d		g/d
Kcal/kg	1238 kcal/kg (458 kcal/13 oz can)	3940 kcal/kg (449 kcal per cup)	1049 kcal/kg (388 kcal per 13 oz can)
Protein/Fat/CHO (% calories from)	11%/48%/41%	39%/42%/19%	17%/23%/60%
Protein	32 g/1000 kcal		49 g/1000 kcal
Phosphorus	0.48 g/1000 kcal	3.0 g/1000 kcal (minimum)	1.05 g/1000 kcal
Potassium	0.81 g/1000 kcal		1.91 g/1000 kcal
Sodium	0.4 g/1000 kcal		0.57 g/1000 kcal

	k/d	i d Low Fat	g/d
Kcal/kg	1238 kcal/kg (458 kcal/13 oz can)	948 kcal/kg (351 kcal per can)	1049 kcal/kg (388 kcal per 13 oz can)
Protein/Fat/CHO (% calories from)	11%/48%/41%	24%/20%/56%	17%/23%/60%
Protein	32 g/1000 kcal	69 g/1000 kcal	49 g/1000 kcal
Phosphorus	0.48 g/1000 kcal	1.48 g/1000 kcal (minimum)	1.05 g/1000 kcal
Potassium	0.81 g/1000 kcal	2.32/1000 kcal	1.91 g/1000 kcal
Sodium	0.4 g/1000 kcal	1.0 g/1000 kcal	0.57 g/1000 kcal

