

Información contrastada sobre algunos mitos en nutrición

No se puede hablar de "dietas crudas en general porque unas son con recetas sacadas de revistas, otras recetas sacadas de Internet, otras recetas creadas por supuestos nutricionistas algunos de los cuales a veces no son ni veterinarios y otras dietas crudas comerciales formuladas.

En ese sentido existen varios estudios que valoran la calidad nutricional de las dietas crudas examinadas y de las dietas caseras en general que muestran que en la gran mayoría de los casos no son equilibradas.

Lauten S, Smith T, Kirk C, Bartges J, Adams A. computer analysis of nutrient sufficiency of published home-cooked diets for dogs and cats. Abstract ACVIM Forum Baltimore, MD. 2005

This study compared 85 published home-cooked recipes for dogs and cats to AAFCO (American Association of Feed Control Officials) standards and found 86% inadequate in at least one nutrient, 55% deficient in protein and perhaps most importantly 77% of those diets deficient in taurine

Evaluation of raw food diets for dogs. J Am Vet Med Assoc. 2001

<https://www.ncbi.nlm.nih.gov/pubmed/11280399>

En este pequeño estudio de EEUU se evaluaron 5 dietas crudas (3 caseras y 2 comerciales) y se demostró que tenían importantes desequilibrios nutricionales, como carencias (ej. En vitaminas A y E) y excesos (ej. Vitamina D), que podrían suponer riesgos para la salud de las mascotas.

Analysis of recipes of home-prepared diets for dogs and cats published in Portuguese. Journal of Nutrition Science 2017

https://www.researchgate.net/publication/318110875_Analysis_of_recipes_of_home-prepared_diets_for_dogs_and_cats_published_in_Portuguese

Evaluation of recipes for home-prepared diets for dogs and cats with chronic kidney disease. J Am Vet Med Assoc. 2012

https://avmajournals.avma.org/doi/abs/10.2460/javma.240.5.532?rfr_dat=cr_pub%3Dpubmed&url_ver=Z39.88-2003&rfr_id=ori%3Arid%3Acrossref.org&journalCode=javma

Assessment of commercial diets and recipes for home-prepared diets recommended for dogs with cancer. Journal of the American Veterinary Medical Association. December 1, 2012.

<https://avmajournals.avma.org/doi/abs/10.2460/javma.241.11.1453>

Published recipes of home-prepared diets for pets with various health conditions are rarely nutritionally adequate. None of the 27 recipes identified and evaluated met NRC RA [National Research Council Recommended Allowances] or AAFCO [Association of American Feed Control Officials] nutrient profiles for all essential nutrients. In some cases, the recipes contained excessive, potentially toxic amounts of nutrients. Recipes formulated or provided by veterinarians were not more nutritionally sound than were recipes formulated or provided by nonveterinarians.

Teóricamente claro que una dieta cruda puede formularse para que sea equilibrada (igual que cualquier dieta casera). Pero que sea posible no quiere decir que sea fácil.

En cuanto a la digestibilidad, cierto que las dietas crudas suelen ser más digestibles que las dietas comerciales estándar (dietas de supermercado), generalmente porque son dietas con niveles de fibra muy bajitos. No obstante esta característica de mayor digestibilidad que los alimentos estándar no es exclusiva de las dietas crudas. No hay que ir a una dieta cruda para conseguir mayor digestibilidad: cualquier alimento de alta gama es más digestible que un alimento de supermercado, y si ya nos vamos a dietas tipo i/d, consigues digestibilidades del 93-95-96% (proteína, carbohidratos y grasa, respectivamente).

Los riesgos sanitarios de este tipo de dietas, está referenciado un brote de tuberculosis en el Reino Unido, por consumo de este tipo de dietas. El brote comenzó con 6 gatos (de los cuales 5 murieron) y por lo que hay publicado se han detectado hasta ahora al menos otros 45 gatos afectados en UK.

<https://icatcare.org/news/tb-uk-cats-fed-commercial-raw-food-diet>
<https://journals.sagepub.com/doi/full/10.1177/1098612X19848455>

Como definimos dieta natural

5.2.4.1 Use of the term "natural"

- The term "natural" should be used only to describe substances in pet food (derived from plant, animal, micro-organism or minerals) to which nothing has been added and which have been subjected only to such physical processing as to make them suitable for pet food production and maintaining the natural composition

Examples of acceptable physical processes		Examples of Unacceptable physical processes/materials	
Freezing*	Extraction without chemicals*	Bleaching	Oxidation by chemicals
Concentration*	Drying*	Chemical treatments or similar	Any GM or GM derived feed material
Pasteurisation*	Smoking without chemicals*	Any GM or GM derived feed additive	
Grinding* Extrusion	Pelletisation*		
Some microbiological processes e.g. natural fermentation without the use of GMOs	Some enzymatic processes		
*Insofar as they maintain the natural composition of the feed material, substance or nutrient			

- If a compound pet food contains **only** feed materials, additives and carriers meeting the above requirements, it may be described as "natural" as long as it has not been subjected to processes other than those acceptable processes for "natural substances".
- The terms "made with natural ..." may be used provided that the natural substances are clearly identified e.g. by asterisking those substances in the composition list and using a qualifying statement.
- If a compound pet food contains **only** feed materials/additives/carriers meeting the above sections, but **also** contains vitamins and minerals from non-natural sources, the following claim shall be allowed: made with natural substances, with added vitamins and minerals.
Example: + Bloggo, made with natural plant extract.

