

# [Carrots lack of clarity whether carrots are good](https://assignbuster.com/carrots-lack-of-clarity-whether-carrots-are-good/)

Carrots are a root veggie consumed widely around the globe. But, generally, there is a lack of clarity whether carrots are good for dogs. Loaded with essential vitamins and minerals, carrots make an essentialingredient for your pet.   So, what’s special about carrots?     Here are some of the benefits that your dog can attain. 1. Bowel RegulatorDiarrhoea and constipation are two most important symptomsof bad bowel health. These are the symptoms that are seen in human beings whichcan cause serious discomfort and pain.

Our pets also sometimes attain these badbowel movements. Carrots, either in raw form or cooked, which are rich in insolublefibre, are one of the vital veggie which help your pets attain better bowelhealth. It is important to make sure that your dog consumes the right amount ofthese fibres and also supplemented by a lots of water intake to help regularisethe bowel and not get prone to any gastro-intestine problem. It is always wiseto consult your vet about the quantity of the fibre intake of your dog.        2. Dental CareDog’s dental care is one of most important aspect that hasto be looked into.

Dog’s teeth, like humans, are prone to plague formationwhich causes tooth decay and bad odour. As a pet owner, from the pet’s young age, they develop ahabit of brushing which helps in fighting plague. As pet owner, if you have nothave developed this habit or if your dog is not cooperative, certain chews canbe added to your pets diet as part of your pet’s food routine or a treat. Crunchy raw or lightly steamed carrots can be supplementedas a chew for your dog.

Adding carrots as part of your dog’s regular diet willprevent the development of plague on your dog’s teeth and minimise badodour.        3. Low Fat and CalorieFats and high calorie intake are the main reasons ofoverweight in animals.

This will make your pet weak and lazy and alsovulnerable to various diseases. So, as a pet owner, it is important to makesure your dog consume right amount fat and low calorie value diet. Carrots are the vital food which is low in fat and calorievalue which help your dog in maintaining right weight and also prevent him fromcatching any diseases, thereby keeping him strong and active. In case, if your dog is already overweight and lazy, addingcarrots in your dog’s regular diet with help of your vet’s consultation willhelp him in shedding excess weight and thereby making him strong and active. 4.

Beta-CaroteneBeta-carotene is a carotenoid that produces anti–oxidants whichprotects body from free radicals. It is a pre-cursor of vitamin A. Beta-carotene rich foods, when consumed, is converted in vitamin A by the body. Carrots, one of the beta-carotene rich foods, when added asa supplement to your dog’s regular diet as per your vet’s prescription, willhelp your dog in maintaining healthy skin and good immune system. It will alsohelp your dog achieve good eye sight also prevent degeneration of eye vision especiallyat older ages.

5. Vitamin AVitamin A acts as a powerful antioxidant and helps your dogin maintaining strong eye vision, proper neurological functions and healthierskin coat.  Generally, Vitamin A is available in all pet food products.

But, for the pet lovers who want wants to feed your pet home-cooked food, Vitamin A has to be one of your vital supplements for your pet and the carrotsacts as a finest supplement for your lovable pet. 6. Reduce Heart DiseaseDogs, like human beings, are prone to various heart diseaseswhich could occur due to high cholesterol level. Carrots which contain solublefibre will help dissipate the cholesterol from the heart, thus reducing therisk of any heart disease and keeping your dog active and healthy.

7. De-WormingDogs which are naturally playful and could often end uproaming around muddy area which will enable the dog to catch any intestinaldisorder in form of diarrhoea. This could be the result of the formationintestinal worms which can cause terrible pain and discomfort to your dog. Carrots which contain natural oil which is volatile innature can act as a natural intestinal de-wormer. Carrots, with proper intakeamount, will help in removing these intestinal worms through your dog’s stoolsnaturally. 8. Blood PurifierBlood purifications and maintaining optimal blood sugarlevel is very important to keep your dog in good health. Carrots which comprisevital alkaline elements can able to re-energize your dog’s blood thusmaintaining proper function of all vital organs and also achieve in keepingoptimal blood sugar levels.

9. Healthy BonesCarrots, a vital source of calcium and essential vitaminslike vitamin K, will help in keeping the bones of your dog strong. Carrots, aspart of regular diet, will enable both in growth and development of bones inpuppies and also prevent bone distortion in old age dogs.     We have seen some of the benefits the carrots can providefor your dogs. At the same time it is also important to know the best way tofeed this veggie to your dogs.

Feeding Raw or cooked carrots, both, are healthy ways to feed yourdogs. When your dog consumes the carrot as part of your diet you can see thecarrots visible in your dog’s stool. Don’t panic, It’s completely normalbecause dogs are not capable of assimilating the carrots in their digestivesystem. Carrots, when consumed, the digestive system extracts all the necessarynutrients available in the carrot and dissipates the remaining through stool.   You can also feed the carrots by juicing them. Carrot juiceis rich in vitamin A but remember, fibre content in carrots is lost throughjuicing. So, it is important to add carrot pulp to the juice so that you dog donot miss out the essential fibre content in the diet.

Another way of feeding carrot to your dog is by freezing. Byfreezing the carrot, you can provide it as a dog treat which can also preventin teething problems.  Look out forWhile feeding your dog with carrots, it is important to look out for thesize of the carrot pieces. There could be a high possibility of chokingespecially in smaller dogs. It is also important (if possible consult your vet)to determine right quantity of carrot that has to be fed to your dog per day. Over feeding of the carrots could result in som