

Carrots lack of clarity  
whether carrots are  
good



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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 essential ingredient for your pet. So, what's special about carrots? Here are some of the benefits that your dog can attain. 1. Bowel Regulator Diarrhoea and constipation are two most important symptoms of bad bowel health. These are the symptoms that are seen in human beings which can cause serious discomfort and pain.

Our pets also sometimes attain these bad bowel movements. Carrots, either in raw form or cooked, which are rich in insoluble fibre, are one of the vital veggie which help your pets attain better bowel health. It is important to make sure that your dog consumes the right amount of these fibres and also supplemented by a lot of water intake to help regularise the bowel and not get prone to any gastro-intestine problem. It is always wise to consult your vet about the quantity of the fibre intake of your dog. 2. Dental

Care Dog's dental care is one of the most important aspects that has to be looked into.

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

Adding carrots as part of your dog's regular diet will prevent the development of plaque on your dog's teeth and minimise bad odour.

3. Low Fat and Calorie  
Fats and high calorie intake are the main reasons for overweight in animals.

This will make your pet weak and lazy and also vulnerable to various diseases. So, as a pet owner, it is important to make sure your dog consumes the right amount of fat and low-calorie value diet. Carrots are the vital food which is low in fat and calorie value which help your dog in maintaining right weight and also prevent him from catching any diseases, thereby keeping him strong and active. In case, if your dog is already overweight and lazy, adding carrots in your dog's regular diet with help of your vet's consultation will help him in shedding excess weight and thereby making him strong and active.

4. Beta-Carotene  
Beta-carotene is a carotenoid that produces anti-oxidants which protect the body from free radicals. It is a pre-cursor of vitamin A. Beta-carotene rich foods, when consumed, are converted into vitamin A by the body. Carrots, one of the beta-carotene rich foods, when added as a supplement to your dog's regular diet as per your vet's prescription, will help your dog in maintaining healthy skin and good immune system. It will also help your dog achieve good eye sight and also prevent degeneration of eye vision especially at older ages.

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

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

7. De-Worming Dogs which are naturally playful and could often end up roaming around muddy area which will enable the dog to catch any intestinal disorder in form of diarrhoea. This could be the result of the formation of intestinal worms which can cause terrible pain and discomfort to your dog. Carrots which contain natural oil which is volatile in nature can act as a natural intestinal de-wormer. Carrots, with proper intake amount, will help in removing these intestinal worms through your dog's stools naturally.

8. Blood Purifier Blood purifications and maintaining optimal blood sugar level is very important to keep your dog in good health. Carrots which comprise vital alkaline elements can be able to re-energize your dog's blood thus maintaining proper function of all vital organs and also achieve in keeping optimal blood sugar levels.

9. Healthy Bones Carrots, a vital source of calcium and essential vitamins like vitamin K, will help in keeping the bones of your dog strong. Carrots, as part of regular diet, will enable both in growth and development of bones in puppies and also prevent bone distortion in old age dogs. We have seen some of the benefits the carrots can provide for your dogs. At the same time it is also important to know the best way to feed this veggie to your dogs.

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

Another way of feeding carrot to your dog is by freezing. By freezing the carrot, you can provide it as a dog treat which can also prevent teething problems. Look out for While feeding your dog with carrots, it is important to look out for the size of the carrot pieces. There could be a high possibility of choking especially 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 some