



養貓秘笈： 網路上的營養學知識

美國有超過75%的家庭使用電腦，也導致憂喜參半的現象。網路上雖然可以搜索到琳瑯滿目的養貓知識，然而這些資訊不但紊亂，內容也參差不齊，有鞭辟入裡的好文，也有缺乏根據的謬論。一般民眾難以判斷網頁內容的可信度。

貓咪營養學是個普及的議題。網路檢索可以找到數千筆資料，不管是鼓吹各種從生食到素食的食譜、廣告營養添加物和整體飲食的好處、宣稱能預防或治療疾病的食物、和標榜「快速致富」的直銷營養品以及所謂「營養師」的背書諮詢…另外也有人鼓勵自製食物：有些食譜確實幾乎達到營養均衡、有些營養稍微不均衡，而有些食譜則十分危險！

總而言之，有人對營養學存有迷思、有人鼓吹不完全正確的資訊、有人甚至在網路上傳遞錯誤的資訊，雖然網路世界不乏優秀文章，但卻和大量謬誤的資訊不成正比！

搜尋技巧

想知道網路內容的可信度？一些評估網頁內容的建議如下：

和你的獸醫師討論。網路資訊應該要和獸醫師的衛教知識相呼應，而不是推翻這些知識。若有疑慮，讓你的獸醫師來判斷。

調查文章作者的背景。作者究竟是一般飼主、企業專員、獸醫師、動物營養學博士，或是獸醫營養專科醫師？有人號稱「寵物營養師」或「營養師」，在網路上置入性行銷。請注意，目前並沒有標準的營養師認證課程。唯一被認可的是通過美國獸醫營養學會(ACVN)或歐洲獸醫比較營養學會(ECVCN)認證的獸醫營養專科醫師。他們是經過多年嚴格住院醫師營養專科訓練，並於之後通過ACVN或ECVCN認證的專科獸醫師。

認清網址。結尾“.com”的網址代表商業網站、結尾“.edu”的網址代表學術網站，而結尾“.org”的網址則代表非營利組織的網站。大型寵物食品公司通常設有精緻的官網，其中也包含一般的營養資訊網頁，頁面呈現通常會跟所販售的產品資訊隔開。

查詢資料出處。產品的「抗癌」功效純屬作者個人意見，還是有文獻證明？宣稱營養品尚未證實的功效即使違法但很簡單；用科學佐證這些功效卻很困難。這篇文章是否有參考文獻？文獻來源？是來自同一作者的文章、宣傳廣告，還是經過審查的獸醫國際期刊？大部分產品網頁都沒有引用文獻，有些引用人、大鼠，或狗的研究報告也未必適用於貓。

檢查資訊的即時性。獸醫學資訊日新月異，尤其是營養方面的資訊。許多網站已不符時宜；兩年前的建議可能早已不適用於現今的情況。一個好的網站會時時更新。

小心純屬經驗分享的資訊。個人經驗可能造成誤導，例如：「自從我餵我們家腎病貓某某牌營養品後，牠現在又恢復健康了」。聽到他人的成功經驗固然是好事，但不代表該產品真的有助疾病改善，請多將聽來的資訊跟獸醫師討論。

小心網路評價！許多網站對於不同貓食的評價是根據意見調查或者是其他未必跟飼料品質有關的標準(例如：價格、成分、公司規模)，應該以更客觀的標準(科學、品質)來衡量貓咪食品。

對大眾觀點或過於簡單的答案保持懷疑。西方有句諺語：「如果這東西聽起來好得難以置信，那麼它或許沒那麼值得相信。」

如果你是個注重細節的網路使用者，並且會跟你的獸醫師一起分析討論這些資訊，就能受益於網路知識而不受害於網路謠言。

下列為一些好用的營養學資訊網站：

Nutrition Guidelines

- World Small Animal Veterinary Association Nutritional Assessment Guidelines <http://www.wsava.org/educational/global-nutrition-committee>
- American Animal Hospital Association Nutritional Assessment Guidelines <https://www.aahanet.org/Library/NutritionalAsmt.aspx>

Tools for the Veterinary Healthcare Team

- World Small Animal Veterinary Association Global Nutrition Committee Nutrition Toolkit <http://wsava.org/nutrition-toolkit>
- Pet Nutrition Alliance – information and tools to increase awareness of the importance of optimal pet nutrition <http://www.petnutritionalliance.org>

Pet Nutrition – General Information for Pet Owners

- National Research Council downloadable booklet: Your Cat's Nutritional Needs <http://dels-old.nas.edu/banr/petdoor.html>

Pet Food

- Association of American Feed Control Officials: Information on regulations, labeling and other important facts about pet food <http://petfood.aafco.org/>
- FAQs about pet foods www.tufts.edu/vet/nutrition/faq/general_pet_nutrition.html
- Federal Drug Administration (FDA) Pet Food site: Information, links, food safety issues, recalls, pet food labels, reporting portal <http://www.fda.gov/AnimalVeterinary/Products/AnimalFoodFeeds/PetFood/default.htm>
- Pet Food Institute: Information on ingredient definitions, labeling regulations <http://www.petfoodinstitute.org/Index.cfm?Page=Consumers>
- Pet Food Report: Consumer's Guide to Pet Food www.petfoodreport.com

Nutrition Consultations

- American College of Veterinary Nutrition: Listing of board-certified veterinary nutritionists who will conduct nutritional consultations for veterinarians and/or pet owners www.acvn.org
- European College of Veterinary and Comparative Nutrition: Board-certified veterinary nutritionists in Europe www.esvcn.com

Home-cooked Diets

- American College of Veterinary Nutrition: Listing of board-certified veterinary nutritionists who will formulate nutritionally balanced homemade diet recipes for veterinarians and/or pet owners www.acvn.org
- BalanceIT: Commercial website which offers semi-customized balanced home-cooked diet recipes for pet owners with healthy pets. Veterinarians can customize pre-formulated recipes for animals with medical conditions www.balanceit.com
- European College of Veterinary and Comparative Nutrition: Board-certified veterinary nutritionists in Europe www.esvcn.com

Obesity

- Pet Obesity Prevention: Useful information on assessing pets' body weight, calorie needs, and weight loss tools www.petobesityprevention.com

Dietary Supplements

- Consumerlab: Site (with a small subscription fee for use) that independently evaluates dietary supplements (primarily for human supplements but some pet supplements are included) www.consumerlab.com
- Food and Drug Administration (FDA): Regulatory and safety issues of dietary supplements, adverse event reporting <http://www.fda.gov/food/DietarySupplements/default.htm>
- Mayo Clinic drugs and supplements information: Fact sheets on human supplements and herbs <http://www.mayoclinic.com/health/drug-information/DrugHerbIndex>
- National Institutes of Health (NIH) Office of Dietary Supplements: Evaluating supplements, fact sheets, safety notices, internet health info <http://ods.od.nih.gov>
- United States Department of Agriculture (USDA) Food and Nutrition Information Center: General supplement and nutrition information, links to a variety of dietary supplement websites http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1&tax_subject=274
- United States Pharmacopeia Dietary Supplement Verification Program: Independent testing of dietary supplements (human supplements only) <http://www.usp.org/usp-verification-services/usp-verified-dietary-supplements>

Raw meat diets

- Tufts Cummings School of Veterinary Medicine raw diet fact sheet http://www.tufts.edu/vet/nutrition/resources/raw_meat_diets.pdf
- FDA guidance document on safe handling and raw foods <http://www.fda.gov/downloads/AnimalVeterinary/GuidanceComplianceEnforcement/GuidanceforIndustry/UCM052662.pdf>

Other

- Ohio State Indoor Pet Initiative: Nutrition and other tips for optimizing the indoor pet's environment <http://indoorpet.osu.edu/>
- USDA Nutrient Database: Full nutrient profiles on thousands of human foods <http://www.nal.usda.gov/fnic/foodcomp/search>

