

宠物食品中的糖



热门话题

宠物食品中少量的糖具有重要的功能，但宠物主人通常只认为糖是一种会增加热量并导致肥胖或糖尿病的成分。^{1, 2}

普瑞纳研究所提供科学数据来帮助您积极回应有关宠物食品营养的讨论话题。

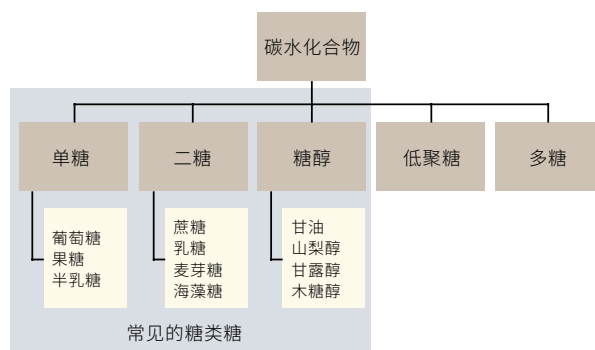
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糖是什么？

从化学的角度来说，糖是碳水化合物。“常见的糖”是指单糖（葡萄糖、果糖和半乳糖）、二糖（蔗糖、乳糖、麦芽糖）和单糖衍生物，根据衍生物的化学结构称为“糖醇”。

糖也是水果和蔬菜（如苹果或胡萝卜）的天然成分，可用作宠物食品的配料之一。³



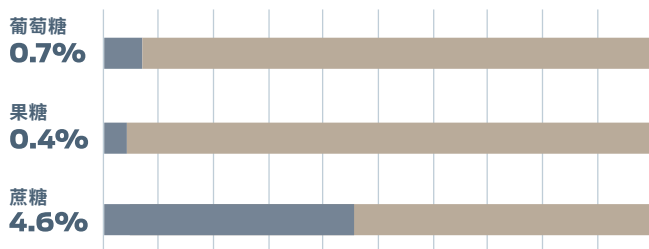
为什么我买的宠物食品中含糖？

糖有助于满足宠物的能量需求，这些需求因年龄、体重、生命阶段和生活方式而异。例如，葡萄糖是机体细胞的主要能量来源，而乳糖对早期发育至关重要。^{1,2,4} 虽然宠物与人之间的代谢途径可能不同，但犬和猫都能够代谢和利用宠物食品中包含的膳食糖。^{5-8, 10} 少量的糖也可以改善宠物食品和零食的质地、外观、风味或保质期。^{12, 13}

宠物食品中的糖含量是多少？

在宠物食品中，糖只占饮食总代谢能量（ME）的很小一部分。全价均衡宠物食品中的大多数碳水化合物来自低聚糖和多糖，通常被认为是“复合碳水化合物”。² 一项研究比较了 32 种犬零食的含糖量和 ME，发现葡萄糖、果糖和蔗糖相对于总 ME 的最高含量分别为 0.7%、0.4% 和 4.6%。¹³

32 种犬零食中常见的糖的分析
相对于总 ME



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糖会不会致使我的宠物肥胖并导致糖尿病？

许多人将食物中的糖分视为肥胖的原因。但是犬猫肥胖的主要危险因素是摄入过多的热量。^{14, 15} 就事而论，糖比脂肪或蛋白质含有更少的热量。^{9, 16} 而肥胖是犬猫患糖尿病的主要风险因素，而并非饮食中的糖。^{8, 11}



关键是保持理想的体况（9 分，体况量表中的 4 分或 5 分），将非全价和非均衡的食物限制在宠物总热量摄入的 10% 以下。^{14, 15}



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