

The Best Food for Your Feline

Overall, the best diet for your cat is one that replicates what it would eat in the wild – that is, a moisture-rich meat-filled diet with all the vitamins, minerals, and other nutrients needed to maintain its health.

Foods lacking necessary nutrients, void of water, or filled with unnecessary fillers such as grains, can cause serious health problems.

For more information, please visit
www.felineoutreach.org.



Feline Outreach Inc. is a not-for-profit organization dedicated to the promotion of the care of companion animals, specifically cats.

The information contained is for general informational purposes only, and is no substitute for your own research or the advice of a veterinarian.

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Feed the Kitty



Feeding your cat
for a lifetime
of health





Feeding your Cat for Health

Feeding your cat properly is imperative for his or her good health. A proper diet can go a long way in preventing medical problems such as diabetes, obesity, gastro-intestinal disorders (including vomiting, diarrhea, and constipation), kidney disease, urinary tract crystals or inflammation, and other issues.

The right cat food can pay off in reduced veterinary bills for years to come – and the love and companionship of your feline friend for a much longer time. Did you know cats are capable of living 30 years or more? Keep your kitty healthy and happy by feeding him or her the best.

Moisture

Cats evolved from a desert species. They don't have a strong thirst drive. Although cats fed dry food will drink more than cats fed wet food, they don't drink enough to compensate for the lack of moisture in their diet.

Cats fed dry food may suffer from chronic mild dehydration. This dehydration may lead to urinary tract inflammation, urinary crystals, and even kidney disease.

Dry food is also more highly heat processed, and therefore glycemic, increasing blood sugar - which may lead to diabetes. It is also higher in calories, contributing to obesity.

Fillers

Pet food companies often include fillers in their cat food, such as grains and other vegetable matter.

These ingredients hold little nutritional benefit for your cat. The cat is an obligatory (strict) carnivore, and can only derive nutrients from meat and dairy products.

Fillers, even protein fillers such as grain glutes, can lead to health problems such as gastro-intestinal disease. They are also higher in carbohydrates, which may lead to obesity and diabetes.

Meat Proteins

Not all meat products are created equal. Beef and fish are the most allergenic of proteins – cats, in the wild, eat primarily rodents and birds, not cows and fish.

Byproducts are meats not used for human consumption. While some byproducts are perfectly acceptable in a cat's diet (such as organ meat), it's wise to include some muscle meat as well.

Remember – meat alone is not sufficient to maintain feline health. Cats also need calcium and other nutrients not provided by meat alone.

Finally

The best diet for your cat is an entirely wet meat-based diet. Many commercial canned or frozen raw foods, as well as homemade diet recipes are designed for your cat's nutritional needs.

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