

FEEDING YOUR CAT

Smart Nutrition for a Longer, Healthier Life



CATS ARE OBLIGATE CARNIVORES

Cats evolved to eat prey, not plants.

As true carnivores, cats rely on nutrients found only in animal tissue.

For optimal health, animal protein should be the foundation of your cat's diet.



DRY FOOD CAN CONTRIBUTE TO MILD DEHYDRATION

Cats naturally obtain most of their water from their food.

TYPICAL MOISTURE CONTENT

Prey / Mouse	70–75%
Canned Food	75–80%
Dry Kibble	6–10%



While cats can drink enough to survive on dry food, many don't fully make up for the missing moisture. This can lead to lower total water intake, which may contribute to more concentrated urine and increase the risk of urinary tract issues in some cats.



INGREDIENTS TO AVOID



By-Products



Soy



Wheat



Gluten



Corn

These ingredients provide little to no nutritional benefit for cats. They are often used as inexpensive fillers instead of quality animal protein.

HOW DOES MY CAT'S WEIGHT LOOK?

Use this body condition score chart as a helpful guide.

3

TOO THIN

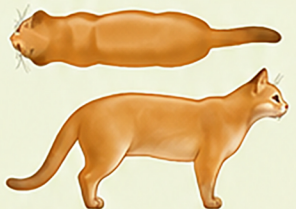
- Ribs easily seen
- Very narrow waist
- Loss of muscle mass
- Deep abdominal tuck



5

IDEAL

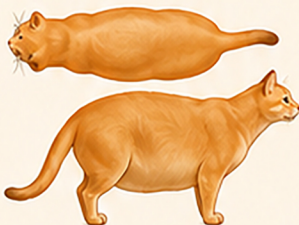
- Ribs not visible but easily felt
- Noticeable waist
- Small amount of abdominal fat
- Gentle abdominal tuck



7

TOO HEAVY

- Ribs hard to feel under fat
- Waist barely visible
- No abdominal tuck
- Rounded belly with fat pad



A score of 4–5 is ideal for most adult cats.

HOW MANY CALORIES DOES MY CAT NEED?

1

Convert pounds to kilograms

Weight (lb) × 0.4536 = kilograms

Example: 11 lb × 0.4536 = 5 kg



2

Estimate calories needed to maintain ideal body weight

Calories/day = (30 × kg) + 70

Example: (30 × 5) + 70 = 220 kcal/day



3

For weight loss

Feed approximately 70–80% of maintenance calories.

Example: 220 kcal × 0.70 = 154 kcal/day

Weight-loss diets should be based on the cat's ideal body weight, not current weight, and cats should never lose weight too rapidly due to the risk of hepatic lipidosis.



4

Read the food label

Determine calories per can or per cup.

Example: Food contains 116 kcal per 5.5 oz can

$154 \div 116 = 1.33$ cans/day
≈ 1⅓ cans daily



CALORIE NEEDS CAN VARY BASED ON:



Age



Activity Level



Neuter Status



Body Condition



Medical Conditions

Calories should be adjusted based on your cat's individual needs.



Feed with knowledge.
Feed with love.

