

## Canned Foods

Veterinary canned foods which we recommend for cats because they contain the highest percentage of high quality protein are:

- Purina Veterinary Diets Essential Care
- Purina Veterinary Diets DM , EN, UR, & OM

There are several varieties of over the counter/pet store canned foods which are appropriate including:

- Fancy feast (most varieties)
- Friskies (Pate & Shredded)
- Purina One
- Natural Balance
- Nutro
- Nature's Variety

**AVOID** : Blue buffalo and Science Diet canned foods as they are lower in protein and high in carbohydrates.

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## Dry Foods

Dry foods are less desirable, but if they must be fed, these are some higher protein, lower carbohydrate varieties we recommend:

- Purina Veterinary Diet DM & EN
- Also consider Purina Veterinary Diet UR & OM

**AVOID** : Dry foods which are INAPPROPRIATE despite their “superior” or “ultimate” claims include Blue Buffalo, Acana, Orijen, and Performatrin.

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## Raw Diets

Generally, commercially prepared raw food diets have a good balance of protein and other nutrients.

Home prepared raw diets can be difficult to prepare properly and often lack certain nutrients.

Uncooked raw diets can result in salmonella and E. coli infections which can be spread to people.

Raw diets which have been cooked or heat pasteurized will not have issues with E. coli or Salmonella.

# Cold Lake Veterinary Clinic

## Feeding your Cat

This handout was created to help you improve and maintain your cat's health through diet management. Feeding appropriately is the best way to prevent disease and improve your cat's quality and length of life.

Diseases we commonly see that can be *prevented* or *managed* by feeding appropriately include:

Obesity

Diabetes

Cystitis (inflammation of the bladder)

Urinary Blockage

Chronic Renal Failure

Chronic vomiting and hairballs

Chronic diarrhea

Following the guidelines in this handout will help you avoid the unnecessary expense and heartache of dealing with these preventable diseases.



## Increase water

Urinary systems in ALL animals are healthier with the right amount of water flowing through them. Unfortunately, cats have very low thirst and do not drink enough water when on a dry diet. Even if cats “drink a lot of water” they are most likely not getting enough water to be healthy.

Studies show that cats fed canned food consume more total water (water from their food + water from their water bowl) than cats that eat dry food.

Cats that consume more water have:

- more dilute urine = less crystals and stones in the urine
- less bladder irritation
- healthier, more comfortable urination and better health

### **Solution**

- Feed a canned diet and provide multiple sources of drinking water

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## Increase Highly Digestible Protein

Unlike dogs, cats are true carnivores and are designed to eat a meat based diet. Cats are not designed to eat plant based proteins as a nutritional ingredient.

When looking at the protein content of foods, one must compare the protein % on a DRY MATTER basis to compare foods easily. Diets higher in animal based proteins are best for your cat, especially as your cat ages. Generally, Purina Veterinary Diets have a higher protein digestibility than over the counter foods.

### **Solution**

- Feed a canned diet.
- As your pet ages, discuss feeding Purina Veterinary Diets to your cat.

*For more information, visit [catinfo.org](http://catinfo.org)*

## Decrease Carbohydrates

Because cats are true carnivores (meat eaters), they are less able to use carbohydrates as a nutritional ingredient compared to dogs and people. Eating carbohydrates causes elevated blood sugar levels for prolonged periods. This causes weight gain and leads to the development of diabetes.

All dry foods need carbohydrates to form kibble. Therefore, all dry foods are generally too high in carbohydrates.

Grain free diets are often thought to be lower in carbohydrates but this is NOT true in most cases. Many of these diets replace grains with high carbohydrate fruits and vegetables such as berries, potatoes and peas.

### **Solution**

- Feeding ANY CANNED food is better than feeding ANY DRY food.
- If a dry food needs to be fed there are SOME VETERINARY DIETS that are lower in carbohydrates that are more appropriate to feed your cat

Please ask our staff when choosing a lower carbohydrate dry food.

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## Limit Calories

Just like us, cats often like to eat too much and move too little! The key to success when feeding your cat is to limit calories. In general cats need 200 -250kcal per day. This can vary depending on the age, activity level, frame size and health status of your pet.

### **Solution**

- Please ask our staff how to calculate the correct amount of food to feed your cat
- If your cat often asks for more food away from meal times, ask our staff for tips on how to help

*For more information, visit [catinfo.org](http://catinfo.org)*