



## ***How should I feed my cat for optimal health?***

- 1. Try to eliminate dry kibble.*
- 2. Eliminate grains from the diet*
- 3. Use more canned, freshly cooked or raw foods.*
- 4. Use a variety of meat protein and brands.*
- 5. Select appropriate protein sources and whole food nutritional supplements for your cat's unique needs.*

### **Recommended Commercial Diets**

#### **Raw/Dehydrated**

Nature's Variety *Instinct*  
Stella and Chewy's  
Small Batch  
Primal  
Rad Cat  
Darwin's  
Honest Kitchen  
Ziwi Peak

#### **Dry**

Nature's Variety *Instinct*  
Wysong Epigen 90  
Orijen

#### **Canned**

Merrick  
Addiction  
Blue Wilderness  
Nature's Logic  
Holistic Select  
B.F.F.  
Weruva  
Earthborn  
Fussy Cat  
Ziwi Peak  
I and Love and You  
Soulistic

### **Food Energetics**

#### **Cool**

Turkey, Duck,  
White Fish, Rabbit,  
Pheasant, Quail,  
Pork, Egg

#### **Neutral to Warm**

Chicken, Beef,  
Bison, Buffalo,  
Salmon, Tripe

#### **Warm to Hot**

Venison, Lamb,  
Kangaroo

### **Basic Supplements**

#### **Whole Food Vitamin/Mineral**

Standard Process Feline Whole Body  
Support  
Great Life Enzymes Plus  
Rx Vitamins Nutrition Support

#### **Omega 3 Fatty Acids**

Nordic Naturals Omega-3 Pet  
Carlson  
Iceland Pure Oil

#### **Dental Health**

Vetriscience Perio Plus  
ProDen PlaqueOff  
Oratene Maintenance/Antiseptic Gel

#### **Joint Health**

Standard Process Musculoskeletal Support  
Cosequin  
Cetyl-M

**1. WHY DO YOU RECOMMEND LESS OR NO KIBBLE?** Kibble creates more inflammation for several reasons:

- High temperature extrusion destroys many of the naturally occurring nutrients (enzymes, vitamins, minerals) in the food.
- Lack of moisture makes digestion more difficult and stresses urinary tract and kidneys.
- High starch content due to need for “binders”- grains, potatoes, legumes, etc.

Since the “gut” is the major immune organ in the body, less inflammation here will lead to less disease in the body.

**2. WHY DO YOU RECOMMEND ELIMINATING GRAINS?** Cats are carnivores do not have the enzymes to properly digest grains. Digestive stress leads to inflammation and, over time, may lead to a variety of health issues.

**4. WHAT SHOULD I DO IF MY CAT WILL ONLY EAT DRY FOOD?** This is a common problem because many cats develop a texture preference to dry food early in life. It is possible to convert stubborn cats from dry to wet food, but can take as long as a year!! So, be patient. In the meantime use a high quality grain-free dry food. See [www.catinfo.org](http://www.catinfo.org) for great tips on transitioning kibble-addicted kitties!

**5. WILL CANNED OR SOFT FOOD MAKE MORE TARTAR ON MY CATS’ TEETH AS COMPARED TO DRY FOOD? NO.** Increased tartar buildup caused by wet food is, in my experience, a common misconception. I cannot say that I see a significant difference in teeth of animals on canned vs. dry foods.

**6. DO YOU RECOMMEND RAW DIETS? YES, IN MOST CASES.** Raw foods have higher levels of enzymes which means that your cat will absorb more nutrients (vitamins, minerals) from the food. **The benefits of raw diets include more energy and vitality, fewer allergies, less tartar build-up, smaller and less “stinky” stools, easier weight management and healthier skin and coats.** I do NOT recommend raw diets for animals under one year of age, geriatric, or sick pets.

**7. ARE RAW DIETS SAFE?** As with any raw meat, there is a small risk of bacterial contamination, so safe food handling techniques are recommended. Cats are better suited to handle higher bacterial loads than humans due to a higher stomach acidity and shorter intestinal length. In my career to date I have not seen any adverse effects or illnesses related to feeding a raw diet. Stella And Chewys and Instinct Raw Diets now use a “high pressure pasteurization” process to further reduce any risk of bacterial contamination in the diets.

**8. IS IT OK TO FEED MY CAT HUMAN FOOD? YES, IN MOST CASES . . .** unless your cat has a sensitive stomach and develops diarrhea easily with diet changes. Supplementing commercial diets with fresh, whole foods is an easy way to increase the quality of your cats’ diet. Examples of acceptable human foods include meats, organ meats and fish, cooked or pureed raw veggies and fruits (**AVOID ONIONS, GRAPES, CITRUS and TOMATO**). I do not recommend feeding grains or starches to cats.

**9. SHOULD I FEED THE SAME FOOD CONTINUALLY? NO.** There is no perfect diet for cats and each animal has unique nutritional needs. If you feed commercial food, I recommend rotating brands and proteins (unless otherwise discussed) to give your cat a variety of amino acids as well as to prevent food intolerances.

**10. DO YOU RECOMMEND THAT MY CAT TAKE A MULTI-VITAMIN/MINERAL? YES.** Though commercial diets are “complete and balanced”, a whole-food based vitamin and mineral can help to insure against any nutritional gaps that may occur.

**11. ARE THERE ANY OTHER SUPPLEMENTS MY CAT SHOULD TAKE? POSSIBLY.** Depending on your cat’s age, breed environment and current health status, there may be nutritional supplements that can prevent or improve current health issues. We can address these on an individual basis.

**12. WHY SHOULD I GIVE MY CAT EXTRA OMEGA-3 FATS?** These “good” fats are naturally anti-inflammatory and help with **allergies, skin problems, kidney and heart disease, eye and joint health** and boost immune function. They also have potent **anti-cancer** properties. Use only high quality, purified forms of fish oil for dogs because oil from ocean fish is contaminated with heavy metals and other toxins. Omega 3 fats from flax seed oil is not absorbed well in cat. Freshness is also important as these oils become rancid quickly. **Keep these refrigerated** if in liquid form.

**13. WHAT ARE SOME EARLY SIGNS OF HEALTH IMBALANCES IN CATS THAT COULD SIGNAL A NEED FOR INCREASED NUTRITIONAL SUPPLEMENTATION?**

- **SKIN/COAT CHANGES:** attracts fleas a lot; dry, oily, or lack-luster coat; excessive shedding; poor grooming; ear problems; eye discharge; brittle/dry nails
- **DIGESTIVE:** “Sensitive stomach”; bad breath despite recent dental cleaning; poor appetite; eating non-food items (feces, dirt, plastic, rocks, etc); vomiting often; mucous on stools; obesity; anal gland problems; recurrent worms
- **JOINT/MUSCLE:** Stiffness when getting up; decreased activity; difficulty going up or down steps; not jumping up on furniture or counters