

Quick and Easy Guide to Choosing Healthy Cat Food

Packaging Appearance:

1. **Photos of vegetation on the label** >> put it down and move on.
2. **Label wording that glamorizes plant ingredients** >> move on.
3. **Label words to be aware of: organic, natural, pure, grain-free, fresh...** (not disqualifying, but worthy of skepticism. Most of these terms have no legal meaning when applied to pet foods.)
4. **Labels with specific health claims** (cleans teeth, supports kidneys, indoor, weight control, etc.) >> move on.

Food Type:

1. **DRY** >> **don't even pick it up! ALL Dry food (kibble) is inherently bad for cats.** (This does not include freeze-dried products meant to be rehydrated prior to serving.)
2. **Canned – Read the ingredients.** Many canned foods still contain lots of plant matter.
3. **Raw / Frozen** >> Some of these contain plant ingredients — look for those without plants.

Ingredient List:

1. **More than one plant-based ingredient** >> Yellow light – read nutritional analysis!
2. **Ingredient lists with the same plant broken into separate entries (peas, pea protein, pea flour).** Not cool.
3. **“Fur and Feathers, not Hooves, Horns, and Scales.”** (Choose proteins that resemble normal cat prey — cats don't hunt cows, pigs, or fish..)

Nutritional Analysis:

(should look like a mouse. High protein, low fat, low to no fiber.)

1. **Nutritional Analysis – Protein best at or above 9%.**
2. **Nutritional Analysis – Fat best at or below 2%.**
3. **Nutritional Analysis – Fiber best at or below 1%.** (Fiber not noted should ring alarm bells.)

Following these guidelines will put you firmly on the right path to choosing a healthy food for your cat. Consult your veterinarian for specific nutritional advice tailored to your cat's individual needs.

Want to know more? Check out the other resources on our website, or schedule an appointment for your cat at Uniquely Cats Veterinary Center
WE UNDERSTAND CATS.