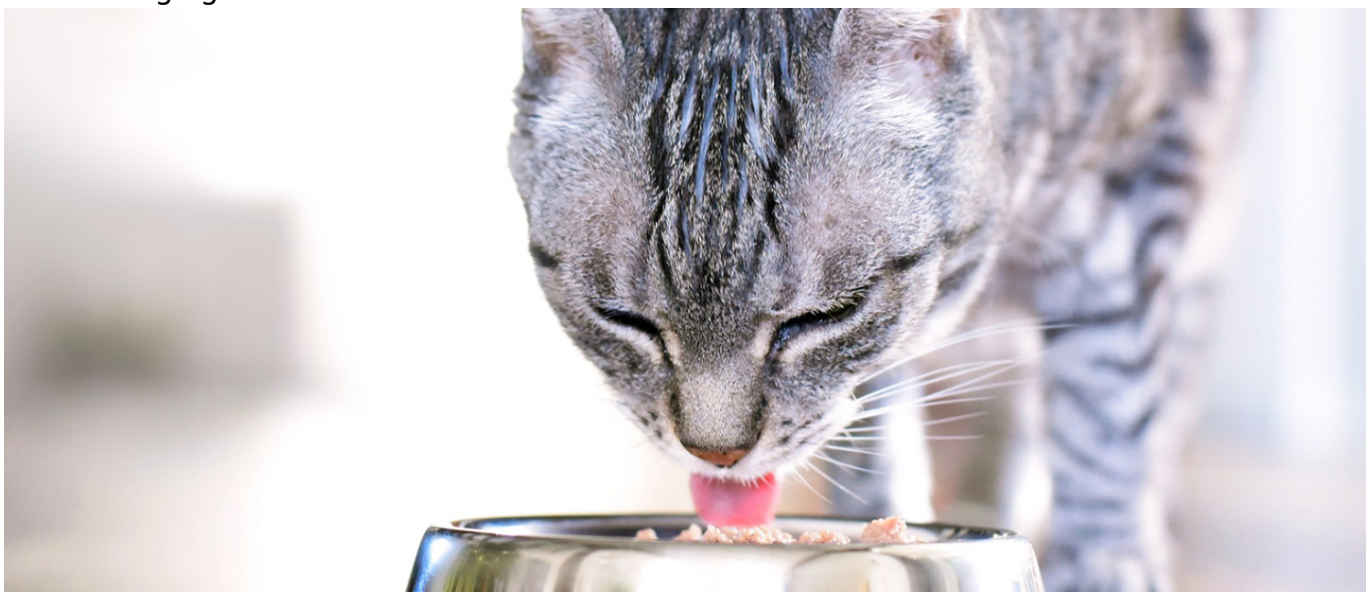
Food for Aging and Older Cats



# Food for Aging and Older Cats

Our adorable feline furries know just how to keep us entertained by their silly antics, irrespective of their age. And when it comes to our senior felines, it is perhaps time that our older cats are given the recognition and treats they deserve!

## So, when can a cat be considered old or senior?

As per the American Association of Feline Practitioners (AAFP)(open in new tab), cats belonging to the range of 11 to 14 years of age can be considered senior, while those over the age of 15 years are known to be old or geriatric. And although older cats are often vulnerable from their changing bodies, and are exposed to the risks of kidney and heart diseases, as well as cancer, a carefully decided diet and safer lifestyle can help them to stay active and live into their twenties. And with their growing age, the dietary and caloric requirements of cats also undergo rapid changes, and must be sufficiently adjusted to make sure they are able to keep up with their normal lifestyle.

So, this article discusses the different ways to care for your older fur babies, as well as questions like can adult cats eat kitten food or how much should an adult cat eat, and the best diet that can benefit them in their twilight years.

## Different ways to feed your Older/Senior cats?

Ideally, cats are reliant on 41 essential nutrients that help in keeping up with different bodily functions and the development of their physical and cognitive abilities. However, in their senior years, cats experience physiological changes that may temporarily or permanently alter their eating habits. So, when it comes to senior cats, it is crucial to strike the perfect nutrient balance. Mentioned below are the different ways to feed older cats that support their advanced age:

1. Although cats are obligate carnivores who depend on animal protein and fat as the primary source of nutrition, most senior cats naturally lose the ability to digest complex proteins and animal fats. As a result, feeding adult cats with nutritionally balanced meals that are easy to digest and rich in moisture is important. Food for aging cats with a high moisture content is easier to digest, and keeps your kitty well-hydrated all day long.
2. Wondering how much food should an adult cat eat or can adult cats eat kitten food? Unlike growing and adult cats who require larger meal portions to keep up their energetic lifestyle, senior cats need not be served large meals. Instead, when it comes to how much food should an adult cat eat, you can feed your old kitty smaller meals several times a day as it makes the food easier to digest. Serving the food warm can improve its flavour and smell, making it more appetizing.
3. In addition to knowing how much food should an adult cat eat, it is also vital to schedule frequent visits to the veterinarian. Not only does this help in ensuring your kitty is in good health with respect to its advanced age, but also gives you the opportunity to discuss the specific dietary requirements for senior cats and regulate their meals accordingly.

## Does Cat Nutritional Need Change with Age?

When it comes to feeding adult cat, can adult cats eat kitten food? In their advanced age, senior cats require a substantially different nutritional requirement compared to kittens and younger cats. As older cats are less likely to be physically active in their twilight years, the caloric requirements in senior cats are lower. The nutritional requirements of older cats must be met through supplements, as they often find it difficult to digest complex proteins and fats.

The required caloric consumption in older cats drops by 20 to 30% as compared to feeding adult cats. So, other than knowing how much to feeding adult cat, it is important to control the caloric intake in older cats in order to avoid feline obesity and other health disorders.

## Things to look for in Older Cats Foods

While adult cats can easily eat and digest animal proteins and fats, senior cats often require a carefully planned out diet that is easier on their tummies. You must also make sure they receive all the nutrition necessary for maintaining a healthy body and muscle mass. So, ideally, the cat adult food designed for older fur kiddos should contain high-quality protein, moisture, amino acids, and other essential nutrients such as taurine, minerals, vitamins, fibres, digestible carbohydrates, magnesium, antioxidants and fatty acids to maintain ideal body conditions, as well as battle the risks of renal disease, osteoarthritis and other feline health concerns.

# Types of Healthy food for Older/Senior Cats

Older cats need carefully designed dietary routines to make sure they receive all the essential nutrition without facing any digestive troubles. So, mentioned below are the types of food that are not just healthy, but also safe for consumption for senior cats:

## Home-cooked meals

If you are raising a senior cat, nothing quite says 'I love you' as a delicious helping of a home-cooked meal. In addition to being nutritious and mouth-watering, home-cooked food for aging cats should be prepared with low oil and spices. Home-cooked meals always rank high in a cat's list of favourite foods.

## Senior cat food and cat food formula

Whiskas 7+ range of wet and dry cat adult food are good sources of essential nutrition for senior cats, as they are not just rich in proteins, vitamins, and minerals, but are also incredibly flavourful. Available in premium flavours and textures, Whiskas food for aging cats designed for senior cats bring a delicious twist to your older furry’s everyday meals.

If your senior kitty is unable to digest commercially available cat adult food, you can also switch to food for older cats formula for senior cats that is specially designed to support the health needs for older cats. Food for older cats formula is prepared from fresh ingredients, and is rich in easy-to-digest proteins, vitamins, fatty acids, and minerals.

Succulent and nutrient-rich, the senior cat adult food formula is beneficial for maintaining the physical and cognitive functions of senior cats, as well as keeping up muscle mass, skin and fur health, heart and renal health.

## Dietary supplements

Wondering how much to feed adult cat? Older cats rely on a well-defined dietary routine that focuses on specific nutritional needs and eating habits. However, the changing physiology and eating patterns often make it difficult for older cats to receive all the necessary nutrition from normal food for aging cats and home-cooked meals. So, dietary supplements play an important role in making sure your senior kitty is well-fed and healthy.

When it comes to how much to feed adult cat, the dietary supplements for older cats are designed to provide your senior kitty with the required vitamins, electrolytes and minerals that cannot be otherwise absorbed naturally from their intestinal tract. Cats with special needs can also benefit from dietary supplements since they contain vitamins and antioxidants to protect against various health diseases.

Are you looking for the perfect food for older cats? Well, look no further, for the 7+ range of food for older cats from Whiskas is designed specifically keeping in mind the dietary requirements for our older furries. Tailored to offer all essential nutrition for older cats, the wet and dry cat food for senior cats from Whiskas is available in exciting flavours such as mackerel and tuna to appease your old kitty.

# FAQs

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1. **Do senior cats cuddle more?**

   Although cats are naturally friendly irrespective of their age, senior cats usually become more affectionate with age. This is because as they grow older, cats gradually lose their ability of sight or hearing, making them more reliant on their human parents.

2. **What food do senior cats eat?**

   Wondering how much should an adult cat eat or how much to feed adult cat? Senior cats gradually lose the ability to digest complex proteins and animal fat. Instead, they require cat food that is easier to digest, and is rich in digestible proteins, minerals, vitamins, and amino acids such as taurine.

3. **What is senior cat food for?**

   Unlike cat adult food that is rich in protein and has a high calorie count, food for aging cats is rich in moisture and is designed to keep up various bodily functions in old age, battle common health disorders, and is easy to digest.

4. **What should senior cats avoid in food?**

   Are you wondering can adult cats eat kitten food or how much should an adult cat eat? Senior cats find it difficult to digest complex animal fats and proteins. So, they shouldn’t be fed food for older cats that has complex proteins, phosphorus, and carbohydrates.

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