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Cat Diet: Tips For Cat Nutrition



## Cat Diet: Tips For Cat Nutrition

In the wild, big cats get all the nutrition they need from their prey. While your feline friend shares her cousins' natural instinct to eat whatever she catches, she relies on you to feed her a healthy, balanced diet. So it's a good idea to familiarise yourself with what she needs.

### Overview of Cat Diet Food

As an experienced cat parent, you must be no stranger to cats being incredible foodies who prefer a wider palette in their cat diet. And while cats prefer a meat-based diet, rarely do they shy away from trying out new cuisines containing citric fruits or steamed veggies. However, cats are carnivores, so essential cat nutrition consists of animal proteins, fats, and fatty acids that cats derive from cat food supplements, animal meat, fish, and poultry products. In addition, cats also require balanced amounts of vitamins, minerals such as copper and zinc, carbohydrates, and folic acid as cat nutrition. While the caloric requirement of cats can depend on factors such as breed, age, and weight, the average adult cat needs cat nutrition food with caloric intake of 280 calories.

To help you keep your furry munchkin healthy, this article will provide an overview of a cat's dietary needs, cat nutrition, and weight loss plans.

# Essential Cat Nutrition

## Cat Diet Plan Varieties

Furry felines can be quite the food connoisseurs who prefer a little variety in their everyday meals. While cats are carnivores with animal protein constituting a major portion of their everyday cat diet, these adorable furries are likely to enjoy having a wide palette of flavours consisting of fish, eggs, and even certain veggies as a part of their meal. So, mentioned below are some cat diet plan varieties that your feline munchkin might enjoy:

- **Dry Cat Food**

Commercially available dry cat food is one of the popular choices for feeding cats, as it is convenient for cat parents who do not have the time to prepare home-cooked meals for their fur babies. Dry diet cat food like Whiskas is packed with proteins, vitamins, and essential minerals that your cat needs for leading a healthy, active life.

- **Semi-Moist Cat Food**

Semi-moist diet cat food is also a good choice of food for cats, especially since they come in balanced portions of cat nutrition food supplements. In addition to containing all vital nutrients and proteins, semi-moist cat food also has a considerable moisture content that helps your kitty stay hydrated.

- **Canned Cat Food**

Canned diet cat foods such as Whiskas have grown considerably popular among feline munchkins because of the wide variety of textures and flavours they come in. In addition to being available in different flavours such as tuna, ocean fish and sardines, the canned diet cat foods packed with all the important nutrients needed by cats.

- **Homemade Cat Diets**

Homemade cat diets are possibly another option for cat nutrition food for indoor cats, especially since they are prepared from fresh ingredients and do not contain commercially added preservatives. In addition to being able to be creative with their feline munchkin's meals, home-cooked food allows cat parents to bond with their fur babies.

- **Cat Treats**

Rich in flavour and texture, cat treats are always a hit among our furries who simply can't get enough of the luxurious taste of cat treats. However, high calorie kitten food is also a potential cause of feline obesity, so must only be fed in moderation.

## What is a Balanced Diet Cat Food

A balanced diet for cats refers to daily food consumption which contains all essential cat nutrition, cat food supplement, and food groups as required by cats in proper amounts. As carnivores, a complete and balanced cat diet must contain sufficient animal protein, fat and fatty acids, other essential vitamins and minerals, and low carbohydrates.

# Creating a Weight Loss Plan for Cats Diet

Given that cats are often prone to overeating, as cat parents, it is important to be attentive to what they are eating by following a cat nutrition requirements chart. If required, you must also create a weight loss program for your 'chonky baby'. Here are tips on creating a weight loss program for your little furry:

- Avoid free feeding your cat. While it is a convenient way for working cat parents to make sure their fur baby is well-fed throughout the day, free feeding often encourages overeating in cats.
- Cut back on treats and high calorie kitten food you are feeding them.
- If your cat prefers frequent meals, consider serving smaller food portions following the cat nutrition requirements chart to balance their caloric intake. Placing food bowls containing nutritional cat food in various parts of the house encourages cats to stay physically active.
- Play games with your furry like chase, fetch, and hide and seek that require active physical participation.

## Importance of Weight Management in Cats

Obesity in cats can give rise to other pressing health concerns such as Type-2 diabetes, high blood pressure, osteoarthritis, and heart disease. So, it is important to keep your kitty on a strict balanced cat diet plan.

## Benefits of Veterinary-Recommended Weight Loss Diets

If your kitty needs to lose only a little weight, a commercially available diet cat plan and cat food for weight loss is usually sufficient. But if your kitty needs to go on a weight loss program, relying on a veterinary-recommended weight loss diet is advisable. Veterinary-recommended weight loss diets contain instructions for a balanced cat diet that helps cats reduce their caloric intake without compromising on the essential cat nutrition they need.

## Feeding Guidelines for Cat Weight Loss

In addition to following a veterinary-recommended weight loss cat diet plan, here are some additional guidelines to help your kitty lose weight.

- Feed your cat nutritional cat food under a fixed schedule instead of free-feeding.
- Instead of giving in to their desire for delicious cat treats, try to bond with your cat through physical affection and play sessions as positive reinforcement.
- Place their nutritional cat food bowls around the house to encourage them to be more physically active.

## Tips for Encouraging Exercise in Cats

Given that adult cats often run the risk of obesity if they are overfeeding, it is important to make sure they are getting sufficient physical exercise to burn excess calories. So, if you are looking to give your little munchkin a little encouragement to get started on an exercise routine, here are some tips that might come in handy:

- Cats are immensely playful and energetic. So why not use play sessions to get them to be physically active? Games like chase, hide and seek, and fetch require physical participation while having fun. Additionally, playing also helps in the development of their cognitive abilities and can allow you to establish a deeper, precious bond with your furry kitty.
- You can also consider building an indoor kitty recreation centre complete with their favourite cat toys, high posts, and swings where your fur baby can have a blast playing.

## FAQs

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13

### 1. **What is the healthiest food for a cat?**

Since cats are carnivores, they require a substantial amount of animal protein and fats to sustain life. When it comes to meat, chicken, turkey, lamb, beef and mutton are some of the most nutritious cat food that contain animal protein.

### 2. **What is a cat's main diet?**

As a carnivore the primary diet of cats include animal proteins and fat. Additionally, cats should also eat cat food that are fortified with balanced amounts of vitamins and minerals like copper and zinc present in balanced diet cat food.

### 3. **How much food a cat eats per day?**

The daily cat nutritional needs are generally dependent on their age and weight. While a kitten weighing 2kgs to 3kgs requires about 210 grams of food every day, adult cats weighing over 6kgs may need over 360 grams of food.

### 4. **Can I feed my cat all day?**

No, it is unwise to feed a cat all day. Adult cats do not require a caloric intake of more than 200 calories per day. Feeding an adult cat all day can lead to feline obesity and other health concerns.

### 5. **How many times should a cat eat?**

According to cat nutritional needs, most cats do not require more than two meals per day. As kittens, felines are likely to require more meals per day to support their rapid growth and development, but adult cats require about 200 calories per day.

### 6. **What is a suitable diet for a cat?**

Cats are carnivores so, the suitable balanced cat diet plan for a cat must include an

adequate amount of animal protein such as chicken, beef or mutton, fat, and fatty acids, vitamins, and minerals such as zinc and copper.

## 7. **What should I feed my cat with food allergies?**

Cat food allergy is usually caused by food items that your kitty has been exposed to before. So, if your cat has cat food allergies, you can try feeding them home-cooked meals with hypoallergenic cat food they have not had before.

## 8. **How do you get rid of cat food allergies?**

Although allergic reactions to food are common in cats, they are highly treatable and usually subside within days. Certain hypoallergenic cat food, over-the-counter medications, and steroids are extremely effective in getting rid of cat food allergies within a short while.

## 9. **What is the most common food allergy in cats?**

Cats can show signs of food allergy triggered by certain proteins present in fish, cat allergic to chicken or beef and dairy. Wheat, corn, and eggs that are absent in the hypoallergenic diet for cats can also lead to an allergic reaction.

## 10. **Why do cats love catnip?**

Cats are known for their affection for catnip. Recent studies in this regard have shown that nepetalactone, an integral component present in catnip is responsible for this affection. Catnip is a plant that belongs to the same family as mints, and nepetalactone, often enters a cat's nose, stimulating its sensory neurons. Nepetalactone is known to mimic a cat pheromone, which sends trigger signals to the brain mimicking a sexual response. This is why cats love catnip.

## 11. **At what age can you give catnip to a cat?**

There is no specific age to introduce a cat to catnip. Though catnip does not have any detrimental effect on kittens, it takes the cat to be at least 6 months or 1 year of age to receive the desired reaction from catnip. However, some cats are exceptions to this, as their sensitivity to catnip can take time and develop over the years.

## 12. **Can cats overdose on catnip?**

Though there have been no such instances that suggest the possibility of a cat overdosing on catnip. However, once already under the influence of catnip, it usually takes a cat a duration of two hours or more before it can once again experience the influence. Overindulgence, however, can be a problem, as your furry munchkin can fall sick if it has eaten too much catnip.

## 13. **Is catnip safe?**

Have you ever thought what is catnip, or whether it is safe for cats? Catnip is widely popular among cats. There has been no evidence that supports the claim that catnip is harmful or detrimental to the cat's health. However, if you are granting your little furball access to catnip, make sure they do not ingest too much fresh or dried catnip,

as it can upset their bowel system. This, however, does not always pose a severe threat as most cats are able to self-regulate.

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