



Natural Diets for Cats

Information is from Dr Richard Malik (Veterinary Surgeon) in Control & Therapies, CVE

1. Kittens should be fed largely a commercial premium cat food
 - A combination of canned and dry food is ideal
 - Small meals are best
 - Milk should not be given
 - Raw food should be introduced in place of a normal meal from 12 weeks of age
 - It should be provided several times a week
 - Raw food should be less than 10-20% of the total food for a week
 - Fresh chicken wings or lamb cutlets (fresh or thawed) can be fed
 - Ensure good hygiene after preparing their meals
2. Young adult cats >6 months should be fed more natural foods. Ideally 30-50% from natural material that needs to be chewed
 - You may need to utilise the patio, shower recess or other 'easy clean' areas
3. Dry food should be phased out completely as most contain harmful additives (particularly salts and carbohydrates). Meat based canned food can be fed, although avoid pureed styles in jelly
 - Young cats can be energetic and burn up lots of calories
 - They generally need an 85-100g tin twice a day or a raw meal
 - Suitable raw foods are chicken drumsticks, lamb shanks or osso-bucco
4. Older cats should be fed like younger cats, but reduce the quantities as they are not growing
 - Keep cats lean to reduce the risk of obesity and other related health problems
 - After 10 years the food requirement decreases further
5. There must be constant access to fresh water. Some cats prefer a running source (e.g. tap) or water without the chlorine (so use water from a cooled kettle - it reduces the chlorine)

