

YOUR INDOOR CARNIVORE

A GUIDE TO OPTIMAL FELINE NUTRITION

NATURE DESIGNED CATS AS MOUSERS, NOT MUNCHERS:
IT'S TIME TO RE-THINK WHAT WE'RE FEEDING

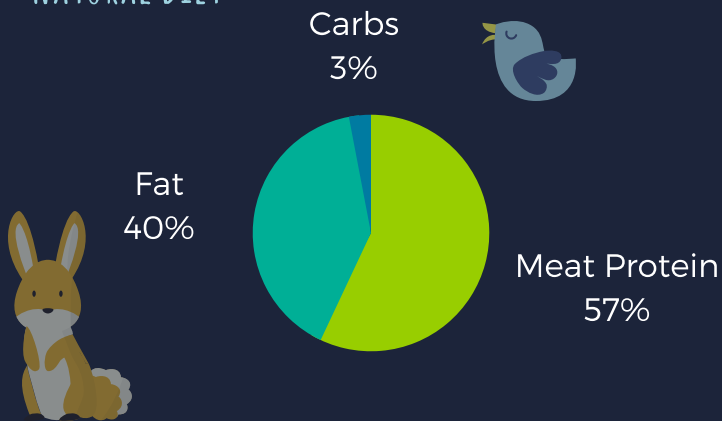
THE TROUBLE WITH KIBBLE

- ⚠️ HIGH CARB - INCREASES RISK OF OBESITY & DIABETES
- ⚠️ TOO MUCH PLANT PROTEIN - POORLY PROCESSED BY CATS
- ⚠️ DRY - CATS OFTEN DON'T DRINK ENOUGH TO COMPENSATE, PREDISPOSES URINARY PROBLEMS

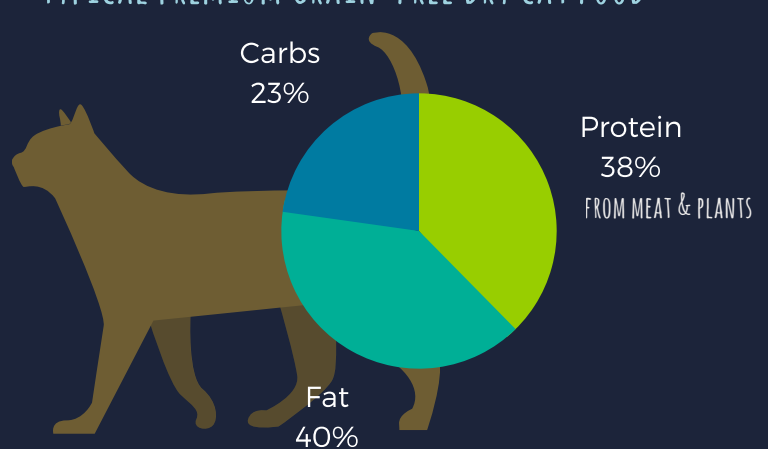


CALORIC RATIOS IN THE DIET: EVEN GRAIN-FREE IS SUB-PAR

NATURAL DIET



TYPICAL PREMIUM GRAIN-FREE DRY CAT FOOD



CATS THRIVE ON DIETS RICH IN MEAT & MOISTURE - RAW FOOD PROVIDES THESE BENEFITS

BENEFITS OF A RAW DIET



Reduces risk of diabetes, obesity, digestive issues, kidney disease, and many other problems



More energy & playfulness



Improved overall well-being; chronic allergies may disappear



Soft thick coat; greatly reduces shedding & hairballs



Good for dental health (note: kibble does not clean teeth!)



A HOME-PREPARED DIET MUST HAVE PROPER RATIOS OF MEAT, BONES (OR OTHER CALCIUM SOURCE), AND ORGANS/SUPPLEMENTS. PLEASE RESEARCH RECIPES OR FEED A BALANCED STORE-BOUGHT DIET.

THE RAW FACTS

Are veggies good for cats?

Cats don't need veggies at all: they can't even metabolize some of the vitamins.

"What about bacteria?"

Cats have a short, acidic digestive tract- they cope with bacteria better than us.



"Isn't dry food good for teeth?"

It's a marketing gimmick: carb-laden kibble doesn't clean teeth any more than us eating pretzels!

"Aren't bones dangerous?"

Cooked bones are bad, but raw bones are digestible and important for calcium. Also, you can buy or make raw food with ground bones which are very safe.

HOW DO I FEED A RAW DIET?

WHETHER YOU'RE BUSY OR BUDGETING, THERE ARE OPTIONS

GROUND: MAKE FROM SCRATCH OR BUY PRE-MADE



PREY-MODEL: FEED A VARIETY OF PARTS; BALANCE OVER THE WEEK



COMMERCIAL FREEZE-DRIED: COMPLETE DIET, JUST ADD WATER



WHOLE PREY: FEED ENTIRE SMALL PREY

HOMEMADE RAW MADE EASY



- 1 Use powdered eggshell or bone meal as an alternative to grinding or feeding whole bones
- 2 Buy meat/bone/organ grinds for pets & add your own supplements
- 3 TC Feline or Alnutrin supplement: just add to raw meat & liver!

LOW-COST MEAL ADDITIONS:

- UNSALTED WATER-PACKED SARDINES
- EGG YOLK (COOK THE WHITES)
- CHICKEN NECKS
- HEARTS, LIVER, & GIZZARDS
- CRICKETS
- TRIMMINGS FROM YOUR OWN MEAT (AVOID EXCESS FAT)



RESOURCES

HOUSECATS SHARE 95.6% OF THE SAME DNA AS TIGERS... INCLUDING GENES FOR METABOLISM & DIGESTION!

- Pet Fooled
Pet Food: A Dog's Breakfast
- Catnutrition.org
Consciouscat.net
Catinfo.org
- Raw Pet Digest
Raw Fed Cats

- Feline-nutrition.org
- Truthaboutpetfood.com
- Rawpetsthive.com

- The Raw Meat Cat Food Cookbook
- What Cats Should Eat

SOME COMMERCIAL RAW COMPANIES

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|-----------------|------------------|--------------------------------------|
| HARE-TODAY | PRIMAL | BRAVO |
| ALLPROVIDE | VITAL ESSENTIALS | SOJOS |
| DARWIN'S | NATURE'S VARIETY | THE HONEST KITCHEN |
| RAW PAWS | STELLA & CHEWY'S | |
| BALANCED BLENDS | RAD CAT | DIRECT TO DOOR FROZEN |
| FEGNION | | FREEZE-DRIED OR DEHYDRATED - ADD H2O |
| | | FROZEN - AVAILABLE IN STORES |

In the end, love is the most important thing you can give your pet. Diet is a personal choice, and there is more than one way to feed a cat healthfully.

This infographic created by Jana Lembke, Siberian Cats of New England