

CATkins Diet

Our pet cats are becoming too FAT. We love them so much that we want what is best for their health. Following the guidelines that have been offered to us for the last ten or fifteen years has led to this OBESITY problem.

Cats are CARNIVORES. Their bodies were designed to eat LITTLE CREATURES like MICE. MICE are 40-45 percent PROTEIN, 40-45 percent fat and 3-5 percent carbohydrate. This is the natural diet for felines.

Dry food is made by using CARBOHYDRATES to mold the little morsels. This high level of carbohydrate in dry food leads to the overproduction of INSULIN deposit in the pancreas, unsatisfied hunger and weight gain.

Even cats that are not too chubby can benefit from this more appropriate diet. Generally, feeding cats any brand of CANNED FOOD is BETTER than DRY food. Pate type food is much better than the sliced/diced/minced/shredded types that have gravy. Also avoid the meal and rice forms because the rice is carbohydrate.

Certain canned foods are a little better than others in composition. The canned DM (Purina) prescription diet, the canned MD (Hills) prescription diet and canned lams kitten formula are excellent in quality and ratio of components.

Most commercial canned foods are still very good and quite acceptable diets for most of our cats. There are generalities and there are always exceptions to these recommendations. Certain medical conditions require more carbs than are now recommended for the average cat. Some cats cannot tolerate canned foods. Ask your veterinarian in these cases.

Filling the dry food bowl as we rush through our chores is quite easy but it is the worst way to feed your cat. Meals are much better. **Serving size is also an important feature in preventing OBESITY too.** The average 10lb