



How to Choose a Healthy Food for Your Cat

Cats have very specific dietary needs, and choosing the right food is critical to their health. Unlike dogs, cats are obligate carnivores, meaning they require animal-based protein to survive.

1. Protein Comes First

The first ingredient should always be a named animal protein like chicken, turkey, or fish. Cats need high levels of animal protein—avoid foods that rely heavily on plant-based ingredients.

2. Avoid Fillers and Carbs

Cats do not need large amounts of carbohydrates. Ingredients like corn, wheat, soy, and potatoes are often used as cheap fillers and can contribute to weight gain and health issues.

3. Look for Taurine

Taurine is an essential amino acid for cats. A lack of taurine can lead to serious health problems, including heart and vision issues. Make sure the food includes taurine.

4. Wet vs Dry Food

Cats naturally get most of their hydration from food. Wet food can help maintain proper hydration, while dry food is more convenient. A mix of both is often a good approach.

5. Watch Your Cat's Health

Healthy cats have a shiny coat, steady weight, and normal litter box habits. Vomiting, diarrhea, or dull coat can be signs the food isn't right.

Quick Tips for Choosing:

- Real meat should always be first
- Avoid high-carb formulas
- Look for taurine in ingredients
- Consider adding wet food for hydration
- Transition slowly when changing foods

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