

# ■ Cat Nutrition & Diet Guide

Feeding Your Cat Naturally — A Complete Beginner's Guide

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*Cats are obligate carnivores — their biology requires animal protein to survive and thrive. Yet most commercial cat foods are packed with carbohydrates and plant-based fillers. This guide explains what cats truly need and how to feed them well.*

## ■ Cats Are Obligate Carnivores — What This Means

- Cats cannot convert beta-carotene to vitamin A — they must eat preformed vitamin A from animal liver.
- Cats cannot synthesise taurine — essential for heart and eye health, found only in animal tissue.
- Cats have a low thirst drive — they evolved to get moisture from prey, not a water bowl.
- Cats need arachidonic acid (omega-6) from animal fat — they cannot synthesise it from plants.
- A cat's ideal diet is high in animal protein, moderate in fat, and very low in carbohydrates.

## ■ ■ What to Feed Your Cat

- ✓ Raw or lightly cooked animal protein — chicken, beef, lamb, turkey, rabbit, fish (oily fish 2x week).
- ✓ Organ meat — especially liver (rich in vitamin A, B vitamins, iron). No more than 10–15% of diet.
- ✓ Wet/canned food — far preferable to dry kibble because of its moisture content.
- ✓ Raw meaty bones (optional) — great for dental health and mental enrichment.
- ✓ Eggs (cooked) — excellent protein and fat source, very well tolerated.
- ✓ Small amounts of cooked sweet potato or pumpkin — digestive support only, not a staple.

## ✓ X Safe & Unsafe Foods for Cats

### ✓ SAFE TO FEED

- ✓ Chicken, turkey, beef, lamb (raw or cooked)
- ✓ Organ meat — liver, kidney (in moderation)
- ✓ Oily fish — sardines, salmon (2x per week)
- ✓ Eggs (cooked)
- ✓ Bone broth (no onion/garlic)

### X AVOID COMPLETELY

- X Onion & garlic — toxic, even in powder form
- X Grapes & raisins — kidney damage
- X Chocolate & caffeine — toxic
- X Xylitol — highly toxic
- X Raw fish daily — causes thiamine deficiency

- ✓ Small amounts of cooked pumpkin
- ✓ Water — always fresh, changed daily

- ✗ Dog food — lacks taurine and other feline nutrients
- ✗ Cow's milk — most adult cats are lactose intolerant

### ■ ■ Why Dry Kibble Is Problematic for Most Cats

- ✗ Most dry cat foods contain 30–40% carbohydrates — far more than cats evolved to eat.
- ✗ Dry food causes chronic mild dehydration — a major contributor to kidney disease and urinary problems.
- ✗ Plant-based proteins (soy, corn) don't provide the amino acid profile cats require.
- ✗ Taurine must be added back artificially because processing destroys natural taurine.
- If you feed kibble, always supplement with wet food and ensure fresh water is always available.

### ■ Signs Your Cat May Be Nutrient Deficient

- Dull, dry or brittle coat — often omega-3 or protein deficiency
- Unexplained weight loss or muscle wasting — protein deficiency
- Recurrent infections — immune compromise often linked to nutritional gaps
- Digestive issues — chronic loose stools, vomiting after meals
- Changes in eye clarity or night vision — taurine or vitamin A deficiency
- Lethargy and reduced play — generalised nutritional insufficiency

### Want a Personalised Nutrition Plan for Your Cat?

Feline NutriCraft is a species-specific cat nutrition planner built by a qualified Holistic Animal Practitioner.  
A personalised plan for YOUR cat — with a 2-day free trial.

[theholistic-petnamibia.com/feline-nutricraft](https://theholistic-petnamibia.com/feline-nutricraft)

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