

# Benefits of Canned Food For Cats

Our goal is for your cat to not only **SURVIVE**, but **THRIVE!**

Cats are strict carnivores. They are desert animals who have a low thirst drive and whose natural diet consists of rodents, small mammals, insects, and birds. This prey is high in moisture, high in protein, with some fat and only 1-2% carbohydrates. They do not have the enzymes to process carbohydrates or plant-based proteins efficiently. Therefore, low carbohydrate canned is the best we can do to replicate their natural diet in our homes.

Firstly, we recommend **ANY** canned food over **ANY** dry food. Here's why:

<b>Canned food</b>	<b>Dry Food</b>
High in moisture (70-80%)	Low in moisture (5-10%)
Mostly animal protein sources	Mostly plant protein sources
Usually low in carbs (want 9% or less)	High in carbs (35-50% or more on avg.)

Low carbohydrate canned or homemade food is **preventative nutrition**.

It can help **prevent numerous diseases** in your cat:

- The first treatment for diabetes in cats is to switch to a low carbohydrate canned food. Why wait until they have diabetes to feed what they should be eating in the first place?
- The increase in water intake from wet food helps flush the kidneys and bladder thereby improving kidney function and reducing the risk of crystals, stones, blockages and idiopathic cystitis.
- Cats on a diet of appropriate amounts of canned food are less prone to obesity. Obesity contributes to issues such as reduced mobility, increased severity of arthritis, reduced cleanliness, and increased likelihood of some cancers.

Cats on canned are **better hydrated**.

- Cats' low thirst drive combined with dry food leads to low-level chronic dehydration.
- Dehydration is detrimental to urinary tract health.
- Cats on canned food are about 50% better hydrated than cats on dry food.

The **composition of the food** we feed our cats is important.

- Animal proteins are the ideal source of food for strict carnivores.
- Animal by-products are still a good source of nutrition for cats; when eating prey they eat the whole animal, including skin, bones, entrails and feathers.
- "Grain-Free" does not necessarily mean low carb. Potatoes and peas are often used as filler in these foods, especially dry foods.
- A diet consisting of only fish based foods can lead to a build up of certain vitamins and minerals in the system that are not ideal.
- Fish/seafood, beef, lamb, corn, wheat and soy are the most hyper-allergenic ingredients for cats.