



Purple Lotus Cattery

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Feline Nutrition

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At Purple Lotus Cattery cat health and nutrition is an important part of ensuring that we raise and provide happy, healthy kittens. We encourage each new family to research cat nutrition for themselves and discuss options with their vet. The information provided within this document are recommendations only and are not a replacement for appropriate veterinary care. Links will be provided below to help you with your search along with recommendations regarding the quality food that we provide our cats at Purple Lotus Cattery.

Feline Nutrition

The breeders at Purple Lotus Cattery have done extensive research into cat nutrition and have tried many foods to determine what foods work best for both our cat and human family. It is important to know that each kitten/cat may have different nutritional needs and you may have to feed different foods to the cats in your home. When determining the best quality food for your kitten it is important to look at the dry matter analysis rather than what is on the can/bag. The easiest way to locate this is to obtain it directly from the company or by clicking on a specific product at <http://catfooddb.com/>.

- Unlike dogs, cats are carnivores and require a high amount of protein in their diet and a minimal amount of carbohydrates. In general, dry food contains more carbohydrates than wet food.
- Cats have a lower thirst drive than most other animals. It is critical that cats have food with high water content and have easy access to fresh water at all times. Wet food has the highest water content.
- Taurine: Unlike humans and dogs, cats cannot synthesize Taurine from food ingredients and must get it directly from their diet. It is found in animal protein and is one of the many reasons that cats need high levels of protein in the food we feed. Taurine is important for the health of your cat's eyes, gastrointestinal tract, heart, and immune system. It is critical for pregnant cats to help their kittens grow and develop. The Taurine that cats get from their diet is metabolized quickly and therefore must be provided daily. <https://www.nasc.cc/pet-university/taurine-deficiency-cats/#:~:text=Taurine%20is%20found%20in%20animal,it%20in%20their%20food%20daily>
- In order to provide your cat/kitten with the healthiest balanced nutrition a general guideline can be found at: <https://catinfo.org/>

When using the dry matter analysis of a food the primary ingredient should be protein and the proportions should be as close to what is listed below as possible.

- Animal (not plant) based protein that is >50% calories
- Moderate fat around 20-40% calories
- Very low carbohydrate around 1-2% is excellent but anything under 10% is considered good
- Water content that is around 70%

Not many commercial foods will meet these guidelines so your goal should be to choose food that is as close as possible.

- Be careful of labels that say grain free as they sometimes contain peas and potatoes and these are unnecessary sources of carbohydrates.
- A caution about raw: Although a well-balanced raw diet can be healthy for your cat or kitten it is very important that it be balanced and include all the necessary nutrients for your cat. Feeding raw or cooked

meat without other nutrients can lead to nutrient deficiency for your cat. Information for how to make your own raw food can be found on various websites and at catinfo.org.

- Brand or type of food can be dependent on the breed of cat and an individual cat's health. I find that I have some cats that will eat anything and some that need a specific brand based off of its protein type and/or water and fiber content.
- <http://catfooddb.com/> will provide you with an overall rating for many quality foods. Although a high rating doesn't guarantee that the food conforms to the nutrients listed above, the foods that are listed as the highest quality will likely provide excellent nutrition for your cats and kittens.
- Here at Purple Lotus Cattery we primarily feed the following brands:
 - Life's Abundance www.lifesabundance.com/purplelotus
 - Tiki Cat
 - Essence
 - Taste of the Wild