

Let's talk about your cat



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Expert Nutrition

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Some simple facts

Finicky Cats

Your cat is one of a kind, simply because it belongs to you. Some of their actions may appear confusing or even strange. However, for the most part, it's just typical cat behavior. Cats are very attuned to their surroundings; even the smallest change, at least from your perspective, can disturb them. They may react by refusing to eat, and some cats might even go on a hunger strike. Missing a few meals will NOT harm your cat.

***"I have a very finicky cat"
Is the most common phrase I hear.***

The cat isn't being stubborn; they might be feeling upset or simply bored with their food. Unless there's a health issue, it's wise to occasionally change your cat's food. Offering a variety of proteins to cats has its advantages, as each type is metabolized differently and provides a broader spectrum of nutrients. To ensure your cat maintains a balanced diet, remember that they are an "obligate carnivore." This term is often misinterpreted; it means they need most of their protein from meat. I say "most" because while they can't survive on plant proteins alone, there are health advantages from plant proteins that meat doesn't offer. The body depends on amino acids for growth and upkeep. To create these amino acids, four components are essential: protein, carbohydrates, water, and heat. The heat is generated by enzymes and bacteria during the digestive process. You supply the ingredients. Each amino acid has requirements; for muscle growth and maintenance, they need meat protein. For optimal nerve and brain function, the body requires glucose from carbohydrates. A daily combination of wet and dry food usually meets most of their nutritional requirements.

Let's delve a little deeper

Texture

Cats tend to prefer texture over flavor. Generally, they can be categorized into two texture types: pate or gravied. Gravied options provide additional moisture but are fundamentally similar to their pate versions. If you see terms like morsels, flakes, or minced on the label, it's probably a gravied product. Based on my experience and conversations with thousands of cat owners, it appears that once a cat selects a particular style, they will stick to that choice.

Flavors

Since cats possess a limited number of taste buds, they primarily depend on their sense of smell. Some cats are fond of fish while others prefer poultry. Each type of protein offers unique advantages, so if your cat shows a preference for one over the other, there's no need to worry. You can still provide variety by alternating between chicken and duck, or even tuna and salmon for those fish enthusiasts.

“My cat only eats this food”

I often hear this, but as "pet parents," it's our duty to make sure we're doing our best for those we care for. If your cat is hesitant about the new food, try warming it up a bit. Heating the food just above room temperature can enhance its aroma, and keep in mind that cats rely on their sense of smell when eating.

Summary

Encourage your cat to try different foods. Most love variety and if you stay within the realm of their preferences, they will be a happy kitty. At the same time you are helping their overall health and wellbeing