



What Do Cats Eat? | Feeding Guide for Pet Owners  
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## What Do Cats Eat? | Feeding Guide for Pet Owners

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If you're a new cat owner or your cat suddenly turns their nose up at their food, you might be wondering what cats eat. We love answering this question because it can help you get to know your feline friend and help keep them happy and healthy.

So, what do cats like to eat, and what *should* they eat? In this article, we'll tell you what you need to know about feline nutrition and share tips to help you feed your furry friend a diet that is both healthy and tasty!

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## What Do Cats Like to Eat?

Before discussing what to feed your cat, it helps to understand what cats like to eat and why. Knowing the reason cats eat what they eat can help you better understand your pet's needs and desires.

### Cats Are Obligate Carnivores

“Carnivore” is a broad term for any animal that gets most of its nutrients from eating animal protein, such as fish, poultry, and beef. While animal protein makes up the majority of their diet, carnivores can get some of the nutrients they need from other sources (including plants and fungi).

An obligate carnivore, on the other hand, is a much more specific type of carnivore that *must* eat animal protein to survive and *cannot* get the nutrients they need from plants or other non-meat sources.

Cats are obligate carnivores, which is why it's better to feed your feline friend food specifically designed for them as opposed to other types of pet food.

Now that you know a little bit about cats' food requirements, let's get into the specifics of what you should feed your cat.



# What Should You Feed Your Cat?

## Cat Food

Commercial cat food is a great option for complete and balanced nutrition. Cat food is specially formulated to prioritize the animal protein that cats need to help keep them healthy and happy. Keep in mind that cat food typically comes in two varieties: dry food and wet food.

Dry food is convenient for cats that like to graze (more on this later) and can be good to help with dental health and hygiene. Wet food is just as nutritionally complete as dry food but also adds a bit of hydration to their diet. That said, wet food is not a substitute for fresh, clean water.

When comparing cat food options, look for formulas with animal protein in the ingredient list. This means your cat will get most of the vitamins, minerals, and nutrients they need from animal protein sources such as chicken, salmon, tuna, beef, and turkey.

[SHEBA® GRAVY INDULGENCE™ Salmon\(open in new tab\)](#) is a great option! Made with real fish and no corn or soy\*, this soft wet cat food features a mouthwatering gravy that adds moisture and delicious flavor.

\*Trace amounts may be present due to cross-contact during manufacturing.

## Limited Plant-Based Foods

While it's in no way a dietary need, some cats may enjoy small amounts of cooked veggies such as green beans and carrots.

Keep in mind that your cat may not eat the vegetables just because you put them in their bowl. As always, your cat will do what it wants to do, and that may mean eating everything *but* the plant-based food.

And that's OK as long as they're getting plenty of protein in their diet!

## Feeding Guide for Cat Owners

On average, an adult cat with an ideal body condition weighs about eight pounds and needs around 200 calories a day — about 25 calories per pound.

Keep in mind, though, that every cat is different. Their calorie needs can vary based on their age, activity level, health, and even their breed. These numbers are just a starting point.

With that in mind, here are a few more things to consider when feeding your feline friend.

### Talk to Your Vet

One of the best things you can do is take your furry friend in for a checkup and ask the vet about their diet. They can provide specific recommendations about what and [how much to feed your cat\(open in new tab\)](#) based on your cat's individual health needs.

### Consider Biological and Environmental Factors

Your cat's diet will largely depend on several biological and environmental factors, including:

- Age and life stage
- Weight
- Activity level

- Indoor vs. outdoor

When it comes to age and life stage, cats are typically divided into three stages: kittens, adults, and seniors. Each stage has its own dietary requirements.

Kittens need special food to replace their mothers' milk, for example, while senior cats may need extra nutrition to support their aging bodies. And pregnant or nursing cats may require two to three times their normal amount of food.

Similarly, underweight cats typically need more food, while overweight cats typically need less food. And more active cats or cats that live outdoors usually need to eat more than their less-active, indoor companions.



## **Check Cat Food Packaging for Details**

After talking with your vet about your cat's diet, the next best thing you can do is check the nutrition label on the food that you choose to feed your cat.

The packaging will contain plenty of nutrition information and provide suggestions about the amount of food to give your cat and the number of times per day to feed them.

Keep in mind that these are starting points and your vet may adjust things based on your cat's health, age, and other factors mentioned above.

## **Focus on Quality Over Quantity**

A great way to give your cat everything they need is to focus on the quality of their food over the quantity. Offer your feline friend cat food made with high-quality ingredients.

Premium foods rich in nutrients (like [SHEBA® GRAVY INDULGENCE™ \(open in new tab\)](#)) provide your cat with the ideal amount of protein, vitamins, and minerals to help keep them happy and healthy.

## **Provide Fresh Water**

When considering what to feed your cat, don't forget to provide fresh water for them to drink. Change their water *at least* once per day and be sure to keep the bowl clean to prevent bacteria growth.

If your cat's water dish is outside where other animals have access and dirt and debris can fall into it, you'll want to change the water more often, usually in the morning and evening when you feed them — and possibly in the middle of the day if you live in a wooded area.

## **Limit Treats**

Along with lots of cuddle time, treats show your cat you love them! But don't rely on treats as the main source of nutrition for your feline friend — they need quality main meal cat food in the appropriate amounts each day.

Limit [treats\(open in new tab\)](#) to once per day, or no more than 10% of their daily calories.

## **Feed for Your Cat's Ideal Body Condition**

Even if you follow your vet's advice exactly and never stray from what it says on the food packaging label, it's a good idea to monitor your cat's weight and consider their ideal body condition.

Some cats are naturally larger, while others stay on the small side their whole lives. In both cases, feed your cat according to their ideal weight for their age and breed.

If your furry companion seems to be losing or gaining too much weight, talk to your vet to find out if you should adjust the amount you feed them each meal or how often you feed them.



## Don't Just Feed Your Cat, Indulge Them!

If you're a cat lover like we are, learning what cats should eat is less about simply feeding them and more about feeding them *well* so you can both indulge in life's moments.

That's why we say don't just feed your cat, indulge them with [SHEBA® GRAVY INDULGENCE™ \(open in new tab\)](#).

GRAVY INDULGENCE™ is available in a variety of delicious flavors:

- [SHEBA® GRAVY INDULGENCE™ Beef\(open in new tab\)](#)
- [SHEBA® GRAVY INDULGENCE™ Beef and Chicken Variety Pack\(open in new tab\)](#)
- [SHEBA® GRAVY INDULGENCE™ Chicken\(open in new tab\)](#)
- [SHEBA® GRAVY INDULGENCE™ Salmon\(open in new tab\)](#)
- [SHEBA® GRAVY INDULGENCE™ Salmon and White Fish Variety Pack\(open in new tab\)](#)
- [SHEBA® GRAVY INDULGENCE™ White Fish\(open in new tab\)](#)

And [SHEBA® GRAVY INDULGENCE™ \(open in new tab\)](#) complete and balanced wet cat food isn't just delicious — it's also nutritious. Our formulas are crafted with essential vitamins and minerals to help support your cat's overall health.

So, if you're wondering what cats eat — or, more specifically, what cats *want* to eat — the answer is [SHEBA® GRAVY INDULGENCE™ \(open in new tab\)](#)!

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