



How Much Wet Food to Feed Your Cat: Proportions & Guidelines

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When feeding your furry feline, you want to give them the right amount of food to maintain a healthy weight and lifestyle. But knowing how much wet food to feed your cat each day can be challenging.

Every cat is different and has unique dietary needs, so there's no one-size-fits-all answer. However, some general guidelines can help you determine the right amount of wet food for your kitty.

We'll walk you through those guidelines and provide tips for monitoring your cat's weight and adjusting their food intake to help keep them healthy and thriving.

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Understanding Your Cat's Nutritional Needs

Before jumping into the amount of wet food your cat needs, let's start by learning more about the nutritional needs of your pet.

Cats are obligate carnivores, so their diet should primarily consist of protein. In the wild, cats eat small prey like rodents and birds. These critters provide them with essential nutrients including protein, fats, and small amounts of vitamins and minerals.

But indoor cats don't hunt for their own food, so it's up to you as their owner to provide them with a balanced, nutritious diet.

When choosing a wet food for your cat, look for one that contains high-quality protein sources like chicken, beef, or fish (they'll love the fish in [SHEBA® PERFECT PORTIONS™ Premium Paté Tender Whitefish & Tuna Entrée!](#)).

Cats also need specific essential vitamins and minerals to keep them healthy. Here are some of the most important:

- **Taurine:** Crucial for heart health, digestion, and eyesight
- **Potassium Chloride:** Helps with proper nerve and muscle function
- **Thiamine (Vitamin B1):** Essential for normal growth and health of the nervous system
- **Zinc:** Aids with wound healing and supports the immune system

When selecting wet cat food, read the label to make sure it contains these key nutrients to ensure your pet gets the nutrients they need for supporting a healthy life.

Why Wet Food?

While dry kibble is a popular choice for many pet owners, your [cat loves wet food](#)([open in new tab](#)) for a reason, and you will, too!

Here are a few benefits of choosing wet food:

- **Hydration:** Most cats don't drink enough water to stay hydrated. Since wet food has a higher moisture content than kibble, it's a simple way to increase your cat's water

intake.

- **Palatability:** Wet food typically has a stronger aroma and richer taste than dry food, making it more appealing for picky eaters.
- **Variety:** Cats can get tired of eating the same thing every day. Wet food provides variety and keeps mealtimes interesting.

To keep your pet happy during mealtime, serve [SHEBA® wet cat food\(open in new tab\)](#). It's like offering them a gourmet meal with the perfect texture and taste.



How Much Wet Food to Feed Your Cat: Factors to Consider

The amount of food your cat needs depends on several factors, such as their:

- Age
- Weight
- Activity level
- Overall health
- Complete diet

Let's look at each in more detail.

Age

[Kittens\(open in new tab\)](#) are actively growing and developing. It takes a lot of energy to support their rapid growth, so they need to eat more frequently than adult cats.

But you can't just feed your baby cat adult food. They have different nutritional needs, and [kitten food\(open in new tab\)](#) is specifically formulated to give them the necessary vitamins and minerals.

As your cat matures, their caloric needs decrease. [Senior cats\(open in new tab\)](#) often benefit from wet food because it's easier to chew and digest. However, since they're typically less active, they'll likely need to eat less than they did when they were younger.

Weight

Being overweight can have negative health consequences for cats. You'll need to monitor their weight and adjust their food intake accordingly.

Pay attention to your cat's body condition and adjust their food amount as needed.

To easily feed your cat just the right amount, try [SHEBA® PERFECT PORTIONS™\(open in new tab\)](#) wet cat food. It's conveniently packaged in individual, right-sized trays so you can just snap, peel, and serve!

Activity Level

Some cats are couch potatoes, while others are constantly on the move and [playing\(open in new tab\)](#). If your cat is highly active and burns a lot of calories throughout the day, they may need more food than a sedentary cat.

Overall Health

Your cat's overall health can also affect their nutritional needs. For example, spaying or neutering your cat affects their metabolism, so you may need to feed them less after surgery.

In addition, cats with certain medical conditions, such as diabetes or kidney disease, may require more frequent feedings or special diets to help manage their conditions. Consult your veterinarian to determine the best feeding plan for your cat's needs.

Complete Diet

Is your cat getting wet food as their primary food source, or are you offering it as a treat or supplement? If wet food is their main diet, follow the general guidelines below.

If you're also offering dry kibble, you'll need to adjust the amount of wet food accordingly. They'll likely need less of each to maintain a healthy weight.

How Much Wet Food to Feed Your Cat: General Guidelines

Before you can customize your cat's diet with the right amount of wet food, you need a general idea of how much they should eat. This will give you a starting point on which to base your adjustments.

Typically, a healthy adult cat needs [25 calories a day per pound of body weight](#)([open in new tab](#)). If your cat is 8 pounds, that equals 200 calories daily. If they're 10 pounds, that's 250 calories.

But since each variety of cat food is different, check the label on your cat's wet food for feeding guidelines.

Here are some examples from SHEBA® wet cat food:

- [SHEBA® GRAVY INDULGENCE™ BEEF\(open in new tab\)](#): Feed adult cats 5-6 portions per 5 pounds of body weight daily
- [SHEBA® Kitten Paté — Chicken\(open in new tab\)](#): Feed a kitten 4-7 servings daily. Adjust to maintain ideal body condition.

Adjusting Portions Based on Your Cat's Needs

Once you have a baseline for how much wet food your cat should eat daily, try feeding them that amount for a few weeks while you monitor their weight and body condition.

Here are some signs that your cat may be overeating and may need smaller portions:

- Excessive weight gain
- Decreased activity level
- Difficulty feeling their ribs
- They have difficulty with grooming

On the other hand, here are some signs that your cat may need to eat more food with each meal:

- Noticeable weight loss
- Visible ribs or bones
- Lack of energy

If you notice any of these signs, adjust your cat's portions accordingly. Meeting with your veterinarian for personalized feeding recommendations can also be helpful.

Cat Feeding Tips

Create Regular Mealtimes

Cats thrive on routine, so get in the habit of feeding them around the same time each day. Offer their food in a quiet location that's free from distractions. This will help keep them calm and focused on their meal.

Offer Fresh Water

Cats should always have access to fresh water. Change it daily, and keep an eye on how much they drink to ensure they stay hydrated.

Avoid Table Scraps

While sharing some of your food with your feline may be tempting, many human foods can harm cats and cause sickness.

Stick to feeding them cat food that's complete and balanced. Your cat will thank you!



Tickle Your Cat's Tastebuds with SHEBA® Wet Cat Food

Knowing how much wet food to feed your cat each day can take a bit of trial and error. You'll want to monitor their body condition and adjust their portions accordingly.

Choose high-quality wet cat food, like SHEBA® Premium Cat Food, to ensure every bite your cat takes is packed with essential nutrients and delicious flavor. They'll keep coming back for more!

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It goes without saying that your cat wants only the best ingredients in their wet food in juuuuust the right amounts. Delicious. Nutritious. More, please. Cats can't read labels, but you can. Let's peruse the main ingredients we've stocked in the SHEBA® brand pantry — and learn why you should offer them to your cat.

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