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Cat Diet: Essential Nutrients Your Cat Needs

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Cat diets are a crucial aspect of pet care. Your feline friend needs the right balance of nutrients to maintain their health and energy levels. But exactly which nutrients does your cat need? And how can you ensure they're getting the right amount of each?

In this article, we'll explore the essential nutrients your cat needs to thrive and discuss how to incorporate them into their diet.

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## Cat Diets: Essential Nutrients

Cats are obligate carnivores. That simply means they need a diet high in protein and fat to thrive. However, those aren't the only nutrients they require. A well-rounded cat diet should also include the right amount of vitamins, minerals, and fiber.

Let's look more closely at each key nutrient your cat should be consuming.

### Protein

Protein is the most crucial part of your cat's diet, but not just any protein will do. They need high-quality animal protein to thrive, as their bodies can't process plant-based proteins or filler ingredients efficiently.

Your cat uses protein to:

- Build and repair tissues
- Maintain a healthy immune system

- Provide energy for daily activities and [playtime\(open in new tab\)](#)
- Grow a luxurious coat
- Keep their skin healthy

Without this essential macronutrient, your cat may experience muscle loss, weakness, and even heart problems.

### **The Best Protein Sources for Your Cat's Diet**

Since your cat can't read the labels on their cat food, it's important that you do. Look for foods that list a specific protein source — such as chicken, beef, or salmon.

[SHEBA®\(open in new tab\)](#) is an excellent choice since it uses high-quality [premium ingredients\(open in new tab\)](#). Your cat will love our wet cat food because it stars natural protein like:

- Salmon
- Chicken
- Roasted turkey
- Whitefish
- Tuna

It's what cats want!

## **How Much Protein Do Cats Need?**

As we've mentioned, cats require a high amount of protein in their diet. The exact amount depends on several factors, such as their age, weight, and activity level.

According to the Association of [American Feed Control Officials \(AAFCO\)\(open in new tab\)](#), kittens and pregnant cats need at least 30% protein in their daily diet, while adult cats should have a minimum of 26% protein.

However, these are just guidelines. It's best to consult your veterinarian to determine the right amount of protein for your cat based on their unique characteristics.

## **Fats**

While you may worry that feeding your cat food with fat will make them gain weight, fat is an important part of their diet. This macronutrient provides energy and helps with the absorption of fat-soluble vitamins.

But not all fats are equal. You don't want to feed your cat food high in unhealthy saturated fats. Instead, look for foods with healthy fats, such as Omega-3 fatty acids, which can help improve your cat's skin and coat health.

Some common sources of healthy fats in cat food include:

- Fish oil

- Flaxseed
- Sunflower oil



## **Fiber**

Fiber is another critical component of your cat's diet. It helps regulate digestion and keeps your pet feeling full.

As we noted earlier, cats are obligate carnivores, meaning they don't need a lot of grains or other carbohydrates to survive, but a small amount of fiber can be beneficial.

Look for cat food containing natural sources of fiber, such as:

- Carrots, beans, or other vegetables
- Guar gum
- Cellulose

## **Vitamins and Minerals**

Cat diets aren't complete without vitamins and minerals. These essential nutrients keep your furry feline healthy and support their body functions.

A quality cat food will include vitamins and minerals such as:

- Vitamin A: Supports vision and immune system health

- Vitamin B: Plays a role in metabolism and energy production
- Vitamin D: Helps with bone development and calcium absorption
- Vitamin E: Is an antioxidant and helps with the immune system
- Calcium: Helps keep your cat's teeth and bones strong and healthy
- Phosphorus: Helps with bone health
- Zinc: Keeps the muscles, heart, and liver functioning well

If you're buying [kitten food\(open in new tab\)](#), make sure it also includes:

- DHA (Docosahexaenoic Acid): An Omega-3 fatty acid that supports brain and eye development



## Cat Diets: What to Feed Your Cat

Now that you know what to look for in your kitty's food, you may be wondering which cat diets are the best.

You have three main options:

- Wet cat food: Also known as canned or moist cat food, this diet contains higher water levels, and cats love the delectable, meaty texture!

- Dry cat food: Also known as kibble, this cat food has a lower moisture content. It's also harder for cats to chew but can be beneficial for their oral health.
- A mixed diet: Some pet parents opt for a mix of wet and dry cat food.

Whatever you decide to feed your cat, it's important to choose a cat food designed for their life stage. If you have a kitten, pick up [kitten food\(open in new tab\)](#) for them to eat until they're between 10 and 12 months old. Then you can switch to an adult variety.

Check out our [SHEBA® PERFECT PORTIONS™ line\(open in new tab\)](#) if you want wet cat food. It's packed in perfectly portioned trays, making it convenient to serve.

At the SHEBA® brand, we use premium ingredients that your cat will devour and leave out all the artificial flavors and fillers they don't need.

## Treats

Some pet parents like giving their cats treats as a special reward or for [training\(open in new tab\)](#) purposes. While there's nothing wrong with an occasional treat, be mindful of how many you give your cat. Treats shouldn't make up more than 10% of their daily caloric intake.

Opt for treats made from high-quality ingredients, like [SHEBA® CAT TREATS Meaty Tender Sticks\(open in new tab\)](#). These once-daily treats are individually wrapped to maintain freshness.

## Cat Feeding Tips

Meowzers, that was a quick rundown on cat diets! Before your cat gets too hungry from staring at all the delicious cat food on the screen, here are a few final cat-feeding tips to remember.

## Watch Portion Sizes

Overfeeding your cat can lead to weight gain and other problems. Follow the recommended serving size on the food labels, and adjust your offered amount if you notice weight gain or loss.

If you're not sure how much to feed your cat, this article will help: [How Much Should You Feed Your Cat?\(open in new tab\)](#)

## Keep Them Hydrated

Fresh water is a staple in all cat diets. Always have a bowl of clean water available for your cat. If you notice they're not drinking enough, consider investing in a pet water fountain to encourage your cat to drink more.



## Be Mindful of Changes

Suddenly switching from one type of cat food to another may leave your cat feeling sick with stomach cramps and diarrhea. If you need to change, slowly transition them over a week by gradually mixing in the new food with the old.

This method gives their digestive system time to adjust. It also lets you watch your cat's reaction to the new food. You can stop the transition process and speak to your vet for advice if they have a bad reaction or allergic symptoms.

## Stay Consistent

Cats love a consistent routine almost as much as they love SHEBA® wet cat food. To keep them happy, try to feed them in the same place every day, around the same time.

Their feeding spot should be out of the way so they have fewer distractions. Your cat will appreciate the peace while they eat.



When setting your feeding schedule, plan to offer adult cats two meals daily. Kittens will need to eat more frequently.

## Keep Your Cat Healthy and Happy with the SHEBA® Brand

The cat diets and tips described in this guide will help you keep your feline satisfied at mealtime. And a well-fed cat is a happy cat!

So stock up on [SHEBA® PERFECT PORTIONS™ \(open in new tab\)](#) wet cat food today and watch your kitty purr with delight! They'll thank you with love and snuggles.

## More Articles Like This



### [What Do Cats Eat? | Feeding Guide for Pet Owners](#)

What do cats eat? We've got answers! Learn what, when, and how to feed your feline friend to help keep them happy and living their best life.

[EXPLORE](#)



### [A Guide To The Premium Ingredients In Sheba® Cat Food](#)

It goes without saying that your cat wants only the best ingredients in their wet food in juuuust 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.

[EXPLORE](#)



### [9 Weird Eating Habits In Cats — And What To Do About Them](#)

Every person with a cat has experienced this moment: Your cat lets you know it's time to eat, and they stroll to their typical dining spot and wait to be served. You happily oblige, yet you're a bit nervous as you anxiously watch your cat, hoping for their approval.

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## **Kitten Development Milestones by Weeks & Months**

Learn about kitten milestones, what to expect at each age, and how your new feline friend will develop week by week and month by month.

### **EXPLORE**

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