

# High Protein / Low Carbohydrate Cat Foods

Used: - as part of a weight loss program for cats

- as alternative foods to diabetes therapeutic diets when the patient refuses to eat the recommended diets

By Dr. Craig Piepkorn

## High Protein / Low Carbohydrate Diets

Cats are obligate or true carnivores, unlike dogs and humans, who are omnivores. Cats have higher metabolic needs for protein in their diets than do omnivores.

There are exceptions, but as a general rule, dry or kibbled cat foods, tend to be higher in carbohydrates and lower in protein. Also, as a general rule, canned cat foods, tend to be higher in protein and lower in carbohydrates when compared to dry foods.

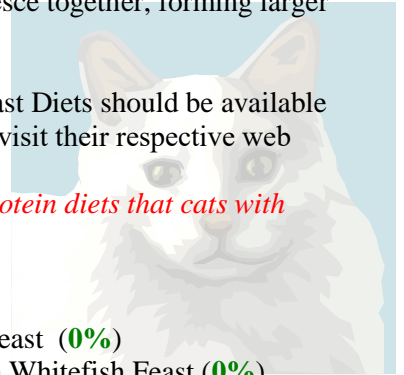
For cats that need to lose weight, we know they feel more satisfied for longer periods, when they are on high protein diets.

### “All Cats – All Canned Food – Always”

Dr. Craig is a believer that all cats should eat a canned food all the time. He believes that canned food simulates better what the ancestral cat used to eat (rodents and birds) in that a canned food is approximately 80% water. This water consumption forces a cat to produce a more dilute urine, than if he/she were eating a dry, or kibbled diet (which is about 0% water). A more dilute urine goes a long ways in establishing good urinary tract health, because microscopic crystals and precipitates are more likely to simply get urinated out. A more concentrated urine would encourage the crystals and precipitates to come into contact with each other more often, having the coalesce together, forming larger and larger crystals, until eventually they are large enough to be called bladder “stones”.

Some canned high protein / low carbohydrates foods that we recommend. The Fancy Feast Diets should be available in most grocery stores. To find a retailer for the EVO and Nature’s Variety foods, please visit their respective web sites.

*Diets listed in red ink, can be eaten by any cat, including diabetic cats, but are the new protein diets that cats with ‘Inflammatory Bowel Disease’ are limited to.*



### Canned Fancy Feast Diets: (% carbs, lower the better)

Classic Chicken Feast (7%)  
Classic Chopped Grill Feast (5%)  
Classic Salmon and Shrimp Feast (9%)  
Classic Savory Salmon Feast (9%)  
Classic Seafood Feast (9%)  
Classic Tender Beef and Chicken Feast (5%)  
Classic Tender Beef and Liver Feast (7%)  
Classic Tender Beef Feast (9%)  
Classic Tender Liver and Chicken Feast (7%)  
Classic Turkey and Giblets Feast (7%)  
Flaked Chicken and Tuna Feast (0%)

Flaked Fish and Shrimp Feast (0%)  
Flaked Salmon and Ocean Whitefish Feast (0%)  
Flaked Trout Feast (0%)  
Flaked Tuna & Mackerel Feast (0%)  
Flaked Tuna Feast (0%)  
Chunky Chicken Feast (9%)  
Chunky Turkey Feast (9%)  
Whiskas Purrfectly Fish 3x w/ Snapper (0%)  
Whiskas Purrfectly Fish 4x w/ Salmon (8%)  
Whiskas Purrfectly Fish 3x w/ Shrimp (0%)

### Canned Kitten Fancy Feast Diets: (% carbs, lower the better)

Kitten Tender Turkey Feast (0%)  
Kitten Tender Ocean Whitefish Feast (5%)

### Canned Friskies Diets: (% carbs, lower the better)

Classic Seafood Entrée (6%)  
Country Style Dinner (7%)  
Fine Cuts with Chicken and Gravy (9%)  
Flaked with Tuna in Sauce (9%)  
Mariner’s Catch (7%)  
Mixed Grill (8%)  
Poultry Platter (7%)  
Senior Savory Salmon Dinner in Sauce (9%)  
Senior Savory Beef Dinner in Gravy (9%)  
Special Diet Beef and Chicken Entrée (4%)  
Special Diet Ocean Whitefish Dinner (3%)

## EVO canned cat foods

[www.evopet.com](http://www.evopet.com)

95% Duck Canned Cat

95% Venison Canned Cat

95% Beef Canned Cat

Chicken and Turkey Canned Cat

## Nature's Variety canned cat foods

[www.naturesvariety.com](http://www.naturesvariety.com)

Instinct Chicken Formula

Instinct Beef Formula

Instinct Duck Formula

Instinct Rabbit Formula



For additional potential diets to feed your diabetic cat there web site that has many of the foods nutritional analysis present.

<http://binkyspage.tripod.com/CanFoodNew.html>

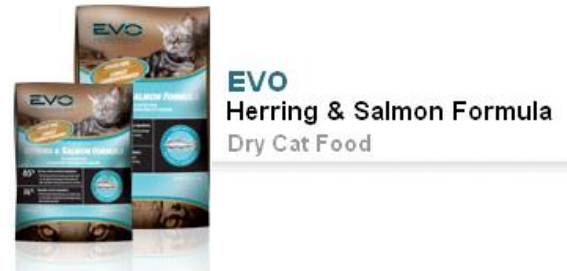
As you view this web site, the parameters to remember are: high protein % and low carbohydrate % (prefer to be 10% or less carbohydrates). Also, if some fiber is present, that is beneficial.

I prefer to use fish, tuna, salmon based foods as a treat, to use once or twice per week. The chicken, beef, liver, or turkey based diets that meet or exceed my recommended parameters are

preferred for daily nutritional needs.

### **Finicky About Canned Food?**

But if your cat is so finicky, that it refuses to eat a recommended canned food (see above discussion), then so be it. If you have an overweight or diabetic cat and it will only eat a dry food, then Dr. Craig recommends EVO Herring and Salmon Dry food (preferred) or EVO Turkey and Chicken Cat and Kitten food. These diets are about 50% protein and 10% carbohydrate.



The Purina feline dry DM diet is about 16% carbohydrates so I do not recommend for diabetic cats.

### **To Calculate The Approximate Percent Of The Carbohydrate In A Food**

Our goal is to keep the approximate weight of the carbohydrates in a cat's food to be 10% or less. For any canned feline cat food, which gives you the guaranteed analysis, here is how to calculate the value.

To calculate the approximate weight of the carbohydrate in a food, add up the values for moisture, protein, fat, fiber, and ash and subtract this value from 100%. Here is an example from the PetGuard website for their Organic Chicken and Vegetable Entree:

#### **GUARANTEED ANALYSIS:**

Crude Protein 9.0% Min

Crude Fat 7.0% Min

Crude Fiber 1.0% Max

Moisture 78.0% Max

Ash 2.3% Max

If we add up the above percentages, and then subtract this value from 100%, we come up with a rough idea of the carbohydrate content of this food: 3%.

But we are not finished yet. The value of 3% needs to be converted to a 'dry matter basis' (DMB) for accuracy. This calculation takes the water component out of the equation and then allows values for canned and dry foods to be comparable.

For the DMB value, we see that there is 78% water in this food. Subtract 78% from 100% and that leaves 22% as dry matter. If we take our 3% and divide it by 22% we come up with 14% carbohydrates (by weight) on a dry matter basis.

Sincerely,

Dr. Craig Piepkorn, DVM