

Nutrition: A Key to Lifelong Health

Proper nutrition is one of the most important parts of keeping your cat healthy and happy. Cats are obligate carnivores, which means they require nutrients found primarily in animal proteins to thrive. A well-balanced diet supports strong muscles, healthy skin and coat, a robust immune system, and overall vitality.



What Makes a Healthy Cat Diet?

- **High-quality protein** – Essential for energy, growth, and muscle maintenance.
- **Taurine** – A critical amino acid only found in animal protein; necessary for heart, vision, and reproductive health.
- **Balanced vitamins and minerals** – Support bone strength, metabolism, and immune function.
- **Proper hydration** – Cats naturally have a low thirst drive, so wet food or access to fresh water is important.
- **Controlled calories** – Prevents obesity, which can lead to diabetes, arthritis, and other health problems.



Common Nutrition Considerations

- **Kittens** need diets rich in protein and fat to support rapid growth.
- **Adult cats** require balanced nutrition to maintain health and energy.
- **Senior cats** may benefit from diets that support kidney health, joint function, and easier digestion.
- **Special needs diets** may be recommended for cats with medical conditions such as urinary tract issues, allergies, or weight management needs.



Why Veterinary Guidance Matters

 *Not all pet foods are created equal. Our veterinary team can help you choose the right diet for your cat based on their age, health, and lifestyle. We can also recommend prescription or therapeutic diets when needed.*

Tip: Avoid feeding cats dog food, home-cooked meals without veterinary guidance, or an unbalanced raw diet. These can lead to serious nutrient deficiencies.