

# What to Look for in a Good Cat Food Recipe



Our pets are like our babies, so when we become kitty parents, we ought to be as hands-on with their health as we would with our offspring. It's important to know what is considered a healthy, nutritious diet to ensure our feline friends don't lack proper nutrients. However, it isn't always easy to identify what the cat food labels mean and whether the ingredients consist of chemicals. You also don't want to confuse the quality of human diets with cat diets. That's why we have made it simple for you with a detailed guide on what to look for in a good cat food recipe because your purr-fect pet deserves the best.

## Specific Fat Sources

Animal fat and vegetable fat are both very good for your cat. Some people may want to steer clear of fat in their diets; however, fat is necessary for a cat's meal plan as it is vital for their health. It's important to understand what fatty acids you are providing your pet with. For instance, look for labels with specific fats such as chicken fat and sunflower oil, among other oils in premium food. Moreover, nutritional listings that include omega-3 or omega-6 fatty acids are highly recommended for your feline.

## Multiple Sources of Protein

The most important ingredient in any quality cat food is protein. However, some labels restrict this vital information by simply printing 'meat' on the packaging. You can't ascertain your pets' overall diet quality if you aren't aware of what type of protein they're getting. You could be missing out on essential nutrients as your kitty needs a wide range of protein in the form of

salmon, chicken, turkey, lamb, etc. For utmost certainty that they are getting various protein sources, look for specific organs in labels, such as chicken liver or heart that are rich in taurine.

It's important to know what type of healthy foundation to provide your pet according to their needs. That's why the folks [at Petsumer.com](https://www.petsumer.com) adamantly explain to cat owners that cats are carnivores and require protein in their daily diet, and they lack the enzyme needed to break down the fiber in plant-based diets. Hydrolyzed protein foods are great to give your fluff ball because they have a short digestive system. Invariably, always compare the different popular brands to ensure your pet is getting quality meals.

## Limited Carbohydrates

As mentioned above, cats are strictly carnivores, meaning that they do not subsist on primarily vegetable or carb-centric diets. In other words, make sure that your pet's diet's main component is animal meat protein to avoid your cat becoming deficient. However, you can look for diet fillers, which are a limited amount of carbohydrates in their food.

You want to be diligent in your search for the right carbohydrates by monitoring your pet closely as you introduce them. Some carbs can trigger allergic reactions, so make sure you identify what carb content in the food was the culprit. Many cats are allergic to wheat and do not need grains in their meals. Corn is typically used as a dietary filler, and some cats' bodies don't react well to it. What you can do instead is use canned food and limit dry food to an occasional treat. The carbs you can consider on food labels are peas, sweet potato, potato starch, etc. These aren't harmful to your kitty, but in any case, ensure that their diet is centered on animal protein and only use carbs as a light filler.

## Vitamins and Minerals

The best vitamins and minerals to consider for your feline friend are vitamins C and E. They are often included as preservatives in cat food with the addition of other healthy minerals. You won't need to worry too much about providing your cat with the necessary multivitamins and minerals since nearly all cat food contains them to boost your kitty's immune system and maintain their joints, eyes, brain, and liver health.

## Amino Acid: Taurine

This is the most important amino acid to provide your cat, especially when they are just a kitten. Taurine is very beneficial for their health and vital for their heart, vision, and reproduction performance. Without taurine, cats will suffer tremendously from cardiac problems and could go blind. That's why a meaty diet is absolutely necessary, as it's the only way your kitty gets plenty of sources of taurine.



We are not kitting around when it comes to our fur baby's health, and neither should you. Use this guide to ensure your pet is paws-itively safe, happy, and healthy with the right nutrients to ensure they can actively get up to their old cat tricks. Always research the food labels to ensure they focus on specific animal proteins and include amino acids and omega-3 fatty acids.