

# ***Welcome to my e-book "How I Feed My Cat Sophie"***

Hello everyone!

I created this e-book to help cat owners that are struggling in finding the best diet for their cats. In my article of cat foods reviews I received so many questions that I decided it was better to share with you how I currently feed my own cat and that way you can do the same for yours or at least to have an idea of how it works.



I need to clarify that I am not a Vet or anything like that, I am just a long term cat owner and someone that has investigated cat foods for a while. Right now I am simply sharing with you what works for my cat.

## **👉 KEEP IN MIND :**

Cats' bodies have different responses to the same cat food. Some cats have more sensitivities according to age, breed, or just because their bodies are more sensitive than other cats, just as we as human have more sensitivities when eating certain foods. So in general terms, what is working currently for my cat, may not work for yours. This e-book intends to orientate cat owners in a simplistic way.

With that said and before going to the meat of this e-book I need to mention 3 CRUCIAL factors when it comes to feeding your cat. These factors will determinate if the diet you are planning for your cat will work or will make him sick.

## ***WHAT TO DO BEFORE CHOOSING THE FORMULAS:***

👉 **If your cat is overweight or underweight**, set a healthy goal that will define the daily food intake. If you want your cat to lose weight, it needs to lose 2% of its weight per week, no more. If your cat's current weight is healthy, great!

👉 **Increase your cat's water intake.** When switching to healthy formulas your cat needs more hydration. There are cat fountains that help cats to drink more water. It's very important to keep the water clean and fresh at all times.

👉 **Daily activity.** This is very important to avoid your cat getting overweight due to the increase of proteins. Also, most cats eat more due to boredom.

## ABOUT MY CAT SOPHIE

Sophie is a mixed breed cat but she has a lot of Burmese in her. Currently she is 2 years old and weighs 9.5 pounds.

I thought I would tell you a little bit about her story. I got my cat from a shelter, she was a kitten, very afraid, skinny, with ear mites and a respiratory infection. With lots of love, care and visits to the Vet she got better. Since I got her I promised she would be the healthiest cat I could make her be. And I came up with this diet that has worked really good for her and it maintains her weight. Let's start:



## **SOPHIE'S FEEDING PLAN**

### **Amount of Food & Proportions:**

Dry Food: ½ cup per day

Wet Food: 1.5 Oz per day

Consequently, the proportion is 62% dry food and 38% wet food. I have been adjusting this proportion overtime until I got the best for my cat. I can afford her to eat a bigger amount of dry food since she likes to drink water, otherwise, I couldn't do it. If your cat doesn't drink too much water you want to increase the proportion of wet food to 50%, 60% or even 70% (for male cats it's better to keep wet food intake with a minimum proportion of 50%).

### **How Many Meals per Day:**

I feed my cat 3 times a day and 2 snacks in between. This is her schedule:

1 Meal: 7 am - ¼ cup dry food.

Snack: 11 am - 1 Tbsp dry food

2 Meal: 3 pm – 1.5 Oz wet food

Snack: 7 pm – 1 Tbsp dry food

3 Meal: 11 pm – The rest of dry food



This schedule is completely adjustable to your hours, I am sharing what accommodates the best for me. My cat seems happy with this feeding schedule.

I must mention that Sophie is not a food-driven cat but I still control her food intake with an automatic cat feeder. I advise you to do the same and get a [cat-proof auto feeder](#) (you will free yourself from this feeding schedule).

### What Dry Food:

After trying several brands, I opted for Petcurean Go Chicken Turkey+Duck Recipe, Grain Free formula. The 5 first ingredients are: *Chicken Meal, de-boned chicken, de-boned turkey, duck meal, turkey meal*. It provides 48% of proteins which is a good amount.

When feeding this food as I said previously, you MUST increase the amount of water your cat drinks, even if you keep the 50% dry food 50% wet food proportion.



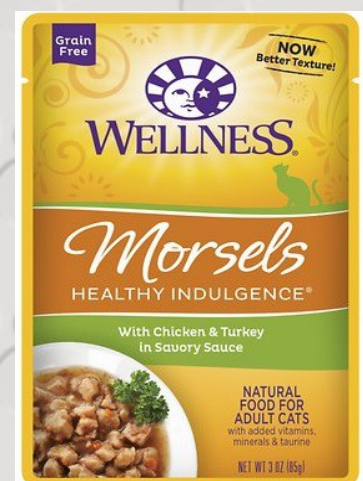
Petcurean dry food has kept my cat at a healthy weight and so far she has been cleared every visit to the Vet. No digestive issues at all. Her fur is shinny, she is active, playful and happy. Her feces are normal and she doesn't experience constipation at all.

### What Wet Food:

I feed my cat Wellness Healthy Indulgence Morsels with Chicken & Turkey in savory sauce. My cat loves it!

### Why do I choose this formula?

There are other good recipes such as Bravo or Nature's Instincts but they are too expensive. Other factor is that some of the recipes of good brands have meat liver as 2<sup>nd</sup> or 3<sup>rd</sup> ingredient and I don't like that idea because too much liver is not good for cats. Another common ingredient is animal heart as 3<sup>rd</sup> or 4<sup>th</sup> ingredient on the list and I really prefer feeding my cat meat muscles rather than organs. That's why I like this formula, is not that expensive and it has a good balance.



The 5 first ingredients are: *Chicken Broth, Water Sufficient for Processing, Chicken, Turkey, potato starch*. As you see, this recipe contains mostly water, bits of chicken and turkey and not liver or organs, which is what I am looking for in wet canned food. This particular Wellness formula contains potato starch as the 5<sup>th</sup> ingredient. I must recognize I am not a fan of potato starch, but it's further down on the list so it's a small proportion, the formula is mostly chicken and turkey. This recipe contains vitamins, minerals, taurine and the most important, it doesn't contain carrageenan, meat by-products, corn, wheat, soy or artificial preservatives, colors or flavors.

It comes in pouches of 3 oz so I feed my cat about 1/2 of it and the rest goes to the refrigerator.

### What About Treats?

I don't usually give my cat treats. Only when I need to clean her ears or cut her claws. And I give her 2 no more.

I don't like treats very much because they are made from meat by-products and I don't like that idea. I feed her Temptations chicken or tuna.

### Final Recommendations

If you feed your cat too much of the same type of proteins, let's say chicken, there is a chance of your feline friend to develop allergy to that protein. To avoid this, try to change the protein of your cat foods, I change my cat's food every 3 months, I feed her dry food for 3 months and then I switch to the new one for 2 months, then 3 months of the initial, and so on.

**The second dry food** I feed her when I switched is Petcurean Go Sensitivity+Shine Limited Ingredient Diet, Duck Recipe. This formula is grain free and gluten free.

The first 5 ingredients are: *De-boned duck, duck meal, whole dried eggs, peas, pea flour*. I recognize this cat food makes my cat a little chubbier than the first one (due to the peas), but it is a good cat food with limited ingredients to change the proteins type for a couple of months. I play more with my cat while feeding her this cat food.

Currently I am feeding her with this one (switching proteins for 2 months).



**The second wet food** I feed my cat when I switch proteins is Wellness Healthy Indulgence Morsels with Turkey & Duck in Savory Sauce. The first 5 ingredients of this recipe, are: *Chicken broth, water sufficient for processing, chicken, turkey, duck*. This formula has duck instead potato starch on the 5<sup>th</sup> ingredient and bits of turkey & duck instead bits of chicken & turkey. There is still chicken with this formula but as the amount of dry food I feed my cat is bigger in proportion (duck meat with dry food in this case) is not a problem. This wet food also comes in pouches of 3 Oz. I am currently feeding my cat this wet food (protein switching period of 2 months). Above you see the picture I took for you.



I hope you liked this e-book and I could help you to have a better idea how to feed your feline friend. Consider my cat's weight to manage the food intake of your cat based on your goals for its weight.

See you soon!

*Lorena Avila*

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