

how to lose weight for cats

Understanding How to Lose Weight for Cats: A Comprehensive Guide

how to lose weight for cats is a critical concern for many pet parents, as feline obesity is a growing health epidemic with significant consequences. Excess weight in cats can lead to a host of serious medical issues, including diabetes, arthritis, heart disease, and reduced lifespan. Fortunately, with the right approach, most cats can achieve a healthy weight and enjoy a longer, happier life. This comprehensive guide will delve into the essential strategies and considerations for helping your feline companion shed those extra pounds safely and effectively. We will explore understanding your cat's ideal weight, the crucial role of diet and portion control, implementing effective exercise routines, recognizing signs of underlying health issues, and the importance of veterinary consultation.

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Understanding Your Cat's Ideal Weight

Determining your cat's ideal weight is the foundational step in any successful weight loss journey. Unlike humans, cats don't always have easily identifiable body mass indexes (BMIs) that are universally applied. Instead, veterinarians typically assess a cat's body condition score (BCS) on a scale of 1 to 9, where a score of 4 or 5 is considered ideal. This involves a physical examination, feeling the rib cage, and observing the waistline from above and the abdominal tuck from the side. A healthy cat should have palpable ribs with a thin layer of fat covering them, a discernible waist, and no excess fat deposits around the abdomen or base of the tail.

Overweight cats often have difficulty feeling their ribs, a rounded abdomen that obscures their waist, and visible fat pads. Underweight cats, conversely, will have very prominent ribs, a sharply defined waist, and little to no visible body fat. It is crucial to consult your veterinarian to get an accurate assessment of your cat's current BCS and to establish a target weight range. They can provide a professional opinion based on your cat's breed, age, and overall health status. This initial consultation sets the stage for a realistic and achievable weight loss plan tailored to your specific pet's needs.

The Pillars of Feline Weight Loss: Diet and Nutrition

Diet and nutrition are undeniably the cornerstones of any effective feline weight loss program. Cats are obligate carnivores, meaning their dietary needs are specific and centered around protein. When considering how to lose weight for cats, a common misconception is that simply reducing the amount of food will suffice. However, this can lead to nutrient deficiencies and muscle loss if not done correctly. The focus must be on the quality and quantity of calories consumed, ensuring that the cat receives adequate nutrients while being in a calorie deficit.

Understanding the caloric needs of your cat is paramount. A general guideline for weight loss is to feed approximately 20-25 calories per pound of ideal body weight per day. However, this is a broad estimate, and individual needs can vary significantly based on age, activity level, metabolism, and any underlying health conditions. Therefore, working with your veterinarian to calculate the precise caloric intake for your cat is essential. They can help determine the appropriate daily calorie target to facilitate gradual and safe weight loss.

Revolutionizing Your Cat's Diet: The Right Food Choices

The type of food you feed your cat plays a significant role in their weight management. Many commercially available cat foods, especially those designed for indoor or adult cats, can be calorie-dense and may not be optimal for weight loss. When selecting a food for a cat needing to lose weight, prioritize options that are high in protein and fiber, and lower in carbohydrates and fat. High-protein diets help cats feel fuller for longer, preserve muscle mass during weight loss, and are essential for their carnivorous physiology.

Veterinary-prescribed therapeutic diets are often the most effective choice for feline weight loss. These diets are specifically formulated with controlled calorie counts, reduced fat, and increased protein and fiber content to support safe and healthy weight reduction. They also contain essential nutrients in the correct proportions to prevent deficiencies. While these diets can be more expensive, their targeted formulation and the potential to improve your cat's health significantly can make them a worthwhile investment. If a therapeutic diet is not immediately feasible, look for high-quality commercial cat foods that meet the criteria of high protein, moderate fat, and low carbohydrates, and always discuss your choices with your veterinarian.

Mastering Portion Control for Cat Weight Loss

Portion control is a critical component of any successful weight loss plan for cats. Even with the best quality food, overfeeding will prevent weight loss. The key is to accurately measure the amount of food given at each meal. Free-feeding, where dry food is left out all day, makes it impossible to

control intake and is a common contributor to feline obesity. Instead, establish a consistent feeding schedule, typically two to three meals per day, and strictly measure each portion.

Using a digital kitchen scale is the most accurate way to measure cat food. Scoops can vary in size, and even slight overestimations can lead to excess calorie consumption over time. Follow the feeding guidelines on the food packaging as a starting point, but remember that these are often designed for maintenance, not weight loss. Your veterinarian will help you determine the exact amount of food your cat needs daily based on their target weight and the caloric density of the food. Divide this total daily amount into the appropriate number of meals. Avoid the temptation to give extra treats, as these can significantly contribute to daily caloric intake and derail weight loss efforts. If treats are a must, choose low-calorie options and factor them into the overall daily calorie count.

The Essential Role of Exercise in Feline Weight Management

While diet is paramount, exercise is equally crucial for helping cats lose weight and maintaining a healthy lifestyle. Sedentary cats are more prone to obesity and the associated health problems. Increasing your cat's activity levels helps burn calories, improves muscle tone, and stimulates their metabolism. It also provides mental stimulation, which is vital for overall feline well-being and can help prevent boredom-related overeating.

Creating an environment that encourages movement is key. This might involve adapting your home to make it more stimulating and interactive for your cat. The goal is to increase their daily calorie expenditure through natural behaviors like hunting, climbing, and playing. This can be achieved through a combination of active play sessions and environmental enrichment that prompts natural instincts. Even small increases in activity can make a significant difference over time when combined with appropriate dietary changes.

Creating an Engaging Play Routine

Regular interactive play sessions are one of the most effective ways to get your cat moving and burning calories. Cats are natural hunters, and mimicking this predatory behavior during playtime can be highly engaging and beneficial for weight loss. Dedicate at least 15-20 minutes of active playtime with your cat each day, split into multiple shorter sessions if necessary. The goal is to simulate a hunt, complete with stalking, pouncing, and catching.

Utilize toys that mimic prey, such as feather wands, laser pointers (used responsibly to avoid frustration), crinkle balls, or small stuffed mice. Move the toys in a way that encourages your cat to chase, jump, and stalk. Allow them to "catch" the toy periodically to provide a sense of accomplishment. Vary the types of toys and play styles to keep your cat interested and prevent boredom. For cats who are less motivated by traditional toys, puzzle feeders can be an excellent way to encourage physical and mental activity as they work to get their food. This makes mealtime a more engaging and calorie-burning experience.

Addressing Environmental Enrichment for Active Cats

Beyond direct play, enriching your cat's environment can encourage more natural movement and calorie expenditure throughout the day. This involves providing opportunities for climbing, exploring, and mental stimulation that naturally lead to increased physical activity. Cat trees, shelves, and window perches allow cats to climb and survey their territory, fulfilling their innate need to be in elevated positions. These structures can also serve as exercise equipment, encouraging them to ascend and descend throughout the day.

Consider introducing puzzle toys that dispense treats or kibble as your cat manipulates them. This not only provides mental stimulation but also requires physical effort to obtain the reward, slowing down eating and increasing calorie burn. Rotating toys regularly can also help maintain interest and prevent boredom. Hiding small portions of their daily kibble in different locations around the house can encourage your cat to "hunt" for their meals, leading to increased movement and exploration. The more opportunities your cat has to engage their natural instincts for movement and exploration, the more likely they are to burn calories and contribute to their weight loss goals.

When to Suspect Underlying Health Issues

While dietary changes and increased exercise are the primary strategies for feline weight loss, it's crucial to acknowledge that sometimes, weight gain or difficulty losing weight can be indicative of underlying medical conditions. Conditions like hypothyroidism (though rare in cats, it can occur), Cushing's disease, or even certain metabolic disorders can affect a cat's weight and metabolism. Similarly, pain from conditions like arthritis can make a cat less active, leading to weight gain.

If your cat has gained weight rapidly or is struggling to lose weight despite consistent efforts with diet and exercise, it's essential to rule out any medical causes. Your veterinarian will perform a thorough physical examination and may recommend diagnostic tests, such as blood work, to assess your cat's overall health and identify any potential health issues that could be contributing to their weight problem. Addressing these underlying conditions is paramount for successful and sustainable weight management.

The Importance of Regular Veterinary Check-ups

Regular veterinary check-ups are non-negotiable when embarking on a weight loss journey for your cat. Your veterinarian is your most valuable partner in this process. They can provide accurate diagnostics, personalized recommendations, and ongoing monitoring to ensure your cat's safety and well-being. The initial visit is critical for establishing a baseline, assessing body condition, and setting realistic goals.

During follow-up appointments, your vet will monitor your cat's weight loss progress, check their body condition score, and assess for any potential

health complications that might arise during the process. They can also adjust the diet plan, caloric intake, or exercise recommendations as needed. This collaborative approach ensures that the weight loss is gradual, healthy, and sustainable, minimizing the risks associated with rapid weight reduction, such as hepatic lipidosis (fatty liver disease).

Monitoring Progress and Adjusting the Plan

Consistent monitoring of your cat's weight and body condition is vital to track progress and make necessary adjustments to the weight loss plan. It's recommended to weigh your cat regularly, ideally at home using a pet scale or by weighing yourself holding your cat and subtracting your weight. Aim for a gradual weight loss of 1-2% of their body weight per week. Rapid weight loss can be dangerous and should be avoided.

Beyond just the number on the scale, pay attention to your cat's body condition score. Are their ribs becoming more palpable? Is their waist becoming more defined? These visual and tactile cues are as important as the weight itself. If your cat is not losing weight, or if they are losing too much too quickly, it's imperative to consult your veterinarian. They can help identify any issues with the current plan, such as inaccurate food measurements, insufficient calorie deficit, or a need to adjust the diet or exercise regimen. Flexibility and responsiveness are key to a successful weight loss program.

Maintaining a Healthy Weight Long-Term

Once your cat reaches their target weight, the journey doesn't end; it transitions into long-term weight maintenance. This involves continuing with a carefully managed diet and an active lifestyle. Transitioning back to a standard maintenance food might be appropriate, but it's crucial to do so under veterinary guidance and to ensure the new food is still of high quality and fed in appropriate portions.

Continue to monitor your cat's weight and body condition regularly to catch any creeping weight gain early. Maintaining a consistent exercise routine and providing an enriching environment will remain important for their overall health and happiness. Preventing obesity is always easier than treating it, so establishing and sticking to healthy habits will ensure your feline companion enjoys a longer, healthier, and more vibrant life.

FAQ

Q: What is the best type of food for a cat trying to lose weight?

A: The best type of food for a cat trying to lose weight is typically a high-protein, low-carbohydrate, and moderate-fat diet. Veterinary-prescribed therapeutic weight-loss diets are specifically formulated for this purpose,

offering controlled calorie counts and essential nutrients. If a prescription diet is not an option, look for high-quality commercial cat foods with these characteristics and discuss your choices with your veterinarian.

Q: How much should I feed my overweight cat?

A: The amount you should feed your overweight cat depends on their ideal target weight and the caloric density of the food. A general starting point for weight loss is 20-25 calories per pound of ideal body weight per day, but this is a guideline. It is essential to consult your veterinarian to determine the precise daily caloric intake tailored to your cat's individual needs and health status. Accurate measurement using a kitchen scale is crucial.

Q: How much exercise does a cat need to lose weight?

A: A cat needs at least 15-20 minutes of active, interactive play per day, ideally split into multiple shorter sessions. This play should mimic hunting behaviors, involving chasing, jumping, and pouncing. Beyond dedicated playtime, environmental enrichment that encourages climbing, exploring, and mental stimulation throughout the day also contributes to increased calorie expenditure.

Q: How quickly should my cat lose weight?

A: Healthy and safe weight loss for cats is gradual, typically ranging from 1-2% of their body weight per week. Rapid weight loss can be dangerous and can lead to serious health complications like hepatic lipidosis (fatty liver disease). Always consult your veterinarian to establish a safe and appropriate weight loss pace.

Q: Can I give my cat treats while they are on a weight loss plan?

A: If you choose to give your cat treats, it should be done sparingly and with extreme caution. Treats can significantly contribute to daily caloric intake. Opt for very low-calorie commercial cat treats or small pieces of cooked, plain chicken or fish. Crucially, the calories from any treats must be factored into your cat's total daily caloric intake to ensure they remain in a calorie deficit for weight loss.

Q: What are the risks of a cat being overweight?

A: The risks of a cat being overweight are numerous and can significantly impact their quality of life and lifespan. These include an increased risk of developing diabetes mellitus, osteoarthritis and other joint issues, heart disease, respiratory problems, urinary tract issues, and a weakened immune system. Overweight cats are also more prone to anesthetic complications.

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how to lose weight for cats: Morbidly Obese Cat: How to Exercise Your Cat to Lose Weight Jane Smith, 2025-09-20 Morbidly Obese Cat: How to Exercise Your Cat to Lose Weight Is your furry friend tipping the scales a bit too much? Morbidly Obese Cat: How to Exercise Your Cat to Lose Weight is the essential guide for pet parents facing the challenge of feline obesity. This easy-to-follow book offers practical, vet-approved strategies tailored specifically for overweight and morbidly obese cats. Inside you'll find: - Gentle, step-by-step exercise routines to get your cat moving at a safe pace - Fun play ideas that encourage natural feline behaviors and keep your kitty entertained - Tips on building a weight-loss plan that combines nutrition, exercise, and positive reinforcement - Real-life success stories and expert advice for overcoming common obstacles Help your cat enjoy a healthier, happier life with proven methods that really work. Whether your cat is a couch potato or just needs to drop a few pounds, this guide will set you both up for success. Give your beloved feline the gift of better health—one paw at a time!

how to lose weight for cats: The Complete Book of Home Remedies for Your Cat Deborah Mitchell, 2013-04-30 From hairballs and fleas to obesity and diabetes, this comprehensive guide shows you how to treat a wide range of common feline ailments using simple home remedies, herbal therapies,, and chemical-free options that can save you hundreds of dollars in veterinary bills—and help Kitty live a longer, healthier life. • This guide features a cross-reference to the most common feline health problems that can be treated with natural remedies • Contains comprehensive, accessible information on a full range of natural, herbal, homeopathic nutritional supplements for cats. • There section of 10 Kitty No Nos -- suppliments and foods you should avoid giving your cat. • Provides information on benefits of use, dosing, signs and symptoms of deficiency, and signs and symptoms of overdose.

how to lose weight for cats: Cat Weight Loss Allison Mark, 2020-11-10 Have you ever wondered why so many cats seems to be suffering from weight issues?This excellent little book provides the answer: modern pet food. The author explains the effect processed cat food has on a cat's body and how, by switching to a biologically appropriate diet, the weight will, literally, drop off.The diet itself couldn't be simpler. You can get all the ingredients from a butcher or supermarket and it is easy and quick to prepare. Best of all, it works.According to the Association for Pet Obesity Prevention (APOP), as of 2018, 60% of pet cats within the US are considered overweight or obese. While weight issues can arise at any lifestyles level, the circumstance is in particular commonplace in middle-elderly cats.Excess weight is attached to numerous fitness conditions, a number of which might be important and can shorten your cat's lifespan.If your cat is obese and you want to place your kitty on a weight loss program, agenda an appointment together along with your veterinarian due to the fact step one. Weight loss for cats is one-of-a-type than it's miles for people, so that you'll need to follow your vet's instructions on helping your cat shed pounds appropriately with the proper food plan and exercising.

how to lose weight for cats: The Veterinarians' Guide to Your Cat's Symptoms Michael S. Garvey, D.V.M., Anne E. Hohenhaus, D.V.M., Katherine A. Houpt, D.V.M., John E. Pinckney, D.V.M., Melissa S. Wallace, D.M.V., 2010-05-26 The experts reveal how to interpret and understand your cat's symptoms and what steps to take to ensure its health. This comprehensive and practical book is designed to assist cat owners in understanding their pets' bodies and health based on signs and symptoms of disease, and in determining the most common medical problems that might cause

particular symptoms. Adopting the decision chart format from popular symptom guides for human ailments, such as the American Medical Association's Guide to Your Family's Symptoms and Take Care of Yourself, five leading veterinarians have designed a user-friendly chart system that will guide a pet owner from noting the symptom and observing the cat's behavior to understanding the associated signs of an illness, the possible conditions, and the best steps to take. Filled with more than 150 charts in an easy-to-follow two-color format and medical drawings, The Veterinarians' Guide to Your Cat's Symptoms is the indispensable reference for cat owners. It not only considers the problems of sick and injured pets, but also addresses the needs of healthy animals. It has all the information a cat owner needs: , What a healthy cat should look like , Flow charts to the 200 most common symptoms , Behavioral issues, such as spraying and clawing , Emergency first aid, including transporting an injured cat , A glossary of veterinary diagnostic tests and medical terms With this unique combination of medical information and advice, plus an innovative chart system, The Veterinarians' Guide to Your Cat's Symptoms will ensure that your cat really does have nine lives.

how to lose weight for cats: Cat Owner's Home Veterinary Handbook, Fully Revised and Updated Debra M. Eldredge, DVM, Delbert G. Carlson, DVM, Liisa D. Carlson, DVM, James M. Giffin, MD, 2008-03-10 The classic bestseller--expanded and updated For years, many veterinary treatments for cats were based on research conducted with dogs because it was wrongly assumed that cats were very similar. Recently, there have been giant strides in feline veterinary research. This classic reference is fully updated and revised to reflect these advances and gives you the most up-to-date guidance on cat health and cat care. It includes: An index of signs and symptoms to help you find information fast Clearly written, step-by-step directions for handling common feline ailments and problems Hundreds of photos, drawings, and tables that illustrate what to look for and how to provide the best care for your cats All new anatomical drawings and diagrams New information on genetics, geriatrics, drug sensitivities, raw diets, arthritis medications, dental disease, and more Information on supplements, nutraceuticals, and holistic treatments that have proven beneficial Interesting findings on cat behavior Whether you have a kitten or a senior cat, this resource helps you quickly identify potential problems, take proper steps in emergency situations, better understand diagnoses and treatment options, and communicate more effectively with your veterinarian. This is the hands-on reference you'll trust again and again.

how to lose weight for cats: The Handbook for a Happy Cat Liesbeth Puts, 2021-11-30 Give your best friend more purr and pounce with this whiskers-to-tail guide to the good life! One reason we're wild for cats is that our cats are still wild at heart. On our laps, they're purring lovebugs, but on the prowl, they're fearsome hunters—with territorial instincts to match. The Handbook for a Happy Cat takes us inside the feline mind to decode what our cats really want in life and how they try to tell us. You'll learn: Why a bigger water bowl does away with "whisker stress" How to move like a mouse for maximum fun at playtime Skills to teach your kitten for a lifetime of easy vet visits, grooming, and more Subtle signs of stress such as excessive scent-marking and lip-licking How to tell frolic from fighting in the multi-cat household (and how to give frenemies a fresh start) What makes a scratching post so tempting that your sofa will be spared How to reassure a spooked cat with the "slow blink" Why it's pointless to "punish" a cat—but training is possible! Certified behaviorist Liesbeth Puts traces every feline mystery to cats' natural behavior and needs. A happy cat is a cat who can be herself!

how to lose weight for cats: Your Cat Elizabeth M. Hodgkins, 2008-10-14 In this controversial new book, dedicated veterinarian Elizabeth M. Hodgkins, D.V.M., Esq. raises the alarm regarding the dry food we feed our cats and the nutritional diseases that result. Your Cat: Simple New Secrets to a Longer, Stronger Life turns today's conventional wisdom of cat care on its head with completely new, yet remarkably easy-to-follow guidelines for every cat owner. From kitten-rearing to the adult cat's middle years to caring for the geriatric cat, Dr. Hodgkins explores the full spectrum of proper cat care, as well as the many deadly feline diseases that are rampant. This indispensable manual belongs on every modern cat owner's shelf.

how to lose weight for cats: *The Humane Society of the United States Complete Guide to Cat Care* Wendy Christensen, Humane Society of the United States, 2004-04-20 A guide to caring for cats and kittens that provides information on proper feeding, grooming, nutrition, health care, and training.

how to lose weight for cats: Practical Weight Management in Dogs and Cats Todd L. Towell, 2011-07-07 Practical Weight Management in Dogs and Cats is a comprehensive, clinical reference for the veterinary health team, providing the necessary tools to successfully manage pet obesity. Bringing together specialists in nutrition, internal medicine, critical care, and surgery and rehabilitation, the book provides an overview of prevention techniques, clinical management, and practical tips for implementing successful programs and educating owners. Covering topics ranging from taking a nutritional history and body condition scoring to calculating food dosage and client communication tips, this book is a resource for both veterinarians and veterinary technicians to address the growing problem of pet obesity. The book begins by explaining the clinical importance of obesity, then moves on to diagnosing and preventing obesity. The heart of the book is devoted to managing body weight, with chapters on nutritional, pharmacotherapeutic, and exercise strategies, and two unique chapters cover owner compliance and wellness programs. Practical Weight Management in Dogs and Cats offers a collaborative approach to managing weight in pet dogs and cats.

how to lose weight for cats: 100 HOMEMADE RECIPES FOR CATS Marcel Souza, Discover the Perfect Treats for Your Feline Friend with 100 Homemade Recipes for Cats. Are you a devoted cat owner looking to spoil your furry companion with delectable and nutritious treats? Look no further! 100 Homemade Recipes for Cats is your ultimate guide to preparing a delightful array of homemade goodies that will make your feline friend purr with delight. Delve into the world of cat cuisine as you explore a treasure trove of easy-to-follow recipes that are both tasty and wholesome. Whether you're a novice in the kitchen or a seasoned cook, this book is designed to cater to all skill levels, providing you with a wide range of options to pamper your precious pet. From delectable fish delights to scrumptious chicken creations, each recipe is crafted with love and care, using only the finest ingredients to ensure your cat's health and happiness. Unleash your creativity with special treats for birthdays or holidays, and watch your furry friend revel in the joy of these personalized surprises. Discover the secrets behind preparing homemade cat food, perfectly tailored to meet your cat's individual dietary needs, while steering clear of harmful additives and preservatives. Gain invaluable insights into the nutritional requirements of your cat, and witness how these homemade recipes can enhance their overall well-being. Throughout this book, you'll find expert tips and advice from cat enthusiasts who are passionate about providing the best for their feline companions. Each recipe is thoughtfully curated to ensure your cat's taste buds are delighted and their health is nourished. Embrace the joy of creating homemade delights that not only strengthen your bond with your beloved cat but also contribute to their longevity and vitality. 100 Homemade Recipes for Cats is not just a cookbook; it's a celebration of the love and affection we share with our feline family members. Treat your cat to the finest culinary creations, made with love from your kitchen. Are you ready to embark on a culinary adventure and explore the world of homemade cat treats? Join us on this heartwarming journey, and witness the pure joy that comes from seeing your cat savor each delicious bite. Indulge your cat with a feast of flavors and textures that will keep them coming back for more. Unleash your inner chef and delight your feline friend with 100 Homemade Recipes for Cats today! The joy of homemade treats awaits you and your furry companion. Let's make every meal a delightful moment to cherish!

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are not alone! Now, with nationally celebrated weight-loss expert Cyndi Targosz as your guide, you can say goodbye to fly-by-night fad diets, create a real plan for losing - and keeping off - the weight, and have a great time doing it! Complete with tips and tricks for curbing your cravings, personalizing your plan of attack, and embracing your new delicious life, you'll be on the track to a better you in no time. With Cyndi's Secrets' for success, you will learn how to: find out the real reason you're overweight Adapt the new Food Pyramid to your nutritional needs Shop, cook, and dine (in or out) and stay on course Let Cyndi and her one-of-a-kind program refresh, inspire, and energize you. With The Only Diet Book You'll Ever Need, your new life starts today. What are you waiting for?

how to lose weight for cats: The Stray Cat Handbook Tamara Kreuz, 2008-04-21 Finally, a book that deals with stray cats; a how-to guide to trapping and dealing with a stray cat. As a pet owner, animal lover and director of a humane organization that deals with stray cats every day, this book gives us one more tool to offer to people who want to help the thousands of strays that wander our streets. Bravo! Joseph J. Sprague, Jr., Executive Director, Tree House Animal Foundation Tamara Kreuz cares about the plight of stray and feral cats and gives practical ways to help them. Individuals and shelters can benefit from this book. If those who find stray animals can themselves set about to help by finding homes for domestic strays, or by creating safe havens for feral cats, this will make life a lot easier for shelter personnel, who are all too often overburdened by the number of animals they receive. We highly recommend The Stray Cat Handbook. Louise Holton and Becky Robinson, Co-founders, Alley Cat Allies: The National Feral Cat Network This is a must read for those considering animal rescue work. The information and suggestions provided are first rate and are based on actual experiences. Linda A. Heller, Division Manager, Orange County Animal Services (Florida) A Howell Cat Book of Distinction

how to lose weight for cats: Homemade Meals for Cats and Dogs Cathy Alinovi, Susan Thixton, 2020-03-03 75 Veterinarian-Approved Meals for Healthy Pets—Now Grain Free! There's a reason why pets beg at the table—they want real food! Not the kibble manufactured by pet food companies, transformed beyond recognition, drained of natural nutrients, and a far cry from fresh meat, vegetables, and grain. If we as human beings are so dedicated to preparing healthy, homemade meals for ourselves in the comfort and safety of our own kitchens, shouldn't we be doing the same for our beloved pets? Homemade Meals for Cats and Dogs is a collection of more than fifty cat and dog food recipes that will teach you how to whip up a fresh, balanced meal for your hungry critters. Written by a veterinarian certified in food therapy and an advocate for pet food safety, these recipes are also based on the National Research Council requirements for dogs and cats. Debunk the myth that pet food companies are the only entities qualified to feed your pets. Instead, beat pet obesity, disease, and sickness by reaching into your pantry or refrigerator, turning on the stove, and starting to cook yourself! Making food at home will also decrease those exorbitant pet food bills. It's time to go back to the table. Know exactly what your pet is eating and serve it a variety of real food that it deserves. Be a responsible pet parent by balancing your pet's diet and pleasing its palate. Cooking for your pet is paws-ible!

how to lose weight for cats: The Cat Bible Tracie Hotchner, 2007-10-18 The only fully comprehensive guide to all things feline, from the host of Cat Chat on Martha Stewart Living Radio. Finally, a definitive book that delivers many unknown facts about every aspect of caring for and sharing your life with a cat, ranging from proper nutrition and strange behavior to medical care and multi-cat households, to grooming and geriatrics. The Cat Bible explains the mysteries of feline behavior to owners who are devoted to their cats without being able to fully understand them. It offers straightforward solutions to the problems that cause people to give up their cats, many of which are preventable, including litter box avoidance, furniture scratching, and physical ailments. There are more than 90 million American households that count cats as family members, but they are a vastly underserved population, devoted to their kitties, yet bereft of all the public attention, programming, and print devoted to dogs. Now, bestselling author and investigative journalist Tracie Hotchner offers them The Cat Bible, with straightforward, fact-filled solutions to health and behavior

problems, based on years of research into the real reasons behind these issues. In the same warm, straightforward style that attracts devoted listeners to her radio shows, Tracie tackles controversial topics such as the truth about commercial dry pet foods and their dangers, bringing readers the latest facts on every topic that affects a feline's well-being.

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