

Feline Lucky Adventures

Cat Nutrition



Cats are mammals, just like us, and good nutrition is key to a long, healthy life. Just as processed, nutrient-poor foods can harm us over time—leading to diseases like heart failure, diabetes, and cancer—the same holds true for our feline companions.

Cats are **obligate carnivores**, meaning they must eat meat to survive, cannot digest plant matter, and cannot synthesize certain essential amino acids—like taurine and arginine—on their own. Cats rely on getting these acids pre-formed by consuming animal tissue.

Their physiology reflects this too. Cats have short digestive tracts, which are optimized to break down raw meat. Herbivores, like cows and horses, have long digestion tracts that allow them to break down plant material. Also, cats rely on gluconeogenesis, a process that converts protein (not carbs) into energy.

In short, cats are built to eat meat—and only meat.

In the wild, cats eat high-protein, high-moisture, low-carb prey like mice and birds. Domesticated cats thrive on the same diet that is mimicked in canned, raw frozen, or freeze-dried raw food. **Not kibble.**

**Continue reading for
food recommendations &
transition tips!**



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Kibble is high in carbs (30–50%) and low in moisture (5–10%). It's linked to numerous health issues—urinary problems, diabetes, obesity, kidney disease, and more. (Kidney disease is the leading medical cause of death in cats, and 82% of cats eat kibble. That's no coincidence.)

So why is kibble everywhere? Simple: it's cheap, convenient, and has a long shelf life. But convenience shouldn't come at the cost of your cat's health.

**The best thing to feed cats
is a grain-free wet diet.**

