



## FEEDING GUIDE - CATS

There's an ongoing debate about which diet is the best for cats. As an owner you might want to consult your vet and conduct your own research before making a decision. You need to take into consideration the cat's age, size & activity levels. If your cat has a medical condition they will probably benefit from a specialised diet.

**Whatever you decide, the food you give your cat should be of good quality and nutritionally balanced**



### So many questions!

What is the best diet for cats?- Should it be dry only, wet only, raw meat especially created for pets (not human grade meat) only or a mixture of these? How much should I feed my cat? What kind of bowl should I put the food in? How many times a day should I feed them? Where should I buy the food? Are the more expensive foods better?

The following links provide information:

<https://www.hillspet.com/cat-care/nutrition-feeding/how-to-feed-a-cat?lightboxfired=true#>

<https://www.walkervillevet.com.au/blog/is-it-ok-to-give-a-cat-only-dry-food/>

<https://cat-world.com/feeding-cats-raw-meat/>

<https://www.walkervillevet.com.au/blog/best-dog-and-cat-foods/>

<https://www.petmd.com/cat/nutrition/wet-cat-food-vs-dry-cat-food-which-better>

<https://www.untamedcatfood.com/blogs/nutrition/is-dry-food-bad-for-cats>



### Tips

- In general a combination of high quality dry food and a little wet food is healthier, exposes the cat to different textures and prevents boredom
- We advise against using cheaper food it's not nutritionally balanced & your cat's hunger will not be satisfied. Choose high quality dry food which will deliver the best nutrition.
- Never feed human grade raw meat or left overs as it doesn't contain essential nutrients that cats need
- Don't give your cat cow's milk as it's hard for them to digest
- Food is much cheaper if you buy online and in bulk
- Your cat should have a measured amount of food appropriate to their age, and activity levels. Keep an eye on their weight & consult with your vet to check if you should adjust amounts or types of food
- If possible feed your cat smaller amounts several times a day. Kittens especially have tiny stomachs
- Cats like routine so if you can, feed at the same times every day. If they don't eat everything within about half an hour throw away the leftovers as the food will have lost its aroma & won't taste as good
- If your cat eats food very quickly try using a puzzle feeder or scatter their dry food to slow them down
- Give treats only as a reward when your cat does something for you. Treats should be counted as part of their cat's daily food ration and if you give them indiscriminately they can cause your cat to gain weight which can lead to health issues. Different cats like different treats– so try experimenting to find out what your cat likes – those you can buy or small pieces of cheese, BBQ chicken or even olives?

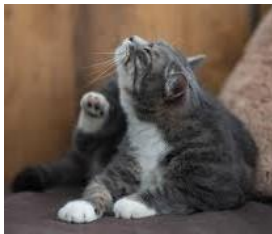


### Whilst at SAFE your cat's diet has been

<b>Kittens under 6 mths</b>	<b>1/8 cup high quality kitten dry food 3x per day + 2 teaspoons wet kitten food 2x per day</b>
<b>Kittens 6mths to 1 yr</b>	<b>1/6 cup high quality kitten dry food 2x per day + 1 tablespoon of wet kitten food 1x per day</b>
<b>Cats over 1 year</b>	<b>1/6 cup high quality adult dry food 2x per day + 1 tablespoon wet adult food 1x per day</b>

\*When your kitten turns 1 yr old transition them to adult food by gradually mixing more of it in with their kitten food

## PROTECT YOUR CAT FROM PARASITES AND DISEASE



### FLEAS

Fleas typically live on animals and can be passed onto humans through bedding. If they land on humans they might bite once or twice but they don't stay. Their bites leave round, red spots which might itch but sometimes they can cause allergic reactions in both humans and animals and fleas are the biggest cause of a skin condition called flea allergy dermatitis. This can lead to excessive scratching which may result in hair loss and raw. If your cat is scratching a lot, part its fur in several spots and if you see small specks which turn red when dabbed with a dampened tissue this is flea dirt and your cat has fleas.

### WORMS

If your cat eats human raw meat or dead animals or they are bitten by a mosquito which has previously bitten another infected animal, they can catch worms. There are several types of worms which affect cats. Worms can be transmitted to cats if humans come into direct contact with contaminated faeces or they accidentally ingest, however if your cat is routinely treated with flea & worm preventatives there is next to no risk of this happening.

### TICKS

Paralysis ticks are common in NSW and are particularly prevalent on the Northern Beaches of Sydney where tick prevention is recommended, especially during the Summer months. If your cat goes outside you need to check their whole body every day by parting their fur to examine the skin beneath. Ticks hide so pay particular attention to these areas: head, neck, armpits, ears, mouth, under the tail, collar and between the paw pads. Early detection is key and if you find a tick, you should take your cat to a vet immediately.

### HOW TO PROTECT YOUR CAT

**Keep their environment clean** If fleas exist in your environment they will find a way onto your cat. 95% of fleas live as eggs, larvae or pupae in carpets, furniture, bedding or outdoors so vacuum carpets regularly and machine wash cat bedding & dry it in the sun  
**Cats who go outdoors**, even occasionally, are at risk of catching **fleas, ticks, heartworm**, and **intestinal worms** so they should be treated for these parasites.

**Cats who are indoor only** are unlikely to be exposed to fleas, ticks, and some intestinal worms, however they may be exposed to mosquitoes so heartworm is a small risk. It's possible that they will be exposed to fleas if you have other animals who go out or you have neighbouring wildlife. Worm eggs can also be carried indoors in dirt on shoes or clothes.

### PREVENTATIVES

Unfortunately, there is currently no 'all-in-one' product available for cats and you will need to use a combination of treatments. Treatments are updated constantly so ask your vet for up to date advice

*\*Preventative treatments can be much cheaper if you buy them online*

*\* Make sure you use the correct dose for age & weight (some preventatives cannot be used on young kittens?)*

*\*Never use dog preventatives on cats as they can cause severe reactions which can result in death*

*\*If applying 'spot-on' treatments do not allow cats to groom each other until their fur is completely dry*

### How should you treat your cat? – Washing, Spot-on (topical), collar, oral or spray-on?

We don't recommend you wash your cat except in special circumstances

[Jackson Galaxy 'To bathe or not bathe your cat - that is the question!' Youtube.com/watch?v=dHw70\\_cQ9KU](https://www.youtube.com/watch?v=dHw70_cQ9KU)

'Spot on' monthly treatments are very effective and easy to apply to the back of the cat's neck. Some flea products also treat worms or heartworms eg Advocate, Advantage, Activyl and Revolution. We do not recommend flea shampoos, rinses or sprays as they vary in effectiveness and can be very difficult to use.

**At SAFE your cat has been treated with Advocate 'Spot-on' once a month** – Cats over 1 year are treated with Adult Advocate according to their weight and kittens between 9 weeks & 1 year are treated with Kitten Advocate

**NB SAFE has not treated your cat for ticks**

**VACCINATIONS** *\*please note if you intend to board your cat every boarding facility will need proof of up-to-date vaccinations*

All cats must be vaccinated against the Big Three Diseases: Feline Infectious Enteritis, Feline Calicivirus & Feline Rhinotracheitis. Together they are commonly known as the 'flu & enteritis' or F3 vaccinations

**Kittens** have either two or three vaccinations depending on their age when first vaccinated. After that they need an annual booster

**Adult cats** require an annual booster for life

<https://www.purina.com.au/totalcare-flea-and-worming/how-to-treat-worms-in-cats.html>

<https://www.petbarn.com.au/petspot/cat/heartworm-symptoms-prevention-cats/>

<https://www.msdevetmanual.com/cat-owners/skin-disorders-of-cats/ticks-of-cats>

<https://www.animates.co.nz/articles/fleas>

<https://catfriendly.com/keep-your-cat-healthy/parasite-prevention/>

<https://www.saferehoming.com.au/wp-content/uploads/2023/11/Flea-and-worm-treatments-for-cats-Nov23.pdf>

*This advice is to be used as a general guideline only. SAFE Animal Rehoming does not accept responsibility for any circumstance which may arise from reliance on information given. Please do your own research and discuss with your vet*