

Adult Cat

Maintenance Nutrition for Healthy Adult Cats



Cats are obligate carnivores and, as such, have several unique nutrient requirements that must be considered for their optimal health and longevity. Feeding a complete and balanced adult maintenance cat food can meet an individual cat's nutritional needs.

Key Messages

- Adult cats have higher dietary protein requirements than dogs and require taurine, arginine, arachidonic acid, preformed vitamin A and niacin (vitamin B3) in their diets.
- Some nutrients required by cats (i.e., taurine, arachidonic acid and preformed vitamin A) are found naturally only in animal tissues.
- Feeding adult cats to maintain ideal body condition can help them live long, healthy lives and avoid obesity-related health problems, such as diabetes mellitus and lower urinary tract disease.

Additional Resources

Buffington, C. A. T., Holloway, C., & Abood, S. K. (2004). *Manual of veterinary dietetics*. Saunders.

Case, L. P., Daristotle, L., Hayek, M., & Raasch, M. F. (2011). *Canine and feline nutrition: A resource for companion animal professionals* (3rd ed.). Mosby Elsevier.

Armstrong, P. J., Gross, K. L., Becvarova, I., & Debraekeleer, J. (2010). Introduction to feeding normal cats. In M. S. Hand, C. D. Thatcher, R. L. Remillard, P. Roudebush, & B. J. Novotny (Eds.), *Small animal clinical nutrition* (5th ed., pp. 361–372). Mark Morris Institute.

The Purina Institute aims to help put nutrition at the forefront of pet health discussions by providing user-friendly, science-based information that helps pets live longer, healthier lives.

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