



## Indoor Cats

# FEEDING INDOOR CATS

Indoor cats are at an increased risk of becoming overweight or obese and also having lower urinary tract issues. Hairball management may be another consideration for owners of indoor cats. Indoor cats can benefit from nutrition tailored to their unique needs.



### Key Messages

- Indoor cats are typically less active and thus require fewer calories. Feeding guidelines on pet food labels are for an “average” cat, but every cat is an individual.
  - If a pet gains or loses weight, the amount of food should be adjusted.
- Treats should not exceed 10% of the daily caloric intake.
  - The quantity of food should be reduced when feeding treats since they can contain a surprising amount of calories.
- To minimize the risk of indoor cats eating from boredom, environmental enrichment can help.
  - Environmental enrichment, such as puzzle feeders, feather toys, scratching posts, and perches, offers mental stimulation and helps manage weight by encouraging activity.
- Feeding diets containing fibers such as cellulose and soybean hulls can help minimize hairballs.

4.5kg BWt  
270 calories  
/ day



Small piece of cheese =  
15% daily calories

### Additional Resources

AAFCO. (2012). *Reading labels*. <http://talkspetfood.aaftco.org/readinglabels> [Accessed 28 July 2020]

FEDIAF. *Understanding pet food labels*. <http://www.fediaf.org/39-prepared-pet-foods/80-understanding-labels.html> [Accessed 28 July 2020]

Laflamme, D. P. (2006). Understanding and managing obesity in dogs and cats. *Veterinary Clinics of North America: Small Animal Practice*, 36, 1283–1295.

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.