

**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.