

## **THE LIST OF CAT CHAT® APPROVED CANNED FOODS**

There's no doubt that the best food for a cat is high quality protein, which you can either prepare, or get from one of the better pet food companies.

The easiest way to find any of these foods is to try [www.PetFoodDirect.com](http://www.PetFoodDirect.com) and you can get a 15% discount for being a DOG TALK® and/or CAT CHAT® listener. First do what I do - go to the website and click on "natural" foods (which eliminates most of the very commercial brands), then you can see what is on sale at that time. If you add that sale price to the 15% discount, you can really score some great prices. The convenience is not in doubt - food is shipped directly to your door and when you consider the value of your time, the cost of driving anywhere and the hassle of loading and unloading the bags, this is really a no-brainer solution to feeding the best possible foods at the best possible price. In addition, even if you have a premium pet store nearby, they cannot possibly have a very large selection. The shipping is exactly \$1 over what United Parcel charges PetFoodDirect, so it's most cost effective to make fewer larger orders if you have room for storage.

**IMPORTANT NOTE: *Grain-free does not necessarily mean carbohydrate-free.***

You may still need to check the label, since rice and potatoes are still added to some of the grain-free foods. However, it should mean no corn, wheat or other grains and only minimal fruits or vegetables, if any.

### **Premium Grain-Free Foods**

Avoderm Natural Select Cuts  
Evo (the high end of Innova)  
Merrick (some contain grains- read label)  
Natures Variety Prairie  
Nutro Natural Choice  
Wellness (double check for rice on some flavors)  
Weruva  
Wysong Au jus (incomplete - requires supplementation)

### **Good Quality Foods – with grains but no wheat, soy or corn**

California Natural  
Canine Caviar for cats  
Eagle Pack  
Evolve Natural Chicken Formula  
Drs Foster & Smith (Chicken Formula)  
Felidae (from the Canidae company)  
Halo's Spot Stew for Cats Original Flavor  
Innova  
Merrick  
Natural Balance (*only* the Chicken & Liver pate)

Natural Life  
Nature's Logic  
Newman's Own  
Nutro Max  
Petguard (check label- some have wheat)  
Pet Promise  
Pinnacle  
Precise  
Solid gold  
Timberwolf organics  
Trader Joe's  
Wysong

There are an impressive number of websites devoted to educating people about good nutritional health and practices for their cats. They are full of product suggestions and other specific advice for managing cats who are well and those who aren't. Dr Lisa Pierson is a vet renowned for her championing of feline nutrition with her website [www.catinfo.org](http://www.catinfo.org). Another excellent site is [www.catnutrition.org](http://www.catnutrition.org). These two and other sites can be accessed through [www.felineoutreach.com](http://www.felineoutreach.com), a not-for-profit group dedicated to educating cat caregivers and providing them with assistance.

<http://www.TracieHotchner.com>