

# How to Make Homemade Cat Food

Cat food can be made at home using ground meats and flavorings.

## 🕒 Steps:

1. Understand that there are certain foods that should be avoided when you make your own cat food. Never feed your cat chocolate, alcohol, onions, pork (including bacon), raw fish, raw eggs, milk or bones. Each of these has its own ill effects on cats.
2. Realize that you should not feed your cat dog food. Cats require five times more protein than dogs do, so dog food will not meet cats' nutritional needs. Avoid feeding your cat a vegetarian diet for the same reason.
3. Limit the use of tuna because of the risks associated with the mercury levels in it.
4. Feed liver in moderation and not at all if you're giving your cat vitamin A supplements. Overdoses of vitamin A can be toxic.
5. Know that many cat food recipes are available on the Internet and in books.
6. Look for recipes that are high in protein content.
7. Include some small amounts of vegetables in your cat's food. An example of a healthful cat food recipe is cooking together a mixture of 1 lb. ground turkey, 2 tbsp. tomato paste, 1/2 tsp. garlic powder and 2 tsp. brewer's yeast.
8. Opt for another tasty treat that calls for the cooking together of 4 oz. meat, two whole eggs, 1 tbsp. carrot, 1 tbsp. cottage cheese and 1 tbsp. sunflower oil. Recognize that you should cook meat before feeding it to your cat.
9. Add flavorings such as garlic salt and kelp powder to the food you cook for your cat. Small amounts of dairy products are acceptable, but cats should not drink a lot of milk. Use lactose-free milk instead.
10. Combine some dry, commercial cat food with meat, eggs, lactose-free milk and flavorings to get your cat used to eating homemade cat food.

## ✳ Tips:

- As you try different recipes, you'll find that your cat appreciates some more than others.
- Consult your vet about giving your cat vitamin and mineral supplements.
- Keep cooked cat food in the refrigerator for no more than three days.