

2 Sortable Charts:
1) Google Drive
 (2 tabs - Data and Notes)
2) Extensive filters

CAT FOOD - NUTRITIONAL COMPOSITION
 Data compiled by Lisa A. Pierson, DVM
 Typical nutrient analysis data provided by the respective companies
 Wet only - no dry food is listed
 2017

Print

The print version above has many blank areas because I am waiting for data to come in. I will be adding to it over time.

Caloric Distribution				
PROTEIN %	FAT %	CARB %	mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted

Request for Donations

Welcome to the updated Food Chart! Over the past five years, this chart has helped countless cat caregivers navigate the wide array of cat food choices but now I am asking folks to **'pay it forward' to help homeless cats & kittens** that are less fortunate than the ones with a roof over their head and someone to love and care for them. As a veterinarian heavily focused on rescue work, I have witnessed significant suffering of these animals and I want to do all that I can to help them whenever possible.

The information on this chart and on my website at catinfo.org continues to benefit many felines but I would love to see the lives of **homeless cats & kittens** improve also.

If you find this chart to be of help to you and your four-legged family members, please consider a donation to **TLC Cat & Kitten Rescue** which is a rescue organization that I donate my time to. We focus on helping cats and kittens by 1) **spay/neutering** to prevent further suffering, 2) **providing food**, and 3) providing **medical attention for the sick and injured**.

This chart took a tremendous amount of time to compile and I can't think of a better way to be compensated for my time than to have my efforts result in getting more help for homeless cats and kittens. They will appreciate any donation, no matter how small!

No Dry Food on this Chart

There is **no dry kibble** included here. See the [Urinary Tract Diseases](#) and [Diabetes](#) webpages at catinfo.org for specific reasons why dry food is not recommended for cats. The main reasons are:

1) Water-depleted diets do not promote urinary tract health and they **significantly increase your cat's risk for very painful and potentially fatal urethral obstructions**, as well as other urinary tract problems. Please see [Opie's pictures](#) for a good look at the tremendous amount of suffering that dry food often causes. Cats have a low thirst drive and consume ~50% more water when on a wet diet versus a dry diet. This is considering all water sources: food + water bowl

2) Dry kibble is typically **higher in carbohydrates** than wet food. Carbohydrates negatively impact the blood sugar level of many cats and diets that are high in carbs are not species-appropriate. The insulin needs of diabetic cats nearly always decrease significantly when their dietary carbohydrate load is decreased. A serious hypoglycemic state can occur in diabetic patients receiving insulin when this is not recognized. Please note that even some canned foods (e.g., Hill's Rx diets and their retail "Science" diets) are species-inappropriately high in carbohydrates.

3) Cats are **obligate carnivores** and are designed to get their protein from **animal** sources, not plants (grains and vegetables - including potatoes).

If your cat is addicted to dry food, see [Tips for Transitioning Dry Food Addicts to Canned Food](#).

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NOT RECOMMENDED	Compiling the Chart
The following is a list of companies that were not forthcoming with TNA data for their products. Given that there are plenty of other choices on the market , the consumer should not support companies that do not respect the consumer's right to quickly and easily obtain vital nutrition information. (More comments can be found at the bottom of the chart.)	The data used to calculate the values on this chart are from Typical Nutrient Analysis (TNA) data - <i>not</i> the Guaranteed Analysis (GA) data which is listed on the product's package (can/pouch/bag). GA values are reported as minimums and maximums and are, by definition, inaccurate since there is no ceiling or floor, respectively.
	Also note that phosphorus values are not listed on the package and this value is important for cats with kidney disease. (The lower the phosphorus level, the better.)
Addiction	
Petsmart private label: Authority Good Natured Grrreat Choice Simply Nourish	The listing of fat as a "minimum" instead of a "maximum" is especially problematic because fat is cheap and protein is expensive. Allowing pet food companies to list fat as a minimum instead of a maximum gives pet food companies free rein to produce high fat (and, therefore, low protein) diets which serves to enhance their bottom line but, on a good note, also provides a more affordable price point for the consumer.
Nutrisca (Dogswell brand)	When animal by-products are used as a source of protein, the consumer often gets more bang for their buck and the cat is fed a more species-appropriate composition - i.e., higher protein/lower fat diets at a lower price. Please see the comments at catinfo.org regarding by-products . The 'anti-by-product' movement has been taken to an extreme.
Party Animal	
Feline Natural (K9 Natural)	Data accuracy: Even though TNA data are more precise than GA data, the values on this chart should be taken as very loose approximations . All foods vary in their nutrient composition and, therefore, commercial food formulations will vary from batch-to-batch.
Blackwood	
	The bottom line is - this chart is the best that we can do but it is important to understand that these values are <u>not</u> 'etched in stone' and will also change if a company alters its formula . If you are concerned with having the most current data on the food that you feed to your cat, you will need to call the company periodically to see if the formulation has changed.

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If you get frustrated with commercial cat food options and you desire more control over ingredient quality, source, composition, and phosphorus content of your cat's food, see [Making Cat Food](#). (Compostion = caloric distribution of protein/fat/carbohydrate.)

Using the Chart

Cats are obligate carnivores and are metabolically designed to consume diets with the following general composition:

- 1) animal (not plant)-based **protein** (>50% calories)
- 2) moderate **fat** (~20-40% calories)
- 3) very low **carbohydrate** (1-2% calories)
- 4) **water**-rich (~70%)

Keep this in mind when choosing food for cats but also understand that pet food ingredients are profit margin-driven. Protein is expensive. Fat and carbohydrate sources are cheap. This fact often results in the production of **high fat/high carb/low protein** diets as you will notice below. High-fat meat trimmings from the human market, not lean muscle meat, are what make their way into the pet food chain, and grains are less expensive than meat.

"95% Chicken" does not mean 95% chicken meat. A "95% Chicken" diet can be extremely high in fat and low in protein because "Chicken" can be mostly fat.

On a good note, in general, **most cats handle high fat diets better than they do high carbohydrate diets**. They are designed to eat protein and fat, not carbohydrates. Therefore, cats often do quite well on the relatively low protein/relatively high fat commercial diets. ("Relative" to what they would consume in the wild.)

Grain-Free: Please be aware that this marketing phrase is often used to influence pet owners to think that a diet carrying this distinction is automatically a healthy diet for their cat. Unfortunately, pet food companies often just replace grains with carbohydrate-laden peas and potatoes resulting in a diet that is **not** low-carbohydrate. Please replace the phrase "grain-free" with "**low-carb**" in your vocabulary when shopping for cat food. Some "grain-free" products *are* low in carbs but many are not so shop wisely.

Carbohydrates: Choosing diets with 10% or less carb calories is a good goal but, unless the cat is diabetic, sticking with less than 15% is also reasonable.

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PROTEIN %

FAT %

CARB %

**mg
PHOSPHORUS/
100 kcals**

**CALORIES per
5.5 oz unless
otherwise
noted**

“Gravy” foods are often high in carbohydrates due to the starch thickeners (e.g., rice flour) that are sometimes used to make the gravy. Some ‘gravy’ is made with gums (e.g., guar or xanthan) and those substances are soluble fibers (which *may* actually promote intestinal health) and do not contribute to the carbohydrate fraction in the same way as starches do. In short, **I would rather see guar or xanthan gum thickeners than starch (‘flour’) thickeners in gravy foods.**

Liver: I like to see “liver” on the label; it is a very good source of vitamin A and D, as well as copper and zinc. I would much rather see vitamins coming from **whole foods** rather than out of a laboratory. When vitamins are listed on the label separately, those are not coming from whole foods but are manufactured in a laboratory. If you feed a product without liver, please incorporate one with liver a few times each week.

Users of the old chart will notice that **dry matter** values (the *weight* of a nutrient) have been removed in order to streamline the chart and to make it look less overwhelming. The other reason is because, nutritionally-speaking, looking at the **composition** (the distribution of protein, fat, and carbohydrate) of food is best done on a **calorie (energy)** basis not a ‘weight’ basis.

Except as otherwise noted, the products listed are considered to be **complete diets**, rather than for supplemental or intermittent feeding only. That said, double check the label of any diet that you are feeding (if used as a sole diet) to make sure that it does not use the words “supplemental” or “for intermittent feeding” since these products are **not balanced for use as the only diet** that is fed.

Applaws, Evangers, and Wysong are examples of companies that manufacture diets that are for supplemental use only. In general, “supplemental” diets do not contain enough nutrients such as calcium, B vitamins, iodine, etc. These unbalanced diets should not make up more than 15-20% of the cat’s total caloric intake. Stated another way, if you feed your cat 21 meals per week, you could use these supplemental diets for ~4 meals per week as stand-alone meals or mixed with a nutritionally balanced product.

Inclusion of a product in this chart does not imply any endorsement. The chart is simply a compilation of data for many commercial options.

If a cell is blank, that means the information was not provided.

If you are interested in obtaining TNA data on a product not found on this chart, you will need to call the company. See [Commercial Canned Cat Food](#) for some help with the dialog to use. If you obtain some usable data, you can send it to me via my [Contact](#) form at [catinfo.org](#) and I will add it to the list when I find the time.

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Print The print version above has many blank areas because I am waiting for data to come in. I will be adding to it over time.	Please visit catinfo.org , as well as the bottom section of this chart, for more information regarding feline nutrition, reading pet food labels, and other health care topics. You will also find the List of Shame which lists companies who would not provide TNA data for their products.				
COMPANY					
Flavor/Style					
AGAINST the GRAIN	calories per 2.8 oz				
Chicken & Pumpkin Samba	57	22	21	471	68
Caribbean Club w/Chicken & Cheese	77	23	0	402	74
Big Kahuna w/Crab & Tilapia	73	25	2	330	67
Aloha Tuna w/Seaweed & Crab	65	35	0	295	67
Bimini Brunch w/Krill & Egg	72	28	0	318	70
Shrimp Daddy w/Tuna & Salmon	68	31	1	280	70
Captain's Catch w/Sardine & Mackerel	62	35	2	553	60
APPLAWS	This company does not make any balanced diets for full-time use. The Cans, Layers, Pots, and Pouches are intended to be fed only as a supplement to a balanced diet. "Supplemental" diets do not contain enough calcium, etc. These unbalanced diets should not make up more than 15-20% of the cat's total caloric intake. Stated another way, if you feed your cat 21 meals per week, you could use these products for ~4 meals per week as stand-alone meals or mixed with a nutritionally balanced product.				
ARTEMIS	calories per can				
Tuna in Gravy in Gravy	66	28	7	296	65
Tuna & Chicken in Gravy	65	28	7	300	65
Tuna & Salmon in Gravy	63	30	7	297	66
Tuna & Shrimp in Gravy	67	27	6	299	65
Tuna & Pumpkin in Gravy	65	27	7	298	64
AUTHORITY	Petsmart brand. Purchase is not recommended. See note below - 'List of Shame.'				

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AVODERM					
Chicken Chunks Entree in Gravy	48	35	17	211	66/3 oz
Tuna & Chicken Entree in Gravy	52	35	13	214	81/3 oz
Chicken & Duck Entree in Gravy	38	50	12	235	82/3 oz
Tuna & Crab Meat Entree in Gravy	60	32	8	287	70/3 oz
Sardine, Shrimp, Crab Entree in Gravy	63	31	6	297	68/3 oz
Salmon & Chicken Entree in Gravy	41	47	12	247	75/3 oz
Tuna w/Prawns in Consomme	65	31	5	277	71/3 oz
Salmon in Salmon Consomme	49	39	12	379	82/3 oz
Chopped Sardines in Consomme	56	35	9	348	68/3 oz
Chicken Formula	31	60	9	200	191
Ocean Fish Formula	34	58	8	274	171
Salmon Formula	35	56	10	244	198
Indoor Weight Control	33	46	20	249	151
AVODERM pouches					calories per pouch
Tuna in Gravy	66	24	10	339	53
Ocean Fish in Gravy	59	29	12	316	53
Salmon in Gravy	54	33	13	462	53
Chicken & Duck in Gravy	45	40	14	325	57
B.F.F. (Weruva) cans					calories per 3 oz/ 5.5 oz

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Tuna & Bonito Be Mine	68	30	2	240	64/117
Tuna Too Cool	69	29	2	248	62/113
Tuna & Shrimp Sweethearts	64	33	2	236	65/119
Tuna & Pumpkin Valentine	64	31	5	243	63/115
Tuna & Salmon Soulmates	66	32	2	236	65/119
Tuna & Tilapia Twosome	68	30	2	240	64/117
Tuna & Chicken 4-EVA	69	29	2	234	65/120
Tuna & Chicken Chuckles	69	29	2	237	65/119
B.F.F. (Weruva) pouches					Calories per pouch
Tuna & Chicken Charm Me	59	32	9	195	61
Tuna & Turkey Tickles	54	32	14	195	65
Tuna & Duck Devour Me	54	34	13	177	62
Tuna & Salmon Sweet Cheeks	63	24	13	253	54
Tuna & Lamb Luv Ya	55	30	15	207	66
Tuna & Beef Babycakes	56	29	15	199	60
BEYOND - GRAVY Grain Free					calories per 3 oz
Turkey, Sweet Potato & Spinach	45	50	5	376	75
Chicken, Beef & Carrot	46	47	7	305	73
Salmon & Sweet Potato	49	42	9	344	76
Tuna Mackerel & Carrot	48	38	13	376	71
BEYOND - PATE Grain Free					calories per 3 oz
Chicken & Sweet Potato	35	63	3	369	99
Wild Salmon	36	63	2	369	100
Trout & Catfish	38	61	1	372	99
Artic Char & Spinach	33	65	2	228	100

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Duck & Sweet Potato	35	63	2	375	100
Quail & Carrot	42	55	3	413	92
Pheasant & Sweet Potato					99
Ocean Whitefish & Spinach					86
BEYOND - GRAVY With Grains					calories per 3 oz
Chicken, Wild Rice & Spinach in Gravy	43	42	15	328	76
Chicken & Brown Rice Pate	36	61	3	388	97
Tuna, Herring & Sweet Potato in Gravy	49	36	14	377	70
Salmon & Brown Rice Pate	35	63	2	362	101
BLUE Healthy Gourmet					calories per 3 oz
Kitten Chicken	30	65	5	341	122
Flaked Chicken					
Flaked Fish & Shrimp	44	43	13	451	chicken = 93 fish/shrimp = 80 tuna = 78
Flaked Tuna					
Grilled Chicken					
Grilled Salmon	40	49	11	455	chicken = 84 salmon = 76
Pate Turkey & Chicken					
Pate Beef					
Pate Indoor Chicken	34	58	8	385	T & C = 113 beef = 110 indoor chicken/ salmon = 108 ocean fish = 77
Pate Indoor Salmon					
Pate Ocean Fish & Tuna					
Indoor Mature Pate Chicken	31	57	11	395	92
Meaty Morsels Chicken					
Meaty Morsels Tuna	46	42	13	426	chicken = 83 tuna = 71

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BLUE Freedom					calories per 3 oz
Indoor Kitten	30	64	6	373	116
Indoor Chicken	35	58	7	398	85
Indoor Chicken Flaked in Gravy	37	51	12	445	84
Indoor Fish	35	58	7	398	85
Indoor Flaked Fish in Gravy	37	51	12	445	84
Indoor Mature Chicken	33	59	8	411	91
BLUE Basics					calories per 3 oz
Indoor Kitten Turkey & Potato	32	60	9	390	109
Indoor Turkey & Potato	30	53	17	511	75
Indoor Duck & Potato	30	53	17	511	75
Indoor Fish & Potato	30	53	17	511	75
Indoor Mature Turkey & Potato	29	52	19	402	93
BLUE Wilderness					calories per 3 oz
Kitten Chicken					chicken = 126
Kitten Salmon	29	67	4	486	salmon = 113
Chicken					
Turkey					chicken = 132
Duck	28	69	3	291	turkey = 126
Salmon					duck = 128
Mature Chicken	29	60	11	424	salmon = 110
					96
BLUE Wilderness Wild Delights					calories per 3 oz
Kitten Flaked Chicken & Trout	37	53	10	410	90

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Chicken & Turkey in Gravy					
Chicken & Trout in Gravy					chicken/turkey=79
Chicken & Salmon in Gravy	37	54	10	418	chicken/trout = 75
Flaked Chicken & Turkey					chick/salmon=81
Flaked Chicken & Trout					flaked c/turk = 93
Minced Chicken & Turkey	37	54	10	418	flaked c/trout = 90
Minced Chicken & Trout	37	54	10	418	157/5 oz
BLUE Wilderness Rocky Mountain Recipe					calories per 3 oz
Red Meat					
Trout	33	64	4	360	97
Flaked Red Meat	37	51	12	434	83
Flaked Trout	37	51	12	434	83
CANIDAE PURE - Grain Free					
Chicken, Turkey, Lamb	29	66	5	239	199
Salmon & Mackerel	38	62	0	247	179
Turkey & Rabbit Slices	36	57	7	283	85/3 oz
Duck & Duck Liver Slices	38	51	11	337	76/3 oz
Salmon Slices	32	64	4	223	87/3 oz
Chicken Pate	28	68	4	224	110/3 oz
CANIDAE Life Stages					
Chicken, Lamb & Fish	30	57	13	226	188
Chicken & Rice	27	64	9	227	188
Indoor Chicken, Lamb & Fish	30	63	7	280	172
Chicken	27	64	9	227	106/3 oz
Turkey	36	53	11	285	81/3 oz

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Lamb	35	59	7		233	84/3 oz
Ocean Fish	35	53	12		279	78/3 oz
Yellowfin Tuna	38	52	10		223	76/3 oz
Salmon	35	59	6		254	81/3 oz
CANIDAE Under the Sun - Grain Free						calries per 3 oz
Chicken	28	69	4		262	106
Turkey	29	67	4		368	83
Duck	28	70	3		242	75
Salmon	37	63	1		243	95
Seafood	37	58	5		369	77
Trout	29	68	3		314	79
CANIDAE Under the Sun - Witty Kitty						calries per 3 oz
Wingin' it Chicken & Turkey	39	51	10		315	75
Ruffle my Feathers Turkey & Turkey Liver	45	46	8		314	89
Big Catch Tuna & Sardine	50	42	8		358	80
CHICKEN SOUP FOR the SOUL						
Adult Formula	31	62	7		218	194
Beef Stew with Red Potatoes & Carrots	36	59	5		470	84/3 oz
Chicken Soufflé with Sweet Potatoes & Spinach	32	66	2		441	111/3 oz
Chicken & Duck	37	62	1		387	190
Kitten	36	58	6		298	208
Weight & Mature Care	41	51	8		245	146
Salmon Soufflé with Red Potatoes & Spinach	36	62	2		419	93/3 oz

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		Salmon Limited Ingredient		46	52	2
Minced Beef with Red Potatoes & Carrots		42	52	6	285	84/3 oz
Chicken Stew with Sweet Potatoes & Spinach		40	54	6	294	86/3 oz
Salmon Stew with Red Potatoes & Spinach		41	50	9	339	84/3 oz
DAVE's Naturally Healthy Grain Free						
Chicken		33	64	3	286	186
Turkey		33	64	3	288	183
Turkey & Giblets		29	68	4	216	195
Beef & Chicken Dinner		29	68	4	182	195
Chicken & Whitefish		28	69	4	209	197
DAVE's Restricted Diet		Please note that Dave's <i>Chicken in Sauce</i> - low protein & and low phosphorus product mimics Hill's k/d renal diet which is one that I would never feed to any cat in my care - including patients with kidney disease. It was a very sad day when protein became the enemy of the feline kidney. Please do not feed diets that are this low in protein.				
Original Formula - Pork - low phosphorus & magnesium						
Pork - low phosphorus & magnesium		33	58	9	154	184
Chicken in Sauce - low protein & low phosphorus		25	56	19	95	169
DR. TIM'S						
Chicken & Vegetable		33	52	16	300	171
Salmon & Vegetable		29	58	13	381	171
DRS. FOSTER & SMITH Country Classics						
Chicken Stew w/Sweet Potatoes		36	45	19	330	151

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Trout & Brown Rice	30	59	11	242	190
Savory Salmon/Shrimp & Brown Rice	31	56	12	220	178
DRS. FOSTER & SMITH Adult					
Chicken	29	64	8	204	208
Turkey	34	57	10	250	179
Chicken & Fish	36	45	19	254	201
EARTH BORN					calories per 3 oz/ 5.5 oz
Chicken Catcciatori	54	27	20	240	70/129
Monterey Medley	66	23	10	275	66/121
Catalina Catch	70	29	1	291	41/75
Harbor Harvest	57	28	15	281	70/128
Chicken Jumble with Liver	38	39	23	236	147/5.5 oz
Chicken Fricatssee	45	30	25	232	125/5.5 oz
Ranch House Stew	36	46	18	331	138/5.5 oz
EVO					
Turkey in Gravy	29	69	2	300	208
Duck in Gravy	28	68	3	306	204
EVOLVE					
Chicken	35	63	2	318	189
Turkey	33	65	2	289	189
Seafood	29	66	5	317	191
Kitten	35	60	4	292	192
FANCY FEAST Classic					per 3 oz

2 Sortable Charts: 1) Google Drive (2 tabs - Data and Notes) 2) Extensive filters	CAT FOOD - NUTRITIONAL COMPOSITION Data compiled by Lisa A. Pierson, DVM Typical nutrient analysis data provided by the respective companies Wet only - no dry food is listed 2017				
	Caloric Distribution			mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
	PROTEIN %	FAT %	CARB %		
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Chicken Feast	40	57	3	430	91
Tender Liver & Chicken Feast	43	55	2	478	89
Turkey and Giblets Feast	39	58	2	355	96
Chopped Grill Feast	41	56	3	498	91
Tender Beef Feast	42	55	3	408	90
Tender Beef & Liver Feast	38	60	2	380	95
Tender Beef & Chicken Feast	38	59	3	415	95
Seafood Feast	46	52	2	478	86
Ocean Whitefish & Tuna Feast	48	51	0	481	82
Salmon & Shrimp Feast	43	56	1	456	87
Savory Salmon Feast	27	72	1	267	90
Cod, Sole & Shrimp Feast	48	50	1	474	84
FANCY FEAST Roasted/Flaked/Chunky					
Roasted Chicken Feast	54	40	6	284	80
Roasted Turkey Feast	56	38	6	265	81
Flaked Chicken & Tuna Feast	52	44	5	325	102
Flaked Tuna Feast	52	43	5	291	103
Flaked Tuna & Mackerel Feast	57	37	6	324	97
Flaked Salmon & Ocean Whitefish Feast	49	47	4	317	104
Flaked Trout Feast	48	48	4	285	107
Chunky Chopped Grill Feast	42	53	4	466	91
Chunky Chicken Feast	47	50	4	453	88
Chunky Turkey Feast	46	49	5	477	87
FANCY FEAST Grilled in Gravy					
Grilled Liver & Chicken Feast in Gravy	55	32	13	309	71

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	PROTEIN %	FAT %	CARB %	mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
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Grilled Turkey Feast in Gravy	56	31	13	271	71
Grilled Chicken Feast in Gravy	55	32	12	282	72
Grilled Turkey & Giblets in Gravy	56	31	13	266	72
Grilled Chicken & Beef in Gravy	47	38	15	291	71
Grilled Beef in Gravy	55	32	12	289	72
Grilled Tender Beef & Liver in Gravy	54	31	15	272	72
Grilled Ocean Whitefish & Tuna in Gravy	58	30	13	302	70
Grilled Salmon in Gravy	56	31	13	266	71
Grilled Seafood in Gravy	56	32	12	289	71
Grilled Tuna in Gravy	58	28	14	282	68
Grilled Salmon & Shrimp in Gravy	57	31	12	298	70
FANCY FEAST Sliced in Gravy					
Sliced Chicken in Gravy	50	38	12	270	81
Sliced Turkey in Gravy	51	37	13	275	80
Sliced Chicken Hearts & Liver in Gravy	49	39	12	257	84
Sliced Beef in Gravy	48	38	14	265	81
FANCY FEAST Marinated Morsels in Gravy					
Marinated Morsels Turkey Feast in Gravy	54	34	12	302	81
Marinated Morsels Beef Feast in Gravy	55	33	12	280	82
Marinated Morsels Tuna Feast in Gravy	62	25	13	303	75
Marinated Morsels Salmon Feast in Gravy	59	29	12	307	82

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Print		Caloric Distribution				
The print version above has many blank areas because I am waiting for data to come in. I will be adding to it over time.		PROTEIN %	FAT %	CARB %	mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
		Marinated Morsels Chicken Feast in Gravy		55	33	13
FANCY FEAST Gravy Lovers						
Gravy Lovers Gourmet Beef Feast in Gravy		47	33	20	250	67
Gravy Lovers Gourmet Chicken Feast in Gravy		48	38	15	251	68
Gravy Lovers Ocean Whitefish & Tuna Feast Gravy		52	32	16	283	65
Gravy Lovers Salmon Feast in Gravy		52	33	15	264	66
Gravy Lovers Turkey Feast in Gravy		49	36	15	258	68
Gravy Lovers Chicken & Beef Feast in Gravy		47	38	15	254	68
Gravy Lovers Chicken Hearts & Liver Feast in Gravy		48	38	15	229	68
Gravy Lovers Salmon & Sole Feast in Gravy		52	33	15	264	65
FANCY FEAST Natural						
Natural White Meat Chicken & Flaked Tuna in Broth		77	23	0	343	41
Natural Flaked Skipjack Tuna in Broth		75	25	0	340	42
Natural Seabass & Shrimp in Broth		75	25	0	333	45
Natural Tender Tongol Tuna in Broth		74	26	0	322	45
Natural White Meat Chicken in Broth		75	25	0	315	45
Natural White Meat Chicken & Beef in Broth		73	27	0	327	45
Natural Wild Alaskan Salmon & White Meat in Broth		68	32	0	333	47

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	PROTEIN %	FAT %	CARB %	mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
Print The print version above has many blank areas because I am waiting for data to come in. I will be adding to it over time.					
FANCY FEAST Medleys Florentine					
White Meat Chicken Florentine Pate	39	57	4	398	91
Ocean Whitefish and Tuna Florentine Pate	46	49	5	462	85
White Meat Chicken Florentine in a Delicate Sauce	56	31	13	402	71
Turkey Florentine with Garden Greens	55	30	15	292	73
Wild Salmon Florentine in a Delicate Sauce	55	33	12	261	73
Tuna Florentine in a Delicate Sauce	60	26	14	394	70
FANCY FEAST Medleys Tuscany					
White Meat Chicken Tuscany in a Savory Sauce	51	29	20	346	64
Tender Turkey Tuscany in a Savory Sauce	52	28	20	277	66
Tuna Tuscany in a Savory Sauce	51	27	22	261	65
Wild Salmon Tuscany in a Savory Sauce	49	28	23	250	65
FANCY FEAST Medleys Primavera					
White Meat Chicken Primavera Pate	41	56	4	301	65
Wild Salmon Primavera Pate	42	54	4	419	89
Tender Turkey Primavera in a Classic Sauce	54	26	20	339	66
White Meat Chicken Primavera in a Classic Sauce	53	31	16	478	90
Wild Salmon Primavera in a Classic Sauce	53	31	16	264	66

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	PROTEIN %	FAT %	CARB %	mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
Tuna Primavera in a Classic Sauce	54	28	18	257	65
FANCY FEAST Medleys Shredded					
Shredded White Meat Chicken Fare	57	32	11	351	84
Shredded Turkey Fare	54	30	16	282	86
Shredded Wild Salmon Fare	56	33	11	260	81
Shredded Tuna Fare	63	23	14	279	86
FANCY FEAST Medleys in Gravy or Broth					
Tuna & Shrimp Recipe in Gravy	52	30	18	285	66
Turkey & White Meat Chicken Recipe in Gravy	55	32	12	287	74
Whitefish & Shrimp Recipe Gravy	51	28	20	318	63
White Meat Chicken & Tuna Recipe Broth	51	29	20	305	64
FANCY FEAST Delights with Cheddar	The relatively low phos value of 265 for the Turkey was obtained from Purina's Veterinary Product Guide. It was based on TNA dry matter basis. The other 3 phos values came from what appear to be GA values (not accurate) obtained from a phone call to Purina. I suspect that the phos values for the chicken, tuna, and whitefish are actually lower than shown below.				
Grilled Turkey & Cheddar Cheese in Gravy	50	35	15	265	73
Grilled Chicken & Cheddar Cheese in Gravy	54	26	20	368	72
Grilled Tuna & Cheddar Cheese in Gravy	53	26	21	318	69
Grilled Whitefish & Cheddar Cheese in Gravy	54	26	20	413	70
FANCY FEAST Kitten					

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	PROTEIN %	FAT %	CARB %		
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Kitten Tender Ocean Whitefish Feast	44	53	3	520	84
Kitten Tender Turkey Feast	39	57	3	395	92
	20				
FIRST MATE					
Chicken	43	38	19	342	140
Turkey	43	38	20	243	141
Salmon	54	33	14	281	122
Tuna	37	54	10	277	148
Chicken & Tuna	38	46	17	212	146
Turkey & Tuna	38	46	17	212	146
Salmon & Tuna	41	45	13	212	146
4HEALTH					
Adult Chicken Formula	31	62	7	288	177
Indoor Chicken	33	57	10	320	
Chicken/Beef	33	59	8	278	174
Grain-Free Chicken/Whitefish	30	70	0	287	97/179
Grain-Free Turkey/GIBLETS	29	70	1	274	105/193
Turkey/Salmon	31	62	7	273	173
Sensitive Stomach	37	53	10	433	
Weight Management	39	47	14	456	
Grain-Free Shredded Chicken Cuts	37	55	8	323	145
Grain-Free Salmon in Gravy	36	57	7	278	141
FRESHPET Wet options (>75% moisture)					
Select Chicken & Beef Roll	34	56	10	295	136/4 oz
Vital Grain Free Chicken & Beef Roll	34	56	10	295	136/4 oz

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	PROTEIN %	FAT %	CARB %	mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
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Select Grain Free Ocean White Fish w/Vegetables Cup	37	55	8	292	110/container
Select Grain Free Chicken & Beef w/Vegetables Cup	36	58	6	286	110/container
Select Grain Free Chicken & Pumpkin w/Vegetables Cup	37	54	9	305	110/container
Vital Grain Free Chicken & Ocean Whitefish w/ Vegetables in Gravy Cup	37	55	8	292	128/container
Vital Grain Free Chicken & Beef w/Vegetables in Gravy Cup	36	58	6	286	110/container
Vital Grain Free Chicken & Pumpkin w/Vegetables in Gravy Cup	37	54	9	305	128/container
FRESHPET Semi-Moist (~61% moisture)					
Roasted Chicken/Chicken Liver/Whitefish/Vegetables	38	55	8	284	226/cup
Roasted Chicken & Beef/ Vegetables/Whitefish	37	59	4	281	226/cup
Nature's Fresh Chicken, Ocean Whitefish w/Carrots & Spinach	36	55	8	286	218/cup
Vital Chicken & Ocean Whitefish w/carrots, eggs & spinach	38	55	8	284	231/cup
Vital Grain Free Chicken & Beef w/Carrots & Spinach	37	59	4	281	231/cup
FRISKIES Classic Pates					
Turkey & Giblets	37	59	5	335	177
Poultry Platter	35	61	4	307	189
Liver & Chicken	35	60	5	331	179
Mixed Grill	35	60	5	320	180
Country Style	37	58	5	355	179

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	PROTEIN %	FAT %	CARB %		
Chicken & Tuna Supreme Supper Mariner's Catch Sea Captain's Choice Salmon Ocean Whitefish & Tuna Classic Seafood					
	36	59	5	371	173
	38	56	6	361	174
	40	54	6	414	165
	37	60	3	343	185
	40	56	4	373	177
	38	57	5	329	177
FRISKIES Savory Shreds					
Chicken & Salmon Dinner in Gravy	53	34	14	293	128
Turkey & Cheese Dinner in Gravy	48	38	14	286	133
With Beef in Gravy	50	36	14	320	134
With Chicken in Gravy	51	36	13	305	133
With Ocean Whitefish & Tuna in Sauce	53	34	13	260	133
With Salmon in Sauce	50	38	12	278	136
With Turkey & Giblets in Gravy	49	38	13	306	135
With Whitefish & Sardines in Sauce	49	33	18	389	135
FRISKIES Prime Fillets					
Chicken & Tuna Dinner in Gravy	52	34	14	282	135
Turkey Dinner in Gravy	52	34	14	321	133
With Beef in Gravy	50	35	15	325	134
With Chicken in Gravy	52	34	14	274	134
With Ocean Whitefish & Tuna in Sauce	55	31	14	310	129
With Salmon & Beef in Sauce	50	35	15	275	134

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<u>Print</u>	Caloric Distribution					
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FRISKIES Tasty Treasures w/ Bacon						
Chicken Dinner in Gravy	48	39	14	244	154	
Turkey Dinner in Gravy	48	38	14	258	153	
Chicken & Tuna Dinner in Gravy	48	39	13	229	155	
Ocean Fish in Sauce	49	37	14	238	152	
FRISKIES Tasty Treasures w/ Cheese						
Beef & Liver with Cheese Pate	34	57	9	330	175	
Chicken & Ocean Fish Dinner with Cheese Pate	35	57	7	360	179	
Ocean Fish Dinner with Cheese Pate	38	54	8	362	173	
Turkey & Chicken Dinner with Cheese Pate	35	58	8	341	177	
With Chicken & Cheese in Gravy	51	32	17	265	132	
With Chicken, Tuna & Cheese in Gravy	51	32	17	298	130	
With Ocean Fish, Tuna, & Cheese in Sauce	52	31	17	267	130	
With Turkey & Cheese in Gravy	50	33	17	290	132	
FRISKIES Meaty Bits						
Chicken Dinner in Gravy	48	40	13	261	152	
Gourmet Grill in Gravy	47	39	13	262	151	
With Beef in Gravy	49	37	14	260	148	
FRISKIES SauceSations						

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	PROTEIN %	FAT %	CARB %	mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
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Chicken & Turkey Dinner in Cheesy Sauce	48	39	13	263	157
Chicken Dinner in Garden Sauce	47	40	13	259	158
Turkey & Giblets Dinner in Homestyle Sauce	50	37	13	268	153
With Beef in Creamy Sauce	49	38	13	263	156
With Beef in Garden Sauce	48	38	14	260	156
With Salmon & Tuna in Creamy Sauce	51	36	13	254	152
FRISKIES Indoor					
Chicken Dinner w/Garden Greens Pate					
Chunky Chicken & Turkey Casserol w/Garden Greens in Gravy	43	32	25	249	144
Classic Pate Salmon Dinner w/Garden Greens					
Flaked Ocean Whitefish Dinner w/Garden Greens in Sauce	46	27	27	290	135
Homestyle Turkey Dinner w/ Garden Greens in Gravy	43	32	25	187	145
Saucy Seafood Bake w/ Garden Greens in Sauce	44	31	25	262	141
FRISKIES Cat Concoctions					
Scrumptious Salmon & Chicken Liver Dinner Pate	37	59	4	343	182
With Chicken in Creamy Crabby Sauce	48	40	12	253	158
With Cod in Cheesy Bacon Flavored Sauce	48	39	13	250	158
With Lamb in Clam Flavored Sauce	48	40	12	250	158

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FRISKIES Gravy Sensations					
With Beef & Chicken in Gravy	69	10	20	428	137
With Chicken in Gravy	52	34	14	266	140
With Ocean Whitefish & Tuna in Gravy	53	33	14	334	135
With Salmon in Gravy	55	30	15	301	129
With Tuna in Gravy	53	33	14	268	136
With Turkey & Giblets in Gravy	54	31	14	295	135
FRISKIES Flaked					
With Tuna	51	45	4	301	172
With Tuna & Egg	49	45	6	263	175
FROMM Pates					
Chicken & Duck	33	66	1	251	169
Turkey	33	55	12	236	163
Beef	46	44	10	250	139
Chicken & Salmon	31	67	3	292	167
Chicken, Duck & Salmon	31	65	4	268	168
Salmon & Tuna	35	63	3	293	166
FUSSIE CAT Premium					
Tuna	76	21	3	326	52
Tuna with Anchovies	74	25	0	318	49
Tuna with Chicken	75	25	0	307	49
Tuna with Chicken Liver	69	25	5	318	49
Tuna with Clams	72	27	1	303	49

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Tuna with Mussels	72	27	1	300	49
Tuna with Ocean Fish	71	25	4	313	49
Tuna with Prawns	73	26	1	313	49
Tuna with Salmon	73	27	0	307	49
Tuna with Shrimp	74	26	1	309	49
Tuna with Smoked Tuna	75	22	4	290	52
Tuna with Threadfin Bream	71	21	8	295	52
FUSSIE CAT Super Premium					calories per can
Chicken in Gravy	63	20	17	191	48
Chicken & Beef In Pumpkin Soup	68	28	4	282	48
Chicken with Liver In Pumpkin Soup	69	27	5	303	48
Chicken with Duck	57	28	15	188	48
Chicken with Egg	61	24	15	191	48
Chicken with Sweet Potato	47	18	35	173	48
Chicken & Vegetables	63	18	19	185	48
GO					
Grain Free Chicken, Turkey & Duck Pate	34	61	5	340	209
Grain Free Duck Pate	36	57	7	324	206
Grain Free Chicken, Turkey & Trout Stew	35	47	18	348	142
Turkey Pate	35	57	8	274	188
Chicken Stew	35	47	18	371	142
Grain Free Trout & Salmon Pate	31	65	4	344	213
Salmon Pate	40	50	10	350	165
GOOD NATURED	Petsmart brand. Purchase is not recommended. See note below - 'List of Shame.'				

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Print	PROTEIN %	FAT %	CARB %		
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GRREAT CHOICE	Petsmart brand. Purchase is not recommended. See note below - 'List of Shame.'				
HALO Impulse - Grain Free					
Rabbit	43	50	7	210	177
Quail	37	56	7	393	161
Guinea Hen					
Chicken, Eggs					
HALO Spot's Stew - Grain Free					
Chicken	32	55	13	201	131
Turkey	31	59	10	215	147
Lamb	34	53	12	245	133
Chicken & Beef	33	55	11	303	150
Chicken, Shrimp & Crab	36	52	12	234	144
Salmon	26	64	9	227	142
HALO Spot's Pate - Grain Free					
Chicken	34	62	4	291	190
Turkey & Duck	36	59	5	201	186
Salmon	33	66	1	319	209
Whitefish	45	53	2	257	176
Chicken & Beef					200
Seafood Medley					153
Turkey & Giblets					172
HALO Spot's Choice - Grain Free					

2 Sortable Charts:
1) Google Drive
 (2 tabs - Data and Notes)
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CAT FOOD - NUTRITIONAL COMPOSITION
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 2017

Print

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Caloric Distribution

	PROTEIN %	FAT %	CARB %	mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
Turkey - Shredded	25	65	10	179	192
Chicken - Shredded	25	66	9	155	172
HALO Vigor					
Chicken & Trout	29	64	7	221	183
Turkey & Quail	32	58	9	329	184
Salmon & Venison	32	58	10	229	185
HILL's Ideal Balance					
Slow-Cooked Chicken					
Roasted Turkey					
Venison & Rice	32-40	38-46	19-25	161-237	79-84/2.9 oz
Braised Trout					
Baked Tuna					
Poached Salmon & Rice					
Slim & Healthy Chicken & Tuna	37	33	30	214	73/2.9 oz
HILL's Ideal Balance - Grain Free					
Roasted Chicken					
Slow-Cooked Venison					
Poached Trout	25-28	49-52	20-26	125-163	92-96/2.9 oz
Gourmet Tuna					
Braised Salmon					
HI-TOR					
Felo	37	59	4	237	170
Neo	26	69	4	198	205

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	PROTEIN %	FAT %	CARB %		
Print The print version above has many blank areas because I am waiting for data to come in. I will be adding to it over time.					
HOLISTIC SELECT					
Chicken	32	66	2	221	201
Turkey	34	64	2	243	198
Chicken Liver & Lamb	31	66	4	258	204
Turkey & Salmon	34	61	5	277	190
Chicken, Whitefish, Herring	37	60	3	282	182
Salmon & Shrimp	34	61	6	311	192
Ocean Fish & Tuna	35	61	4	262	186
HOUNDS & GATOS					
Chicken	30	70	1	237	202
Turkey	31	65	4	364	190
Gamebird	34	65	1	334	190
Duck	29	69	1	346	203
Rabbit	37	58	5	408	183
Lamb	38	61	1	246	187
Beef	31	61	8	246	195
Red Meat	31	56	12	245	184
Pork	39	61	0	228	187
Lamb, Chicken & Salmon	32	67	1	254	200
Trout	36	63	1	392	181
Salmon					
Oceanfish					
IAMS Grain Free					calories per 2.5 oz can
White Meat Chicken Breast	43	49	8	173	75
White Meat Chicken Breast & Beef	40	53	8	179	75
White Meat Chicken Breast & Tuna	39	51	10	179	74

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	PROTEIN %	FAT %	CARB %			
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Wild Mackerel & Whitefish Dinner Flaked in Sauce	39	48	13		218	65
Wild Oceanfish & Tuna Dinner Flaked in Sauce	38	50	12		203	61
Wild Tuna & Salmon Dinner Flaked in Sauce	40	49	11		230	60
IAMS Proactive Health						calories per 3 oz can
Filets with Chicken in Gravy	36	54	9		325	90
Filets with Tuna in Sauce	37	53	10		322	89
Filets with Salmon in Sauce	36	55	9		326	91
Pate with Chicken & Liver	37	56	7		246	97
Pate with Savory Salmon	38	55	7		270	94
Pate with Seafood Sampler	38	55	7		279	94
Premium Pate Gourmet Chicken	37	56	7		246	97
Premium Pate Lamb & Rice	35	53	12		238	103
Premium Pate Select Ocean Fish	38	55	7		272	93
Premium Pate Tender Beef	37	56	7		245	97
Premium Pate Turkey & Giblets	37	55	7		250	95
Premium Pate Kitten	41	53	6		299	102
IAMS Purrfect Delights						calories per 3 oz can
Chicken-dulgence	32	55	12		211	100
Winner, Winner with Chicken Dinner	53	46	2		229	77
Turkey-lation	38	48	14		169	94
Tuna-Topia Dinner	48	34	19		194	85
Tuna-Turkey Tango	29	55	15		254	99
Tempt Me Tuna & Mackerel	44	42	14		189	85

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	PROTEIN %	FAT %	CARB %	mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
The print version above has many blank areas because I am waiting for data to come in. I will be adding to it over time.					
Dive In Ocean Fish	34	47	19	438	75
Packed with Sardines	45	41	14	179	85
Cluckin' Good Chicken Dinner	33	52	15	303	83
Salmon-dipity	31	58	11	302	115
Sea You Soon Tuna	37	48	15	360	86
IAMS Purrrfect Delicacies					calories per 2.5 oz can
Select Cuts with Roasted Chicken & Beef	37	47	16	190	71
Select Cuts with Roasted Chicken	41	46	14	339	67
Signature Flaked Tuna & Salmon	42	46	13	288	55
Roasted Chicken & Shrimp in Gravy	31	51	17	348	71
Roasted Beef & Salmon in Gravy	39	43	17	389	69
Select cuts with Roasted Chicken & Tuna	40	47	14	200	67
Featured Flaked Oceanfish & Tuna	43	38	19	251	64
Slow-Cooked Turkey & Liver in Gravy	30	54	16	112	77
Premier Flaked Mackerel & Whitefish	41	45	14	261	80
I and Love and You					per 3 oz
Chicken Me Out	32	66	2	313	117
Chicky-Da-lish Stew	42	45	13	411	96
Purrky Turkey	34	60	5	349	100
Whascally Wabbit	40	57	3	395	89
Wholly Cow!	34	63	3	140	95
Savory Salmon	39	60	1	367	96

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Print					
Salmon Chanted Evening	43	42	15	398	96
Tuna Fintastic	55	30	15	386	96
Oh My Cod!	42	56	2	433	88
KASIKS					
Chicken	39	40	21	244	141
Turkey	37	45	17	235	146
Salmon	53	35	13	256	134
KOHA Limited Ingredient - Pate					
Kangaroo	39	52	9	406	178
Chicken	28	61	11	354	202
Duck	33	65	2	239	188
Guineafowl	29	68	4	221	204
Turkey	30	62	8	195	200
Venison	35	53	12	486	175
KOHA Stews					
Venison Stew	33	63	4	286	146
Chicken Stew	34	56	10	296	147
Duck Stew	36	51	12	647	139
Guineafowl Stew	28	60	12	197	154
Kangaroo Stew	39	40	22	408	132
Turkey Stew	34	53	13	259	147
KOHA ROO					
Chicken / Kangaroo	27	58	15	387	192

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Print	Caloric Distribution				
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Turkey / Kangaroo	33	62	6	239	197
Duck / Kangaroo	30	58	11	467	186
Lamb / Kangaroo	28	63	9	271	192
LOTUS Pates					
Chicken & Vegetable	37	42	21	195	171
Turkey & Vegetable	30	49	21	150	171
Duck & Vegetable	30	51	18	231	181
Pork & Vegetable	30	52	18	231	194
Salmon & Vegetable	34	43	22	252	171
LOTUS Just Juicy					calories per 5.3 oz
Chicken	59	29	12	231	151
Turkey	58	31	11	230	154
Pork	57	31	12	270	147
Venison	48	41	11	263	180
Salmon & Pollock	39	48	13	287	197
Pollock	37	47	17	360	110
MEOW MIX Classic Pate					calories per 2.75 oz cup
Mixed Grill w/Beef, Tuna & Chicken	51	42	7	402	74
Chicken & Liver	49	45	6	440	74
Tuna	59	35	7	388	70
Turkey & Liver	54	40	6	374	85
MEOW MIX Tender Favorites in Sauce					calories per 2.75 oz cup
Salmon & Crab	68	29	3	298	57

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	PROTEIN %	FAT %	CARB %			
Print The print version above has many blank areas because I am waiting for data to come in. I will be adding to it over time.	Turkey & Giblets	57	30	13	327	60
	Tuna & Shrimp	66	33	2	260	63
	Salmon & Red Snapper	48	33	19	404	58
	Chicken & Beef	55	35	10	255	60
	Poultry Entree	53	33	15	415	55
	Salmon	40	41	19	342	62
	Turkey & Cheese	43	30	27	289	59
	Tuna & Egg	46	37	17	250	62
	Chicken & Liver	53	31	16	366	59
	MEOW MIX Savory Morsels in Gravy					calories per 2.75 oz cup
Beef	49	35	16	285	60	
Chicken & Shrimp	57	30	13	327	60	
Ocean Whitefish & Tuna	37	40	22	304	59	
Salmon & Ocean Fish	42	38	20	371	59	
Tuna & Crab	39	37	24	387	61	
Tuna & Salmon	35	40	24	286	66	
Seafood Entree	47	33	21	320	59	
Chicken Breast	47	33	20	458	55	
	MEOW MIX Pate Toppers					calories per 2.75 oz cup
Chicken w/Shreds of Chicken	53	38	9	339	71	
Whitefish w/Flakes of Salmon	54	38	8	368	71	
Salmon w/Flakes of Tuna	56	36	8	343	72	
Whitefish w/Flakes of Tuna	56	36	8	361	70	
	MERRICK Purrfect Bistro					
Turkey	46	50	4	556	175	

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	PROTEIN %	FAT %	CARB %			
Print The print version above has many blank areas because I am waiting for data to come in. I will be adding to it over time.	Chicken	34	64	2	431	185
	Duck	31	64	5	380	156
	Beef	43	52	5	389	168
	Tuna	37	60	3	418	164
	Salmon	36	62	2	423	175
	Chicken Casserole	42	46	11	427	141
	Granny's Pot Pie	30	64	6	252	170
	Cowboy Cookout	45	37	18	327	155
	Thanksgiving Day Dinner	30	64	6	252	170
	Turducken	30	64	6	252	170
	Surf & Turf	41	54	5	701	155
	Beef Wellington	47	45	9	303	138
	Chicken Divan	42	45	13	393	139
	Tuna Nicoise	47	41	12	533	141
	MERRICK Limited Ingredient					calories/5 oz
Chicken	30	65	4	388	131	
Turkey	32	64	4	279	139	
Duck	26	59	15	146	131	
Salmon	28	68	4	220	131	
MERRICK Backcountry					calories/3 oz	
Chicken	40	49	12	259	79	
Turkey	39	50	11	212	84	
Duck	38	49	12	211	85	
Beef	40	48	11	238	80	
Rabbit	43	45	12	255	80	
Whitefish	42	44	14	255	77	

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Print	Caloric Distribution				
The print version above has many blank areas because I am waiting for data to come in. I will be adding to it over time.	PROTEIN %	FAT %	CARB %	mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
NATURAL BALANCE Ultra Premium					
Chicken & Liver Pate	31	64	6	329	180
Turkey & Giblets	34	57	9	282	170
Ocean Fish	42	50	8	306	180
Salmon	34	56	10	341	195
Tuna w/Shrimp	41	45	14	288	173
NATURAL BALANCE Delectable Delights					
					calories per 2.5 oz
Catatouille	53	39	8	246	60
Land n' Sea	49	41	10	342	75
Life's a Beach	52	39	8	416	70
O' Fishally Scampi	51	40	9	223	60
Purrfect Paella	51	40	9	282	60
Sea Brulee	49	40	10	237	70
LID Chicken & Pumpkin cups	68	29	3	245	67
LID Tuna & Pumpkin cups	67	32	1	275	64
NATURAL BALANCE Limited Ingredient					
Chicken & Green Pea	34	56	10	319	165
Duck & Green Pea	31	58	11	384	190
Salmon & Green Pea	37	51	12	323	230
Venison & Green Pea	35	53	12	387	180
NATURAL BALANCE Indoor					
Chicken	31	55	14	279	180
NATURAL BALANCE Platefulls					
					calories per 3 oz pouch

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	Caloric Distribution			mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
Print	PROTEIN %	FAT %	CARB %		
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Chicken & Giblets	34	50	17	302	70
Chicken & Legume	33	46	21	279	80
Chicken & Pumpken	33	51	16	263	80
Chicken & Salmon	34	49	17	316	70
Turkey, Chicken & Duck	34	48	19	385	70
Cod, Chicken, Sole & Shrimp	38	42	20	369	70
Salmon, Tuna & Crab	37	46	17	306	80
Tuna & Beef	37	48	15	287	80
NATURAL BALANCE Indoor Platefulls					per 3 oz pouch
Chicken & Liver	34	46	20	286	70
Duck, Chicken & Pumpkin	35	49	16	297	80
Turkey & Duck	35	47	18	295	80
Turkey, Salmon & Chicken	35	48	17	344	70
Marckerel & Sardine	44	47	9	352	70
Salmon, Tuna, Chicken & Shrimp	37	44	19	302	70
NATURAL BALANCE Ultra Whole Body Health					calories per 6 oz
Kitten - Chicken	30	63	7	305	220
Chicken	28	64	8	284	238
Venison	33	58	9	502	205
Calamari	34	54	11	355	205
Reduced Calorie Chicken, Salmon & Duck	28	63	8	255	100/3 oz
NATURAL BALANCE Wild Pursuit					calories per 3 oz
Chicken	30	57	13	230	123
Turkey	32	57	11	322	120

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	Caloric Distribution			mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
Print	PROTEIN %	FAT %	CARB %		
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Beef	32	56	11	335	120
Salmon	30	59	11	363	125
Trout	32	56	13	297	120
NATURAL PLANET					calories per 5.0 oz
Organic Chicken Dinner	31	64	5	250	182
Organic Turkey Dinner	29	71	1	250	188
NATURE'S LOGIC					
Chicken	34	65	1	299	230
Turkey	33	63	3	295	219
Rabbit	42	55	4	317	212
Beef	33	63	4	117	225
Duck & Salmon	30	68	3	189	230
Sardine	56	38	6	341	171
NATURE'S RECIPE Grain Free in Broth					calories per 2.75 oz
Chicken	60	34	6	194	68
Chicken & Salmon	59	35	5	198	71
Chicken & Turkey	58	40	2	190	70
Indoor	65	34	2	237	69
NATURE'S RECIPE Culinary Favorites - Pate					calories per 2.75 oz
Chicken Recipe in Gravy	35	53	11	185	84
Chicken & Tuna Recipe in Gravy	33	56	12	154	96
NATURE'S RECIPE Culinary Favorites - Slow Roasted					calories per 2.75 oz

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	Caloric Distribution			mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
Print	PROTEIN %	FAT %	CARB %		
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White Meat Chicken & Garden Vegetables	36	52	12	253	79
Beef & Garden Vegetables	32	51	17	346	97
Turkey & Garden Vegetables	32	59	8	286	104
NATURE'S RECIPE Culinary Favorites - Stew					calories per 2.75 oz
White Meat Chicken & Garden Vegetables in Gravy	37	49	15	362	67
Seafood & Garden Vegetables in Gravy	38	43	19	322	63
Beef & Garden Vegetables in Gravy	29	41	30	266	73
NATURE'S RECIPE Culinary Favorites - Grilled					calories per 2.75 oz
White Meat Chicken & Garden Vegetables	49	45	6	272	60
Salmon & Garden Vegetables	47	45	7	319	59
Tuna & Garden Vegetables	54	39	7	236	60
NATURE'S VARIETY Instinct Raw					calories/1 oz Medallion
Chicken	40	58	3	388	49
Rabbit	40	58	3	317	51
Chicken & Tuna	41	56	3	362	47
NATURE'S VARIETY Raw Market					calories/nugget
Chicken Meal Nuggets	31	64	5	238	46
NATURE'S VARIETY Instinct - original					
Chicken	36	57	7	292	205

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Print The print version above has many blank areas because I am waiting for data to come in. I will be adding to it over time.		PROTEIN %	FAT %	CARB %		
Beef		42	51	6	257	232
Lamb		34	61	4	284	218
Duck		37	55	9	299	207
Rabbit		45	49	6	313	162
Venison		42	55	3	388	228
Salmon		45	46	9	359	185
NATURE'S VARIETY INSTINCT Limited Ingredient						
Lamb		32	60	8	243	232
Duck		32	58	11	498	224
Turkey		34	59	7	276	212
Rabbit		41	45	13	293	178
Ultimate Protein Chicken		36	57	7	299	199
NATURE'S VARIETY Pride						
Minced Chicken		38	47	15	273	151
Flaked Chicken		41	49	10	265	163
Minced Duck		38	46	17	218	145
Flaked Duck		39	48	13	233	157
Minced Lamb		34	52	14	218	165
Flaked Lamb		35	54	11	206	182
Minced Rabbit		38	47	15	218	141
Flaked Rabbit		41	49	10	213	154
Minced Salmon		37	45	17	295	136
Flaked Salmon		40	48	12	306	145
Minced Tuna		44	40	17	236	130
Flaked Tuna		47	43	10	227	140

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NEWMAN'S OWN Organic - Grain Free					
Chicken	28	70	2	229	203
Chicken & Liver	30	67	3	260	211
Turkey	27	71	2	225	205
Turkey & Liver	29	69	3	297	206
NEWMAN'S OWN With Grains					
Chicken & Brown Rice	28	62	10	211	199
Chicken & Salmon	28	64	9	221	205
Turkey	30	60	11	275	179
Turkey & Vegetable	29	59	12	210	187
Organic Beef					115/3 Oz
Organic Beef & Liver					115/3 oz
Organic Liver - Please do not feed this as a sole diet.					87/3 oz
9Lives Meaty Pate					
Liver & Bacon	33	61	6	303	170
Liver & Chicken	35	59	6	296	168
Ocean Whitefish	43	54	3	400	159
Ocean Whitefish & Tuna	41	54	5	415	157
Salmon	37	58	5	347	162
Tuna & Shrimp	37	58	5	353	163
Turkey & GIBLETS	41	55	4	395	157
Mixed Grill	38	56	5	290	167
Super Supper	33	62	5	324	168
Seafood Platter	34	62	4	339	170
Chicken & Tuna	34	62	4	333	168
Beef	35	59	6	329	165

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	PROTEIN %	FAT %	CARB %		
Print The print version above has many blank areas because I am waiting for data to come in. I will be adding to it over time.					
Chicken	36	62	3	383	163
Chicken & Seafood	35	60	4	355	162
9Lives Hearty Cuts in Gravy					
Beef & Chicken	40	33	27	416	112
Chicken & Fish	37	39	24	420	121
Veal	44	34	22	401	112
Beef	40	35	25	388	117
Chicken & Salmon	44	34	22	299	124
Chicken	40	34	26	389	117
Turkey	45	43	12	458	115
Turkey & Cheese	43	38	19	308	131
Ocean Whitefish & Tuna	42	33	25	306	123
Turkey, Chicken & Cheese	41	39	20	404	119
9Lives Tender Morsels in Sauce					
Flaked Tuna	68	28	4	238	137
Tuna & Cheese Bits	63	27	10	227	139
Tuna & Egg Bits	63	27	10	226	139
Beef	41	35	25	420	115
Chicken	42	36	23	459	118
Turkey & Chicken	41	39	20	404	119
Turkey & Giblets	41	40	20	404	120
Ocean Whitefish & Tuna	42	33	25	306	123
Salmon	42	36	21	293	128
Ocean Whitefish, Tuna & Cheese Bits	40	33	27	285	121
NULO Freestyle/Medal Pate					

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	Caloric Distribution			mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
Print	PROTEIN %	FAT %	CARB %		
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Turkey & Chicken	35	64	1	360	202
Beef & Lamb	32	66	2	270	191
Chicken & Herring	35	61	3	320	201
Duck & Tuna	37	58	5	330	186
Salmon & Mackerel	38	57	5	230	193
Trout & Salmon	35	64	1	280	188
NULO Freestyle/Medal Minced/ Shredded					
Minced Turkey & Duck in Gravy	46	46	9	280	77
Minced Beef & Mackerel in Gravy	50	41	10	300	74
Minced Salmon & Turkey in Gravy	46	45	9	320	75
Shredded Chicken & Duck in Gravy	46	45	9	330	76
Shredded Turkey & Halibut in Gravy	45	47	8	250	78
Shredded Beef & Rainbow Trout in Gravy	50	41	9	290	74
NUTRISH					calories per container
Shredded White Meat Chicken Purrcata	40	49	11	224	89
Paw Lickin' Chicken & Liver	33	50	17	228	91
Chicken & Salmon Catterole	34	52	14	207	97
Chicken & Shrimp Pawttenesca	34	51	14	208	96
Tuna Purrfecation	37	45	18	221	69
Ocean Fish & Chicken Catch- iatore	29	58	13	213	105
Ocean Fish-a-Licious	27	60	13	213	109

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	Caloric Distribution			mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
Print	PROTEIN %	FAT %	CARB %		
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Lip Smackin Sardine & Mackerel	27	61	12	222	115
NUTRI SOURCE					calories per 5.0 oz
Chicken, Turkey & Lamb	29	59	12	229	125
Chicken and Rice	29	59	12	236	145
Chicken, Turkey, Lamb & Fish	31	60	8	242	135
NUTRO Perfect Portions					
Chicken					
Chicken & Liver					
Turkey					
Turkey & Liver					
Chicken & Shrimp					
Chicken, Liver & Shrimp					
Salmon & Tuna					
Salmon & Chicken					
ORGANIX Grain Free					
Chicken Pate	31	65	4	182	159
Chicken & Chicken Liver Pate	34	63	4	212	171
Turkey Pate	27	67	5	193	168
Chicken - Shredded	34	55	11	202	127
Chicken & Chicken Liver - Shredded	30	60	10	211	127
ORGANIX With Grains					
Turkey & Spinach	25	59	16	129	206

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	PROTEIN %	FAT %	CARB %			
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Turkey, Brown Rice & Chicken	25	61	15	131	215	
Turkey w/ Salmon	25	62	13	146	225	
Turkey w/ Seafood	25	57	18	139	202	
PINNACLE						
Chicken & Tuna	32	63	5	221	189	
Chicken & Ocean Fish	27	68	5	172	221	
Ocean Fish	32	64	4	227	184	
PRECISE Holistic Complete						
Flaked Chicken	36	50	14	335	168	
Flaked Beef	40	43	17	304	159	
Flaked Pork	42	43	15	260	159	
Wild at Heart River Line – Salmon, Tuna & Trout	41	46	14	337	158	
PRO PLAN Savor					calories per 3 oz	
Chicken & Rice in Gravy	55	30	16	247	71	
Chicken & Cheese	50	35	15	249	81	
Chunky Chicken	43	53	4	427	90	
Chicken, Tuna & Wild Rice in Sauce	52	32	16	230	68	
Chicken & Spinach	35	64	1	363	97	
Chicken, Pasta & Spinach in Gravy	51	33	16	274	68	
Chicken, Tomato & Pasta in Gravy	53	29	18	305	69	
White Meat Chicken & Vegetable	53	31	16	360	65	
Chicken Entree w/Tomatoes						
Turkey & Pasta	53	30	17	308	71	

2 Sortable Charts: 1) Google Drive (2 tabs - Data and Notes) 2) Extensive filters		CAT FOOD - NUTRITIONAL COMPOSITION Data compiled by Lisa A. Pierson, DVM Typical nutrient analysis data provided by the respective companies Wet only - no dry food is listed 2017				
<u>Print</u>	Caloric Distribution					
The print version above has many blank areas because I am waiting for data to come in. I will be adding to it over time.	PROTEIN %	FAT %	CARB %	mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted	
Turkey & Rice	54	31	15	287	71	
Turkey & Vegetable	53	31	16	312	70	
Turkey & Cheese	50	35	15	252	73	
Turkey & Giblets	57	36	7	279	80	
Turkey & Vegetable	41	57	3	417	96	
Beef & Cheese	49	35	16	238	73	
Beef & Carrots Entree Classic	40	58	2	433	94	
Beef & Chicken	55	32	13	221	73	
Beef Entree w/Carrots in Gravy	38	60	2	412	99	
Beef, Carrots & Rice	51	30	19	293	68	
Salmon & Cheese	54	31	15	229	71	
Salmon & Rice in Sauce	53	32	15	242	72	
Salmon & Wild Rice Classic	37	61	3	325	102	
Salmon, Shrimp & Rice in Sauce	54	29	16	280	70	
Sole & Vegetable in Sauce	53	32	15	335	67	
Sole Entree w/Spinach in Sauce	54	33	13	364	70	
Trout & Pasta	54	30	16	293	67	
Tuna, Shrimp & Rice	55	27	17	288	65	
Tuna in Sauce	58	29	13	291	68	
Seafood Stew	55	29	16	306	68	
PRO PLAN Focus					calories per 3 oz	
Healthy Metabolism Chicken	53	35	12	243	83	
Healthy Metabolism Turkey	56	31	13	259	75	
Healthy Metabolism Salmon	59	30	11	230	72	
Indoor Salmon & Rice	48	28	24	263	78	
Adult 11+ Salmon & Tuna Classic	39	59	1	316	103	

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<u>Print</u>	Caloric Distribution					
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Adult 11+ Chicken & Beef	39	59	2	338	96	
Weight Management Turkey & Rice	57	35	9	282	79	
Urinary Tract Health Formula - Chicken in Gravy	46	45	9	185	75	
Urinary Tract Health Formula - Turkey & Giblets	35	61	4	187	90	
Urinary Tract Health Formula - Beef & Chicken	32	65	3	218	99	
Urinary Tract Health Formula - Ocean Whitefish	36	61	3	324	95	
Urinary Tract Health Formula - With Salmon	38	58	4	230	81	
Kitten Chicken & Liver Classic	41	57	2	456	103	
Kitten Ocean Whitefish & Tuna	52	43	4	359	111	
Kitten Salmon & Oceanfish	73	26	2	702	101	
PRO PLAN Prime Plus					calories per 3 oz	
Chicken & Beef	30	66	4	346	106	
Turkey & Giblets	31	66	3	295	111	
Whitefish & Salmon	34	63	3	284	107	
Salmon & Tuna	33	64	3	315	109	
PRO PLAN True Nature					calories per 3 oz	
Chicken & Liver Entree	36	62	1	360	107	
Turkey & Chicken Entree	37	62	1	357	109	
Beef & Giblets Entree	37	63	0	335	111	
Chicken & Brown Rice	37	58	6	432	93	
Turkey & Wild Rice	35	59	5	442	95	
Salmon & Brown Rice	33	63	4	363	99	
Beef & Brown Rice	36	58	6	460	94	

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	PROTEIN %	FAT %	CARB %		
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Cod & Shrimp	37	59	4	430	93
Beef & Liver in Gravy	60	34	6	297	63
Chicken & Salmon in Sauce	57	37	6	273	67
Chicken & Turkey in Gravy	57	37	6	262	66
Ocean Whitefish & Trout in Sauce	62	32	6	309	64
Salmon & Catfish in Sauce	58	35	6	268	66
Kitten Chicken & Brown Rice	37	58	5	380	98
Ocean Whitefish & Salmon Entree					98
PURE-VITA					calories per 5 oz
Chicken Stew	35	52	13	235	135
Turkey Stew	34	57	9	275	135
Beef Stew	33	53	14	242	135
PURINA ONE Grain Free					
Chicken					
Turkey					
Beef					
Ocean Whitefish					
PURINA ONE True Instinct					calories per 3 oz
Chicken in Gravy	55	32	13	280	72
Turkey in Gravy	56	33	12	273	71
Chicken & Turkey in Gravy					
Chicken & Salmon					
Salmon & Trout					
Tuna	58.0	28.2	13.8	272.6	69

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	PROTEIN %	FAT %	CARB %	mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
Print The print version above has many blank areas because I am waiting for data to come in. I will be adding to it over time.					
PURINA ONE					
Ideal Weight					
White Meat Chicken					
Salmon					
ROYAL CANIN					
Babycat Instinctive	40	51	8	296	77/3 oz
Kitten Instinctive - Thin Slices in Gravy	48	42	10	285	
Kitten Instinctive - Loaf in Sauce	50	39	11	305	73/3 oz
Adult Instinctive - Thin Slices in Gravy	54	32	14	261	68/3 oz
Adult Instinctive - Loaf in Sauce	56	31	13	280	67/3 oz
Digst Sensitive - Thin Slices in Gravy	43	35	21	247	65/3 oz
Digest Sensitive - Loaf in Sauce	41	35	25	259	62/3 oz
Intense Beauty - Thin Slices in Gravy	50	36	14	229	74/3 oz
Intense Beauty - Loaf in Sauce	51	36	13	255	73/3 oz
Spayed/Neutered - Thin Slices in Gravy	55	29	15	303	63/3 oz
Spayed/Neutered - Loaf in Sauce	62	32	7	310	62/3 oz
Ultra Light - Thin Slices in Gravy	61	29	10	305	56/3 oz
Ultra Light - Loaf in Sauce	61	26	13	291	56/3 oz
Instinctive 7+ Thin Slices in Gravy	52	28	20	207	66/3 oz
Instinctive 7+ - Loaf in Sauce	50	28	22	195	127/5.8 oz
Ageing 12+ - Thin Slices in Gravy	42	39	20	159	75/3 oz
Ageing 12+ - Loaf in Sauce	41	39	20	139	142/5.8 oz

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	Print	Caloric Distribution				
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SCIENCE DIET Kitten						
Liver & Chicken						
Turkey & Giblets	38-40	47-50	12-13	198-212	3 oz: 104-114 5.5 oz: 191-210	
Savory Salmon						
Tender Chicken	36	49	15	191	2.9 oz: 81 5.5 oz: 155	
Homestyle Chicken	34	48	18	214	2.9 oz: 88	
SCIENCE DIET Adult Entrees						
Chicken						
Liver & Chicken						
Turkey						
Turkey & Giblets	28-34	44-51	20-26	158-188	3 oz: 86-95 5.5 oz: 157-178	
Beef						
Salmon						
Seafood						
SCIENCE DIET Adult Tender Dinners						
Chicken						
Tuna	33-37	39-42	24-25	140-151	2.9 oz: 82 5.5 oz: 156	
Ocean Fish						
SCIENCE DIET Adult Homestyle Suppers						
Chicken	35	42	23	156	2.9 oz: 84	
Tuna	38	41	21	176	2.9 oz: 79	
SCIENCE DIET Mature Adult						

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	PROTEIN %	FAT %	CARB %			
Chicken Entree						
Turkey Entree	29-33	41-46	22-30	156-164		3 Oz: 87-91 5.5 oz: 160-168
Beef Entree						
Chicken Dinner	33-37	39-42	24-25	140-151		2.9 oz: 82 5.5 oz: 155-156
Tuna Dinner						
Chicken Supper	33	43	24	151		2.9 oz: 87
SCIENCE DIET Adult Light						
Liver & Chicken	34	33	33	192		3 oz: 75 5.5 oz: 138
SCIENCE DIET Hairball Control						
Chicken	30-31	45-48	21-25	149-170		3 oz: 90-91 5.5 oz: 165-168
Seafood						
SCIENCE DIET Indoor						
Chicken	30-32	48	20-22	147-170		3 oz: 91 5.5 oz: 165-168
Seafood						
SCIENCE DIET Adult Perfect Weight						
Chicken & Vegetable	39	29	32	185		2.9 oz: 71
SCIENCE DIET Adult Grain-Free						
Chicken	25	51	24	142		2.9 oz: 93
Salmon	25	52	23	163		2.9 oz: 96
Trout	25	51	24	163		2.9 oz: 96
Tuna	28	52	20	132		2.9 oz: 93

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Print	Caloric Distribution				
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SHEBA Perfect Portions - Pates					calories per 1.3 oz (1 portion)
All varieties - approximate values	42	56	3	236	42
SHEBA Perfect Portions - Cuts in Gravy					
Tender Turkey	34	55	11	215	32
Roasted Chicken	41	46	13	352	32
Salmon	47	40	13	361	32
Mixed Grill	41	46	13	352	32
Salmon & Chicken	47	40	13	361	32
Tender Trout	38	46	16	311	32
Tuna & Shrimp	41	44	15	358	32
SIMPLY NOURISH	Petsmart brand. Purchase is not recommended. See note below - 'List of Shame.'				
SOULISTIC Original - cans					
Shrimply Divine	60	40	0	227	117
Double Happiness	55	43	2	209	133
Polynesian Picnic	68	26	6	244	96
Upstream Dream	63	33	5	248	113
Pure Bliss	58	22	20	212	118
Aqua Grill	52	27	20	219	107
Good Karma	58	26	17	214	124
Nautical Nirvana	56	31	14	203	139
Sweet Salutations	52	29	20	195	120
Harvest Sunrise	49	26	24	148	117
Tri-Fusion	56	27	17	252	125

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	PROTEIN %	FAT %	CARB %		
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Aromatic Chicken	71	29	1	207	98
Golden Fortune	56	26	17	199	110
Seaside Serenity	59	28	13	196	127
SOULISTIC Original - pouches					
Good Karma	61	25	14	184	127
Triple Harmony	56	22	23	214	110
Luna Tuna	72	23	5	253	105
Autumn Bounty	74	17	9	220	107
Island Illusion	57	30	14	231	102
Midnight Delight	52	29	19	226	124
SOULISTIC Pate and Shreds					
Chicken	31	65	3	154	166
Chicken & Turkey	49	45	5	262	107
Chicken & Salmon	51	42	7	284	102
Chicken & Tuna	51	43	6	265	104
Lamb	44	50	5	234	128
Beef & Salmon	60	35	6	341	93
SOULISTIC Moist and Tender - cans					
Chicken	37	55	8	173	153
Turkey	40	54	6	178	149
Duck	45	47	8	464	128
Beef	50	42	8	487	119
Lamb	45	49	6	285	129
Salmon	37	57	6	214	156

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Print	Caloric Distribution				
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SOULISTIC Moist and Tender - pouches					calories per 3 oz
Tuna & Chicken	59	32	9	195	61
Tuna & Turkey	54	32	14	195	65
Tuna & Duck	54	34	13	177	62
Tuna & Salmon	63	24	13	254	54
Tuna & Lamb	55	30	15	207	66
Tuna & Beef	56	29	15	198	60
TENDER and TRUE					
Chicken & Liver	27	43	30		
Turkey & Liver	27	43	30		
Chicken & Brown Rice	26	39	34		
Turkey \$ Brown Rice	26	39	34		
Ocean Whitefish & Brown Rice	27	40	34		
TIKI CAT Chicken (no fish)					calories per 2.8 oz/ 6.0 oz
Puka Puka Luau	77	23	0	154	104/221
Koolina Luau	84	16	0	149	107/228
TIKI CAT Chicken/Fish					
Hookena Luau	82	18	0	245	98/209
Napili Luau	72	28	0	150	107/228
TIKI CAT Fish/Seafood					calories per 2.8 oz/ 6.0 oz
Bora Bora Luau	34	66	0	377	106/226
Hana Luau	77	23	0	231	104/221

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Hanalei Luau	76	24	0	176	91/194	
Honolulu Luau	72	28	0	253	95/202	
Lanai Luau	66	34	0	233	103/219	
Makaha Luau	61	39	0	488	82/175	
Manana Grill	71	29	0	151	106/226	
Molokai Luau	70	30	0	170	94/201	
Papeekee Luau	74	26	0	255	94/199	
Tahitian Grill	70	30	0	400	80/169	
Waikiki Luau	64	36	0	222	108/230	
Waimea Luau	70	30	0	327	98/208	
TIKI CAT Gourmet Carnivore					calories per 2.8 oz/ 6.0 oz	
Chicken and Liver	31	69	0	250	96/204	
Chicken with Turkey	42	58	0	170	94/201	
Chicken with Duck	39	61	0	170	94/199	
Beef Liver and Chicken	38	62	0	231	104/221	
Beef and Liver	28	72	0	212	113/240	
Beef Liver and Lamb	32	68	0	198	121/257	
Tilapia	33	67	0	170	94/201	
Seabass	33	67	0	163	98/208	
Bonito Tuna	33	67	0	208	77/164	
TRADER JOE'S	The Tuna should only be fed as a supplement (no more than 15% of the total diet) to a balanced diet. The TNA data lists the calcium as deficient.					
Chicken/Turkey & Rice	31	57	12	214	182	
Turkey & Giblets	32	59	9	235	180	
Ocean Fish, Salmon & Rice	33	56	11	240	176	
Tuna - Supplemental diet ONLY	71	27	2	368	169	
TRIUMPH						

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	PROTEIN %	FAT %	CARB %		
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Chicken & Liver	31	63	6	270	215
Turkey	27	71	3	230	223
Beef	30	64	6	257	210
Salmon	33	61	6	289	193
Ocean Fish	40	56	4	373	169
Trout	34	61	5	314	190
VeRUS USA Formulas					
Chicken Pate	35	65	0	357	173
Chicken & Liver	34	66	0	230	166
Turkey, Chicken & Fish	34	66	0	327	163
Salmon Pate	36	64	0	385	184
Tuna Pate	49	51	0	368	184
Ocean Fish	39	61	0	302	157
Beef Pate					
VeRUS New Zealand Formulas w/ Green Lipped Mussel					
Chicken	39	61	0	474	176
Chicken/Pumpkin	36	62	3	837	176
Beef/Pumpkin	45	53	1	796	128
Lamb/Pumpkin					
Chicken/Salmon	36	64	1	333	190
Chicken/Ocean Fish/Tripe	41	58	0	672	149
Beef/Apple/Vegetable	53	45	2	845	128
Lamb/Tripe/Vegetables	26	74	0	415	169
WELLNESS Complete Health					

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	Caloric Distribution			mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
Print	PROTEIN %	FAT %	CARB %		
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Chicken	30	66	4	218	220
Chicken & Herring	34	60	6	303	189
Beef & Chicken	31	65	4	228	193
Turkey	31	65	4	200	218
Turkey & Salmon	37	58	5	300	181
Salmon & Trout	27	65	8	249	208
Chicken & Lobster	29	61	11	264	195
Beef & Salmon	30	64	6	207	196
Salmon, Shrimp & Crab	27	64	9	314	
Kitten	28	67	5	216	122/3 oz
WELLNESS CORE					
Chicken, Turkey, & Chicken Liver	32	60	8	215	218
Salmon, Whitefish, & Herring	37	50	13	269	152
Beef, Venison, & Lamb	38	49	13	266	210
Turkey & Duck	38	57	5	265	188
Indoor	44	44	12	347	148
Kitten	36	58	6	275	195
WELLNESS CUBED/SLICED/MINCED					
Chicken Entree - Cubed	27	65	8	265	168
Chicken Entree - Sliced	32	58	10	327	166
Chicken Entree/Dinner - Minced	32	58	10	319	167
Turkey Entree/Dinner - Cubed	35	53	12	334	158
Turkey Entree - Sliced	35	52	13	375	83/3 Oz
Turkey Entree - Minced	36	51	13	372	156
Turkey and Salmon Entrée - Cubed	36	53	12	347	83/3 oz

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	PROTEIN %	FAT %	CARB %	mg PHOSPHORUS/ 100 kcals	CALORIES per 5.5 oz unless otherwise noted
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Turkey and Salmon Dinner - Sliced	35	52	12	376	154
Turkey and Salmon Entrée - Minced	36	52	13	372	155
Salmon Entrée - Minced	36	55	9	423	82/3 oz
Salmon Dinner - Cubed	38	53	10	424	81/3 oz
Salmon Entree - Sliced	38	52	10	427	149
Tuna Entree - Cubed	52	34	14	355	135
Tuna Dinner - Minced	52	35	14	360	134
WELLNESS SIGNATURE SELECTS					calories per 5.3 oz
Shredded White Meat Chicken with Chicken Liver Entrée in Sauce	38	33	28	229	126
Shredded White Meat Chicken & Beef Entrée in Sauce	40	33	28	246	127
Shredded White Meat Chicken & Turkey Entrée in Sauce	38	34	28	235	134
Chunky Beef & White Meat Chicken Entrée in Sauce	36	31	33	256	125
Chunky White Meat Chicken & Wild Salmon Entrée in Sauce	27	49	25	232	131
Chunky Turkey & White Meat Chicken Entrée in Sauce	33	39	29	229	134
Flaked Skipjack Tuna with Wild Salmon Entrée in Broth	45	43	13	205	133
Flaked Skipjack Tuna with Shrimp Entrée in Broth	46	40	14	217	130
WELLNESS DIVINE DUOS					calories per 2.8 oz cup
Beef Pate & Diced Chicken Liver	21	64	14	112	71
Chicken Pate & Diced Duck	21	64	14	140	71

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	PROTEIN %	FAT %	CARB %			
Print The print version above has many blank areas because I am waiting for data to come in. I will be adding to it over time.						
Chicken Pate & Diced Salmon	23	60	16		170	77
Chicken Pate & Diced Turkey	22	61	16		140	74
Tilapia Pate & Diced Ahi Tuna	23	62	15		206	72
Tuna Pate & Diced Salmon	25	59	16		155	70
WELLNESS HEALTHY INDULGENCE						calories per pouch
Morsels Chicken & Chicken Liver	28	55	17		116	62
Morsels Chicken & Salmon	31	52	17		126	62
Morsels Chicken & Turkey	28	58	14		131	62
Morsels Salmon & Tuna	34	49	16		138	62
Morsels with Tuna	30	52	17		132	62
Morsels Turkey & Duck	28	54	17		131	62
Shreds Chicken & Turkey	24	57	19		174	57
Shreds Skipjack & Shrimp	30	56	14		250	57
Gravies Chicken & Turkey	26	55	19		204	57
Gravies Tuna & Mackerel	31	55	14		282	57
WERUVA Original - Chicken & Beef						calories per 3 oz/ 5.5 oz
Paw Lickin' Chicken	65	32	3		196	56/103
Grandma's Chicken Soup	53	26	21		193	53/97
Funky Chunky Chicken Soup	52	29	20		201	55/101
Nine Liver	59	33	9		200	55/101
Green Eggs & Chicken	56	35	9		230	56/102
WERUVA Original - Seafood						
Outback Grill	62	37	1		562	48/89
Marbella Paella	62	37	1		253	61/111

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	PROTEIN %	FAT %	CARB %			
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Aisan Fusion	62	37	1		295	61/111
Mack & Jack	78	22	0		337	50/93
Polynesian BBQ	64	30	6		354	77/141
Meow Luau	64	33	3		253	57/105
Mideast Feast	61	32	7		202	63/116
WERUVA Truluxe						calories per 3 oz/ 6 oz
On the Cat Wok	53	43	4		163	62/125
Kawa Booty	61	34	6		248	58/116
Mediterranean Harvest	65	21	13		237	57/115
Peking Ducken	62	29	9		195	52/105
Steak Frites	45	49	6		118	72/144
Glam 'N Punk	36	63	1		180	116/232
Honor Roll	60	37	3		246	51/101
Meow Me a River	75	24	1		201	51/101
Pretty In Pink	72	29	0		229	48/96
Quick 'N Quirky	70	30	0		259	44/88
WERUVA Cats in the Kitchen cans						calories per 3.2/6.0 oz
Chicken Frick 'A Zee	51	47	2		174	78/147
Fowl Ball	41	55	4		180	81/151
Funk in the Trunk	63	29	8		250	51/95
Goldie Lox	66	30	4		252	54/101
Kitty Gone Wild	60	35	5		412	53/99
La Isla Bonita	51	46	3		166	87/163
Lamb Burgini	45	47	8		236	77/144
Splash Dance	50	46	4		292	78/146
The Double Dip	48	45	8		248	66/124
Two Tu Tango	57	38	5		343	58/109

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WERUVA Cats in the Kitchen pouches					
1 If By Land, 2 If By Sea	55	29	16	200	60
Chick Magnet	48	36	16	157	70
Love Me Tender	56	27	17	205	62
Mack, Jack, & Sam	53	29	18	212	60
Pumpkin Jack Splash	67	19	14	258	53
Pumpkin Lickin' Chicken	63	25	12	195	61
WHOLE EARTH FARMS Grain Free					
Chicken Pate	39	51	10	182	143/5 oz
Duck Pate	28	68	4	130	133/5 oz
Turkey Pate	38	57	5	246	143/5 oz
Beef Pate	40	48	12	265	133/5 oz
WILD CALLING					
Cabin Fever Chicken Cat	30	68	2	316	206
Cowabunga Beef Cat	31	67	2	229	223
Jumping Salmon Cat	32	63	4	399	179
Magic Meadow Buffalo Cat	30	68	2	309	220
Inland Waters Duck Cat	32	64	4	316	184
Rabbit Burrow Rabbit Cat	33	64	4	312	196
Trot-N-Tommy Turkey Cat	33	64	2	327	189
Triple Delight Cat	28	70	2	246	220
WYSONG IMPORTANT: Please note that the Wysong Epigen (formerly "Au Jus") diets are not complete and balanced for use as a sole diet unless the Wysong Call of the Wild supplement is added. The Epigen canned foods do not contain enough calcium and other nutrients to provide a nutritinally balanced diet. If you want to feed these diets as a stand-alone meal a few times/week, or mix 10-15% of this unbalanced diet with 85-90% of a balanced diet then that should be fine.					
Chicken - Epigen	33	62	5	143	490/13 oz
Turkey - Epigen	32	62	6	123	505/13 oz

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Print						
Duck - Epigen	32	63	5	122	486/13 oz	
Rabbit - Epigen	32	65	3	139	562/13 oz	
Beef - Epigen	32	65	3	159	541/13 oz	
Uretic	37	53	10	179	174/5.5 oz	
ZIWIPEAK					calories per 3 oz/6 oz	
Beef	33	57	10	298	89/179	
Lamb	32	63	6	254	93/186	
Rabbit & Lamb	35	62	3	271	94/172	
Venison	35	62	3	252	94/187	
Venison & Fish	36	59	5	260	91/183	
VETERINARIAN-PRESCRIBED/SOLD						
PURINA Pro Plan Veterinary Diets						
CN	28	63	9	249	208	
DH (DRY)	36	32	33	354	270/cup	
DM	43	52	6	297	191	
DM Savory Selects in Sauce	49	40	10	256	171	
EN	39	44	17	278	179	
EN Naturals	35	51	14	301	188	
NF	28	45	27	136	193	
OM	46	33	21	340	130	
OM Savory Selects in Sauce	53	30	17	279	124	
UR	38	51	12	191	179	
UR Savory Selects in Sauce - Turkey & Giblets	54	33	13	214	138	

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UR Savory Selects in Sauce - Salmon	55	32	14	254	149
HILL'S					
a/d	33	55	12	209	180
c/d Multicare Urinary Tract Health Chicken & Vegetable Stew	35	38	28	171	68/2.9 oz
c/d Multicare Urinary Tract Health, Tuna & Rice Stew	35	38	28	171	68/2.9 oz
c/d Multicare Urinary Tract Health with Chicken	37	40	23	181	147-163
c/d Multicare Urinary Tract Health with Ocean Fish	37	40	23	181	147-163
c/d Multicare Urinary Stress Chicken & Vegetable Stew	34	38	28	191	69/2.9 oz
d/d Duck	29	54	17	165	189
d/d Venison	28	56	16	150	197
g/d	28	39	33	123	165
i/d	30	47	23	203	161
i/d Chicken & Vegetable Stew	32	44	24	219	71/2.9 oz
j/d	32	38	30	195	152
k/d Chicken & Vegetable Stew	23	50	27	105	78/2.9 oz
k/d Vegetable & Tuna Stew	24	47	29	107	77/2.9 Oz
k/d with Chicken	22	51	27	85	183
k/d with Ocean Fish	23	50	27	117	187
l/d	25	45	30	145	183
Metabolic + Urinary Vegetable & Chicken Stew	37	35	28	190	60/2.9 oz
Metabolic + Urinary Vegetable & Tuna Stew	37	34	29	189	61/2.9 oz
Metabolic	39	31	30	193	129
Metabolic Vegetable & Chicken Stew	37	32	31	203	65/2.9 oz

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Metabolic Vegetable & Tuna Stew		39	30	31	207	129
m/d		46	41	13	170	156
r/d		41	24	35	205	114
s/d		29	58	13	109	215
t/d (DRY)		30	39	31	212	265/cup
w/d		37	38	25	197	127
y/d		27	49	24	141	188
z/d		28	37	35	157	169
ROYAL CANIN						per 5.8 oz
Development Kitten		43	46	11	250	154
Weight Control		49	28	23	240	125
Adult		45	36	19	230	148
Dental (DRY)		28	36	36	180	294/cup
Mature Consult		45	27	28	170	134
Senior Consult		33	37	30	140	150
Selected Protein - Duck		31	53	16	190	189
Selected Protein - Rabbit		34	51	15	270	167
Selected Protein - Venison		30	46	24	300	146
Glycobalance		51	34	14	200	61/3 oz
GI High Energy		30	51	19	260	180
GI Moderate Calorie Morsels in Gravy		37	34	29	280	60/3 oz
MF Urinary + Calm		40	36	24	224	60/3 oz
Recovery - Feline & Canine		36	58	3	250	183
Renal Support - D		24	60	16	80	97/3 oz
Renal Support - E		25	54	21	90	171
Renal Support - T		24	53	23	100	82/3 oz
SO - Pate		31	49	20	170	142
SO Morsels in Gravy		31	48	21	170	76/3 oz

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SO Moderate Calorie	40	36	24	180	60/3 oz
Calorie Control - Pate	58	32	11	270	90
Calorie Control - Morsels in Gravy	49	27	25	230	49/3 oz
Calorie Control High Fiber	32	40	29	180	138/6 oz
HILL'S Healthy Advantage - sold only by veterinarians					
Kitten Chicken	36	45	19	207	173
Adult Chicken	34	40	26	154	162
Mature Adult Chicken	35	39	26	146	161
List of Shame					
	Companies varied widely in how readily they provided their Typical Nutrient Analysis (TNA) data. A few companies actually refused to provide it saying that it is "proprietary" which is utterly ridiculous. Any company that considers this type of very basic data to be "proprietary" is exhibiting a complete lack of respect for the consumers that they are expecting to purchase their products.				
	Several companies had to be called 4-5 times before they would provide any data. I had to be extremely persistent (to put it mildly) with some of them. If a company does not have the information readily available....and if I have to badger the company to get the data.....it is hard to trust it once it is provided.				
	On the other hand, several companies actually have this valuable data right on their website (100 Gold Stars for them!).				
	Suffice it to say, the consumer should never have to beg for the basic nutritional information found on this chart.				
	The worst company to deal with has been Petsmart . I will not bore the reader with the details but the bottom line is that this company has been a nightmare to deal with. Their lack of respect for the consumer is abundantly clear and I strongly recommend that you spend your hard-earned dollars elsewhere.				

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	The Petsmart brands that I urge you to not purchase are: Authority, Good Natured, Grreat Choice, and Simply Nourish . There are plenty of other choices on the market made by companies that have more respect for the consumer and the deeply loved family members that are consuming their products.				
	At this time, I also recommend that the reader NOT purchase: Addiction, Nutrisca (Dogswell), Party Animal, and Feline Natural (K9 Natural) . I will consider removing them from the NOT RECOMMENDED list if I ever receive TNA data from these companies.				
	Additional Comments				
	Water is my favorite word when feeding cats. I will not feed any dry food to any cat in my care. Cats have a low thirst drive and are designed to get their water needs met by their prey or food bowl. Canned food (vs dry kibble) promotes urinary tract health and optimal systemic hydration which is especially critical for cats with kidney insufficiency.				
	Please see Urinary Tract Diseases including Opie's pictures for a look at the tremendous suffering that water- depleted diets very often cause . Please do not fall into the trap that so many people do by engaging in wishful thinking and assuming that your cat makes up the water deficit at the water bowl when fed dry food. Studies have shown that when all water sources are considered (food and water bowl), cats eating dry food – even the “good drinkers” - consume ~50% the amount of water that a cat on canned food consumes. This is in spite of the fact that cats on water-rich diets rarely go to the water bowl.				
	Composition: The caloric distribution of protein, fat, carbohdrate content of a diet. 100% of a diet's calories come from protein, fat, and carbohydrate. Therefore: % protein calories + % fat calories + % carbohydrate calories = 100% This means that if, for example, a diet is appropriately low in carbohydrates, the diet will be higher in protein, fat, or both. It is like a three-way teeter totter - if one fraction goes up or down, one, or both, of the other two must increase or decrease accordingly to add up to 100%.				
	Carbohydrates: This is an important area of consideration – especially for diabetic patients. I often see diabetic cat caregivers taking this value far too literally...assuming that 6% vs 9% is statistically significant when it is not. Unfortunately, this macronutrient is not actually measured in a lab. Instead, it is calculated by subtraction. In other words, we add up the moisture + protein + fat + fber + ash and subtract that value from 100% leaving us with the carbohydrate fraction. However, any error in those Big Five values will result in an error (usually an overage) in the carbohydrate value.				
	Stated another way: The carb values noted on this chart are probably higher (overestimating) than they actually are. Even a value of 10% carbs could actually be closer to 0% carbs. Therefore, stick with the directive to stay below 10% carbohydrates but do NOT get caught up in whether a diet says 10%...or 5%....or 0% because these numbers are just not that accurate.				

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	<p>Take it one step further and read the label. For example, if you do not see any grains, or “peas,” “potatoes,” “starch,” or “vegetables” on the label, even if it is listed as 10% carbs, chances are that it is much lower. Keep in mind that liver does have some carbohydrates since it is the organ that stores sugar for the body. That said, I DO want liver in the product since it is a wonderful source of nutrients and it is far better to get our vitamins and minerals from **whole foods** rather than from a bottle containing vitamins that were synthesized in a laboratory.</p>				
	<p>“Indoor,” “Weight Management,” and “Light” are all used to describe diets that are usually high in carbohydrates. The goal of these diets is to make them less calorically-dense. Since 1 gram of a protein and carb = 4 calories and 1 gram of fat = 9 calories, these diets are low in fat. Keep in mind the “three-way tetter totter” discussed above in the Composition section. If one fraction (in this case, the fat) is lowered, either one or both of the other two fractions must be increased. In this case, the pet food companies <i>*should*</i> raise the protein when the fat is lowered but that would cut into their profit margin so, instead, they increase the carbs which is a cheaper source of calories.</p>				
	<p>Biological value of protein: Animal-based protein has a much higher biological value when compared to plant-based protein. Grains supply both protein and carbohydrate. Therefore, high carb diets often have much of their protein coming from plants. Consider not only the amount of protein in a diet but also the source of the protein. Diets using whole grains or glutes (gluten = plant-based protein) have a portion of their protein coming from low biological value sources. See catinfo.org - Feeding Your Cat: Know the Basics of Feline Nutrition for a discussion of biological value as it pertains to obligate carnivores.</p>				
	<p>Protein source: How do we know how much of the protein is coming from animals versus plants when an ingredient list includes both animal and plant (grains/potatoes/vegetables) protein sources? The answer is, we don’t know but we need to be aware of the ‘ingredient splitting’ issue. Ingredients are listed in descending order by weight. Consider this ingredient list: “Chicken, brewers rice, corn gluten meal, whole grain corn, wheat gluten.”</p>				
	<p>Consumers often focus on the fact that “chicken” is the frst ingredient but when the grain fractions are added together, their contribution to the diet is greater than the meat. Meat is also higher in water than grains making it less protein-dense. This compounds the problem of grains contributing more to the protein level than the animal sources. This type of ingredient list does not represent an optimal carnivore diet. Meat ‘meals’ are a more concentrated source of protein but they are also very heavily processed which results in nutrient loss.</p>				
	<p>Liver: I definitely want to see liver in the product since it is a wonderful source of nutrients (vitamin A and D, copper, zinc, etc.,) and it is far better to get our vitamins and minerals from *whole foods* rather than from a bottle containing vitamins that were synthesized in a laboratory. That said, not every meal has to contain liver but I like to see some liver fed several times/week.</p>				

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		Fish: I do not favor feeding fish-based diets for several reasons: 1) allergy potential, 2) toxins/mercury levels, 3) PBDE levels (fire retardant chemicals with thyroid-disrupting properties), 4) often high in phosphorus and magnesium, 5) significant addiction issues - the cat will not eat anything else.				
		Soy does not belong in cat food and Purina often uses this ingredient. Cats have a hard enough time maintaining thyroid health (hyperthyroidism is extremely common in older cats) and soy is a known thyroid disruptor.				
		Pouches are typically high in water making them more expensive on a \$\$/calorie basis. I suggest looking for products with a maximum water content of 78%, versus 82% or 85%. Pouches do not give you much 'bang for your buck.'				
		Obligate Carnivore: For more information on the diet that obligate carnivores are designed to eat, see Dr. Zoran's article entitled " The Carnivore Connection to Nutrition in Cats. "				
		Product names: You will notice that pet food labels use words such as "dinner" and "with" and "flavor." The "with" rule is also known as the "3% rule" meaning that if a label says "with chicken" there only has to be 3% chicken in the product. If the word "chicken dinner" is used, there only has to be 25% chicken in the product. If the word "flavor" is used, there does not even have to be any chicken present in the product. If you want to read more about pet food label rules see here .				
		If you are interested in making your own cat food, see Making Cat Food for a detailed discussion regarding safe preparation and sourcing, along with a recipe that I have been feeding to my own cats since 2003. The peace of mind that comes with my control over ingredients, composition, and safety issues is priceless. I have not fed any commercial food to my cats since 2003.				
		This chart required hundreds of hours of phone calls, emails, and data entry to compile. Although I tried to be very careful with data entry, mistakes may have occurred. If a value does not look correct, contact me. If you do not receive a response, contact the manufacturer for verification.				
		Many thanks to Janet & Binky for their pioneering work in supplying nutrient data for cat owners. I think that Binky would be pleased that Robbie picked up where he left off.				
		TERMS OF USE: Linking to this proprietary work is welcomed. However, re-posting or re-publishing this chart on any other public platform or website is expressly forbidden. You may link to it or download and utilize for your own personal use only.				