

Vitamin E - acts as an antioxidant and prevents the oxidation of fats and oil, synthesized in plants (meat provides only minimal amounts) - 200IU given once or twice a week

B vitamin complex - B vitamins are water-soluble and need to be replenished daily. However they are provided by natural food sources in the raw diet (liver, eggs, kidney, muscle meat) if variety is fed on a regular basis.

Alternate meat sources - rabbit, venison, lamb, pork, beef, quail, ostrich - depending upon availability in your area.

Canned salmon, mackerel, sardines or tuna - raw is great too (if available) although it is best to freeze first, especially for salmon. NOTE: Cats fed fish too often can become addicted to the taste and over the long term can develop vitamin deficiencies. For this reason it should be fed only once a week or every other week.

Finally, as you are probably well aware, cats are fussy eaters. For that reason, variety is essential. Hunger, freshness, and warming the food (to room temperature) are factors that will keep your cat eating this healthy diet.

NOTE: FOOD IS BEST THAWED IN THE REFRIGERATOR. ALWAYS PUT UNEATEN FOOD BACK IN THE REFRIGERATOR AFTER 15-20 MINUTES.

Sources for Additional Reading:

Pottenger's Cats: A Study in Nutrition by Francis M. Pottenger, Jr., MD

Natural Nutrition for Dogs and Cats by Kymthy Schultz

Food Pet's Die For by Ann Martin

Feeding Cats

Feeding Cats - Mountain Cat Food

Firstly, what NOT to feed!

Your cat is NOT A SUGAR, GRAIN, SOY OR STARCH EATER. Eating these foods can produce poor health and lead to obesity. Cats are designed to obtain their energy needs from protein and fat.

That means you should not feed your cat rice, pasta, bread or breakfast cereals, potato, soy products, or commercial cat food, particularly dry cat foods. They are damaging to your cat's health. Commercial cat foods contain substantial quantities of grains, soy and various kinds of starches together with massive amounts of sugar. They also have other negative features, such as the chemical preservatives used, and the quantity and quality of meat they contain.

OK, so what SHOULD cats eat to be healthy?

Cats are true CARNIVORES. That is why you will need to feed your cat a diet based on MEAT, BONES and other animal products such as liver, heart and kidney.

The RAW MEATY BONES you can feed your cat include wings, backs, necks and/or whole carcasses. These can be from chicken, turkey, duck or even rabbit, or any other sources you have in your area - variety is the key.

Hunting cats eat the stomach contents and small intestinal contents of their prey. This provides them with a source of dietary fibre and nutrients like vitamin E that are available primarily from plant sources.



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In order to mimic this you can give your cats access to some natural greens like cat grass and supplement their diet occasionally with vitamin E.

Should your cat's food be cooked or RAW? Your cat has evolved as a RAW FOOD eater. After all, you don't see wild cats roasting their food over an open flame - it is eaten just like it is caught - RAW. In fact raw food from animal sources is one of the best sources of essential amino acids like taurine. Often once food has been cooked (such as in commercial cat foods) synthetic forms of vitamins, minerals and amino acids must be added back into the food in order to meet your cats needs.

How much to feed?

Adult Cats (1 year +): 5-8% of their body weight - depending on their activity level - divided into 2 or 3 meals daily

Kittens (10 weeks-12 months): 8-10% of their body weight (weigh each week and adjust the amount fed accordingly). This amount should be split into 3 to 4 small meals daily. Kittens reach their full adult weight around 10-12 months. As they approach this age it is a good idea to gradually taper off to 2 or 3 meals daily and begin feeding closer to 5-8% of their body weight.

These percentages are meant to act as a rough guide only - every cat is different. Adjust the amounts to keep your cat at a healthy weight. Do not allow your cat to become overweight or too thin.

Basic Diet:

Mountain Cat Food
Turkey Blend Ground turkey (bone-in), turkey hearts and liver.

Additional Meals:

Alpine Blends
Chicken Ground chicken (bone-in) and/or with fruits and veggies.
Turkey Ground turkey (bone-in) and/or with fruits and veggies.
Low Fibre Chicken Ground chicken (bone-in), beef liver and veggies.
Beef Ground beef and/or with fruits and veggies.

NOTE: feed as an occasional meal only - beef varieties do not contain ground bone.

Ascension Blends
Chicken or Beef Blended to include meat, bone, organ meat, kelp, vitamin/mineral supplement, fruits and veggies.

Raw Bones
Chicken Necks or Fed as a meal 2 to 3 times a week - great for their teeth and gums
Backs

Organ Meats Liver, Kidney, Heart, Tripe

Supplementing the Basic Diet:

Fish Body Oil - salmon oil, tuna oil or arctic vigor - 1/4 tsp. fed 3 to 4 times a week

Kelp - Natural source of essential vitamins and minerals - cats under 10lbs: 1/8 tsp., over 10lbs: 1/4 tsp. added directly to food 3 to 4 times a week

Cod liver oil - Good source of vitamin A & D - 1/4 tsp. fed once or twice a week

Raw Eggs (whole or yolks) - Great source of alternate protein, vitamin D, vitamin B12, vitamin K and biotin - fed 2 or 3 times a week