



Feeding Tips to Prevent Boredom and Obesity in Your Cat

Cats in the wild typically eat 10 to 20 small meals throughout the day and night, with hours each day spent searching for and hunting food. Simulating this feeding pattern for household cats provides exercise and prevents problems associated with lack of problem solving activity. This mental and physical exercise also helps to prevent obesity.

Ways to enhance your cats feeding and hunting times:

- Provide cats with puzzle feeders, interactive toys, and balls that dispense food as the cat rolls them around.
- Make homemade puzzles by cutting leg sized holes into a cardboard box or 2ltr pop bottle so that the cat paws the food or toys out.
- Hide food around the house for your cat to 'hunt'. Get creative by hiding the food at different heights or in different places each day.
- Toss kibbles for the cat to chase after and 'hunt' as they would live prey.

By feeding your cat a minimum of twice daily (more if you are able), using the above games and strategies, your feline companion will be a happier, more content and hopefully sleeker individual.

Remember that the food or treats used for the above activities must be taken from your cat's daily allotment of food. If your cat gets 2/3 cup kibble per day as the total amount to be fed, use a portion of that amount to be hunted for throughout the day. The rest can be meal fed in the evening to prevent your kitty from keeping you up while he or she plays and hunts at night. Also remember that to maintain a well balanced diet, extra treats should make up no more than 10% of the total calories fed.

Please ask us for diet and quantity recommendations for your cat. Keep in mind that feeding guidelines on food bags are determined using healthy, active animals living in multiple cat environments. These cats will be playing and interacting more throughout the day than our kitty companions who tend to be less active.