

- 🐾 Cod Liver Oil  
1/4 tsp. fed 1 to 2 times a week,  
is a good source of vitamin A and D.
- 🐾 Raw Eggs  
fed 2 to 3 times a week, a great  
source of alternate protein, vitamin D,  
vitamin B12, vitamin K and biotin.
- 🐾 Vitamin E  
200IU given 1 to 2 times a week, acts  
as an antioxidant of fats and oil, synthesized  
in plants. Meat will provide some but only a  
minimal amount.

You can also supplement with alternate meat sources like rabbit, venison, lamb, pork, quail, and ostrich depending on what is available in your area. Another way to add variety is with fish either canned salmon, mackerel, sardines or tuna, or raw although it is best to freeze first especially for salmon. A note of caution with fish, cats can become addicted to the taste and a diet of only fish can lead to vitamin deficiencies. So fish should only be fed once a week at most.

For more information you can check out our website or call us at 1-866-769-3663. You can also check out Pottenger's Cats: A Study in Nutrition by Francis M. Pottenger, Jr., MD, Natural Nutrition for Dogs and Cats by Kymthy Schultz, and Food Pet's Die For by Ann Martin.

# Feeding Cats

Cats have evolved to get their required energy from protein and fats. They're not designed to eat sugars, grains, soy, or starches. If your cat's diet contains these types of food it can lead to poor health and obesity. This means that foods like rice, pasta, bread, cereal, potatoes; soy products and even most commercial cat foods should not be fed to cats. Commercial cat foods especially the dry ones contain high qualities of grains, starches and sugar. They also use chemical preservatives and unknown quality and quantity of meat.

🐾 Cats are carnivores and therefore thrive on a diet based on meat, bones, and other animal products such as liver, hearts and kidneys. You can feed cats raw meaty bones from chickens, turkeys, ducks or rabbit. This includes wings, backs, necks and whole carcasses.

🐾 Cats that hunt eat the stomach and small intestinal contents of their prey. This is their main source of fiber and nutrients like vitamin E. A way to recreate this for your cat is to give them cat grass and occasionally give them vitamin E.

 It has been established that cats do better on a protein and fat based diet. But should we be cooking their meals? In the wild cats eat their food as they catch it, raw. Our cats are the same they are intended to eat raw food. Cooking depletes the food of natural nutrients such as vitamins, minerals and amino acids. Feeding raw will insure your pet gets these essential nutrients. Mountain dog food produces two varieties raw cat food based on these principles for your cat to enjoy.

## Our Cat Formulas

Our cat formula comes in turkey and chicken. The turkey is ground turkey and turkey hearts and livers. The chicken is chicken necks and liver. You can also feed our other formulas occasionally for variety. When switching your cat to a raw food diet remember that cats can be fussy eaters. Things like temperature (room temperature is preferred) and freshness might effect your cats' appetite. Also remember safe food handling when feeding MDF, meaning wash hands and all utensils used in hot soapy water, and store and thaw in the refrigerator. If your cat does not eat it after 15 to 20 minutes put food back in the fridge.

## How much should you feed?

-  Adult Cats(over 1 yr): 5-8% of their body weight depending on their activity level divided into 2 or 3 meals.
-  Kittens:(10wks-12mths):8-10% of their body weight, weigh them weekly and adjust as they grow. Their food should be divided into 3 to 4 meals. As they approach 12 months you should begin to tamper off to the adult amount.
-  This meant to act as a rough guide and you should adjust accordingly if you see that your cat is under or overweight.

## What can I supplement my cat's basic diet with?

-  **Raw Bones**  
Chicken Necks and Backs, can be fed as a meal 2 to 3 times a week and is great for their teeth and gums.
-  **Organ Meat**  
Liver, Kidney, Heart or Tripe
-  **Fish Body Oil**  
Salmon oil, Tuna oil or Arctic vigor 1/4 tsp.  
3 to 4 times a week.
-  **Kelp**  
Cats under 10 lbs. 1/8 tsp., cats over 10 lbs. 1/4 tsp.  
added to their food 3 to 4 times a week. Kelp is a source of essential vitamins and minerals.