

Recipes for Healthy Cats

These recipes use raw meats but not to the extreme, if you like, extent of the BARF diet. Some nutritionists would say this is not ideal. On the other hand others do advise cooking. Other holistic vets would recommend cooking the meat content as well there is I'm afraid much controversy in the world. I think we all agree none processed foods are best. Use these as a guide as to what to feed along with the other information in the site, they need not be followed to the letter Do not be afraid to vary a little and remember the raw chicken wings for the teeth in addition!

Feline Diet for Kidney Problems

10oz of minced chicken, turkey or lean heart,
4 cups of cooked white rice (1 ¾ cups uncooked approx.)
4 eggs
2 tablespoons of safflower, soy or corn oil
1,500 mg Calcium (use Calcium lactate or gluconate if possible or otherwise Calcium carbonate or eggshell powder ¾ teaspoon. Not bonemeal or any Calcium phosphate we must avoid phosphates for kidney patients)
1/8 teaspoon iodised salt
1/8 teaspoon of potassium chloride (low sodium' salt) optional for a saltier flavour
1 teaspoon of parsley grated carrot or other vegetable (or pet plus/pet essential)
5,000iu vitamin A (fish oil or capsules)
5 Cat multivitamin tablets containing Taurine and B vitamins
2,500 mg of Vitamin C

Mix together in large bowl and feed raw if you companion will eat it like this otherwise bake for 20 mins or so in a moderate oven. If cooking add the vitamins after cooking. Add a little liver sometimes 2/3 teaspoons in place of part of the meat. Also a little Ghee or unsalted butter in place of part of the vegetable oil.

This will yield about 5/6 days worth. Feed at least twice daily freeze the rest.

Encourage drinking by offering pure fresh water at all times and a broth of meat or fish once or twice a week.

Other things that may help:

Alfalfa (Medicago sativa)

2 drops of the tincture daily or alfalfa tablets 1 daily in food.

OR

Marsh Mallow (Althea officinalis)

Give ½ teaspoon of an infusion daily for the first few weeks then twice weekly.

Make the infusion by adding two tablespoons of the plant to a cup of boiling water. Steep for 5 minutes

AND

Berberis (Berberis vulgaris)

2 drops of the mother tincture or 1x dilution in the water or broth daily for 2 weeks

Avoid all processed foods with additives, all flea sprays and other possible toxins the liver and kidneys may have to deal with unless we advice otherwise. This can include environmental toxins such as smoke and fumes and plastic feed bowls

