



H&J GUIDE TO CAT TREATS

As a rule it is best not to supplement a cat's diet. The ideal diet is a good quality complete cat food either wet or dry, or a combination of both. When feeding a complete food suitable to the cat's life stage we can be confident that he/she is getting all the nutrients needed for optimum health. HOWEVER, cats have a reputation for being fussy eaters and often drive us to bribery and corruption just to get them to eat. They are also renowned for enjoying the good things in life, consequently, in spite of all our good

intentions, we often find ourselves offering treats on top of the regular diet.

There now follows a guide to popular treats to help to keep your cat's diet on the straight and narrow.

The "traffic light" system is used as follows:

RED – not to be on the menu under any circumstances.

ORANGE – OK but keep to a minimum.

GREEN – go ahead but stick to feeding guidelines

Cheese	Do not give cheese because it has a very high fat content and also very calorific.
Liver – raw or cooked	Do not give liver raw or cooked because it contains high levels of Vitamin A which can be toxic to cats.
Cat Milk	Cats often like this to excess, a 200ml bottle contains 116 calories and they don't need it. [Water has no calories!]
Tinned fish in oil	Avoid this; it has twice the calories of fish in brine.
Chicken	Use only skinless, boned fillets and cook in water. 1 dessertspoonful= 15 calories
Whiskas Temptations with Beef	8 pieces = 12 calories
Thomas Cat Treats	8 pieces = 10 calories
Tesco Crunchy Topping Treats	1 dessertspoonful= 10 calories
Felix Sticks with Salmon and Trout	These are quite calorific so give less than the maximum recommended on packet [4] if your cat is overweight. 2 sticks weigh 5g and give 17 calories.
Whiskas Dentabits	In green section because they help to keep your cat's teeth clean. 8 pieces = 16 calories
Felix Hairball Fix	In green section because they claim to help prevent hairball formation. 5 pieces = 13 calories
Pilchards in Brine or Tomato Sauce	Low calorie, good quality protein. One third of a fish weighs approx. 12g = 14 calories
Tinned Tuna in Spring Water or Brine	Low calorie and good quality protein. If using tuna in brine be sure to drain off the brine to avoid excess salt in cat's diet. Be cautious not to feed too much, to be used as a treat not main protein source. One dessert spoonful = 10 calories
Coley white fish boiled or microwaved	Good quality protein, easy to digest and low calorie. Caution with quantity because this is not a complete food, use as a treat. One dessert spoonful [10g] = 8 calories.