

# Raw Feeding for Beginners



## Just starting your cat on a raw diet?

There are many easy ways to start your cat on a healthy raw diet. Many enlightened pet stores carry commercially prepared, frozen complete raw diets made from a variety of meats. Usually available in nuggets or patties, they are convenient and easy to feed. All you have to do is thaw and serve! You can also enhance a ground diet by feeding small whole cuts of meat such as chicken wings, gizzards, liver or other fresh meat. Most cats take readily to a raw diet or can be transitioned over a short period. Two meals a day is all you need to feed.

## Raw diets are easy!

In addition to readily available pre-made foods, raw diets can easily be made at home by buying ground meat/bone/organ mixes and adding the supplements yourself, or doing your own grinding. Feeding small meat chunks, with or without bone, encourages cats to chew and gnaw which is good for their teeth and exercises their jaw muscles.

## Variety is important.

Many different kinds of meat can be used in raw diets. In fact, you should vary the kinds of meat you feed, not only for variety, but also to be sure your cat gets a balanced diet. Chicken, turkey, rabbit, lamb, beef, and many other kinds of meat are available in commercial raw food products.



*The only difference is size.  
Your cat has the same  
nutritional needs as a big cat.*

## Advantages of a raw diet:

- Easy to feed
- No odor
- Highly digestible
- High moisture content
- Rich in essential nutrients
- No fillers or rendered ingredients
- Chewing and gnawing is beneficial to your cat's teeth and jaws
- Cats consume less on a raw diet
- Quicker digestion time reduces hairballs

## How do I start?



Buying a prepared frozen raw food is a good place to start. They are nutritionally complete and eliminate the need to handle any raw meat products yourself. You can also introduce your cat to a raw diet by simply feeding small, fresh pieces of meat from a quality source. Try a few different kinds to see what your cat likes, and then move to the complete diet that works best for you. For more information, read "[Easy Raw Feeding for the Busy Person](#)" at Feline Nutrition.

## So why not just cook it?

Cooking degrades nutrients in meat, causing losses of vitamins, minerals and amino acids. Cooking also transforms nutrients, changing their chemical composition and making them less bio-available to your cat. Your cat evolved to eat its food raw, and makes efficient use of the nutrients present in a raw diet, leading to better digestion and health.

## Join us in helping cats to better health.

Membership in Feline Nutrition is free. Learn how you can be a part of changing how cats are fed.

## Get the details.

For more information, visit [Feline Nutrition](#). We have a wealth of science-backed information on feline health and nutrition. To join the discussion, find us at RawFedKitty on [Facebook](#).



*Raw diets are  
highly palatable  
to your cat.*

**feline**  
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*What are you  
feeding your  
carnivore?*

<http://feline-nutrition.org>