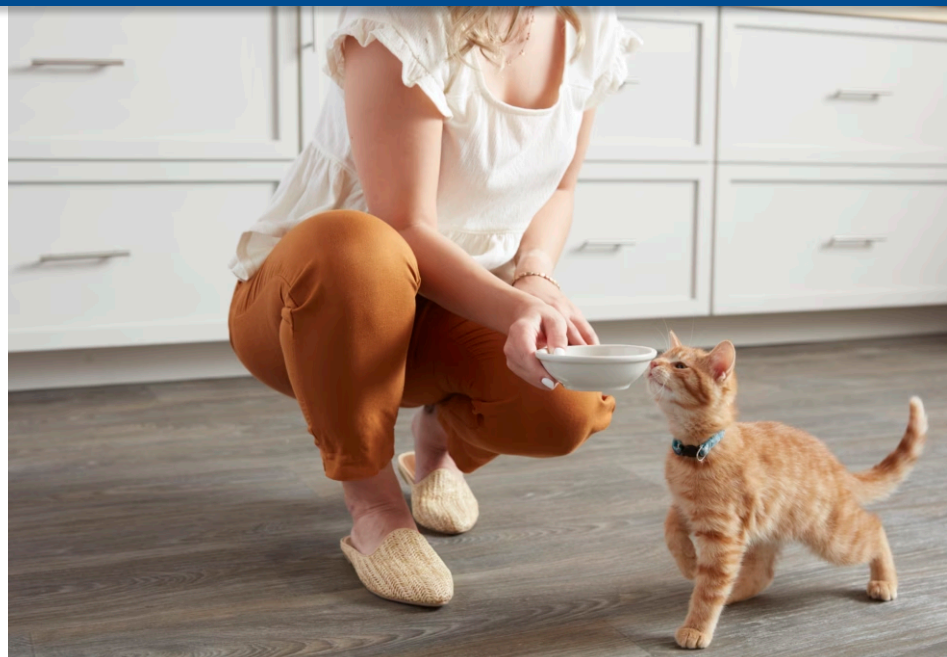


Feeding Your Cat the Right Way: Portion Tips and Safe Foods

Feeding your cat properly with portion recommendations, safe food options, and essential do's and don'ts. Quick advice on what to do when you're low on cat food or your cat won't eat.



Cats deserve to live *The Good Life*—full bellies, happy tummies and mealtime moments that help them thrive. Whether you're adjusting portions, exploring safe human foods or troubleshooting a food emergency, this guide covers top-searched questions cat parents ask every day.

Q: Can cats eat dog food?

A: Certainly not.

Dog food lacks the nutrients cats depend on, especially taurine, which supports heart and vision health. (Good news: taurine is included in 9Lives™ dry and wet cat food formulas, as outlined in our product guidance and brand materials.)

Cats need complete and balanced nutrition formulated specifically for feline energy, muscle maintenance, and organ health. Pick up a bag of 9Lives™ Daily Essentials Dry Cat Food recipe as soon as possible to help your furry friend feel supported!

Q: What human foods can cats eat?

A: Many cat parents wonder which fridge or pantry items are safe. Keep in mind, some essential nutrients could be missing from these foods. You should limit these foods to no more than 10% of your furry friend's total diet. Feeding a complete and balanced food will be the best option for your cat. Here's a friendly guide when it comes to human food:

- **Safe in Small Amounts:**
 - Cooked plain chicken, turkey or beef
 - Cooked fish (unseasoned, never raw)
 - Scrambled or boiled eggs (no butter or salt)
 - Pumpkin purée (plain, not pie filling)
- **Avoid Completely:**
 - Onion, garlic
 - Grapes, raisins
 - Chocolate
 - Alcohol
 - Caffeine
 - Highly seasoned or salty foods
 - Anything cooked with sauces, spices or oils

For full, complete nutrition, continue feeding a balanced cat food—like 9Lives™ Daily Essentials or 9Lives™ Indoor Essentials Dry Cat Food—and avoid human foods when able.

Q: How much wet food should I feed my cat?

A: The answer depends on your cat's age, weight, energy level and health status, but here's a general guide:

- **Adult Cats:** Most adult cats thrive on 2–3 servings of wet food per day (one standard 5.5-ounce can per serving).
- If combining wet + dry cat food, reduce portions to help avoid extra calories. General rule of thumb to follow is a ratio of 2-3 ounces of wet food to 1 ounce of dry food. Consult a veterinarian for your cat's specific nutritional needs.
- **Kittens:** Choose a kitten-formulated recipe such as 9Lives™ Kitten Paté with Real Ocean Fish & Tuna, and feed smaller, more frequent meals (3–4 times daily).
- **Senior Cats:** Many seniors benefit from softer textures like shreds and patés for easier chewing.
- Try 9Lives™ Senior Shreds with Real Ocean Fish & Tuna in Sauce.

Tip: Always follow the portion instructions on your 9Lives™ packaging, defined to meet AAFCO Nutrient profiles and formulated for your cat's vitality.