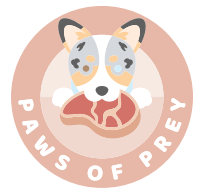


# RAW FEEDING CHEAT SHEET



## HOW TO PORTION FOR

adult cats



%  
45-55

### MUSCULAR TISSUE (BONELESS MEAT)

chicken, turkey, quail, duck, pheasant, partridge, cornish hen, squirrel, rabbit, beaver, muskrat, pork, beef, lamb, goat, goose, venison, bison, kangaroo, alpaca, and ostrich.

%  
25

### MUSCULAR ORGANS

- **heart** (high in B vitamins)
- **lungs** (high in selenium)
- **green tripe** (high in manganese)
- **gizzards**

### OPTIONAL PARTS

- **tongue** (high in fat)
- **trachea** (source of chondroitin)
- **tendon** (source of collagen)
- **gullet**
- **pizzle**
- **ears**
- **uterus**

Freeze wild caught animals at -4F / -20C or below for 3-4 weeks.

Sodium of any item should not exceed 25 mg of sodium per 1 oz / 28g.

Skin with fur or feathers attached is a great source of animal-based fiber.

A good portion of the meal should be red meats, which are high in B vitamins.

★  
Taurine is essential for cats!

Heart is high in taurine!

Don't feed cooked or bare bones.

Supervise while eating.

Count the muscle meat on bones in muscle meat section.

### WHOLE PREY

The desired & balanced meal for cats!

- mouse (5%)
- rat (5%)
- hamster (5%)
- gerbil (5%)
- guinea pig (10%)
- quail (10%)
- rabbit (10%)
- pheasant (14%)

### RAW MEATY BONES

- rabbit back (15%)
- chicken wing tip (46%)
- duck wing tip (39%)
- chicken toes (80%)
- duck toes (60%)
- quail (10%)
- cornish hen (39%)
- pheasant (14%)
- chicken neck (50-75%)
- rabbit foot (40%)

%  
5-8

Bone percentage of each cut/animal.

%  
6-8

### 2ND SECRETING ORGAN

- **thymus** (high in LA)
- **pancreas** (digestive enzymes)
- **brain** (high in DHA)
- **kidney** (high in B vitamins)
- **spleen** (high in iron)
- **eyeball** (high in iron)
- **testicle** (high in B12)
- **ovaries**

%  
2-4

### LIVER

Liver is a staple secreting organ in the raw diet because of the vitamin A content.

- Sweetbreads are a mixture of thymus and pancreas.
- Lower the organ percentage to 2% if you are feeding ruminant animal or duck liver due to a high concentration of copper/vitamin A.
- RMB & organ meat may not be suitable for cats with kidney disease.

# DON'T FORGET THESE NUTRIENTS!

## Omega-3s (EPA DHA)

**0.025g per 1000kcal fed**  
Smelt, anchovies, Atlantic mackerel, Atlantic salmon, herring, sardines, or Nordic Naturals fish oil.

## Vitamin D

**1.75mcg per 1000kcal fed**  
Atlantic mackerel, Atlantic salmon, Atlantic herring, pasture raised egg, beef liver, or cod liver oil.

## Vitamin E

**10mg per 1000kcal fed**  
NOW or Solgar vitamin E oil.

## Iodine

**220mcg per 1000kcal fed**  
Maine Coast Sea Seasonings kelp, dulse, or triple blend flakes.

## Manganese

**1.2mg per 1000kcal fed**  
Cooked blue mussels or green tripe.

## Zinc

**18.5mg per 1000kcal fed**  
Red meat, pasture raised egg, canned oysters in water, or Good State/Trace Minerals ionic zinc.

### Quick Notes

Canned seafood should be in water only.  
Add nutritional yeast for extra B vitamins if needed.  
Shellfish should be cooked / steamed.

### Calculating how much to feed daily

2-3% of cat's ideal body weight

Inactive - 2%  
Average - 2.5%  
Active - 3%  
Very active - 4%

% in decimal \* ideal body weight  
= # oz/g of food daily

### Calculating daily caloric intake

Highly active/exotic adult:  
 $100-260(\text{weight in kg})^{0.75}$

Average adult:  
 $100(\text{weight in kg})^{0.67}$

Overweight adult:  
 $130(\text{weight in kg})^{0.4}$

### Calculating nutrient requirements from kcal intake

$\text{kcal intake} / 1,000$   
= percentage intake of 1,000 kcal

percentage intake \* NRC nutrient per 1,000kcal  
= # of that nutrient needed daily

### Nutrient ratio relationships

Calcium:Phosphorus  
1:1

Zinc:Copper  
15:1

Zinc:Iron  
0.9:1

# NRC NUTRIENT REQUIREMENTS

for adults

Essential nutrients

RA per 1,000 kcal

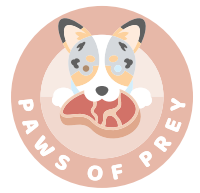
Crude Protein (g)	50
Arginine (g)	1.93
Histidine (g)	0.65
Isoleucine (g)	1.08
Methionine (g)	0.43
Methionine & Cystine (g)	0.85
Leucine (g)	2.55
Lysine (g)	0.85
Phenylalanine (g)	1
Phenylalanine & Tyrosine (g)	3.83
Threonine (g)	1.30
Tryptophan (g)	0.33
Valine (g)	1.28
Taurine (g)	0.10
Total Fat (g)	22.5
Linoleic Acid (g)	1.4
Arachidonic Acid (g)	0.015
EPA+DHA (g)	0.025
Calcium (g)	0.72
Phosphorus (g)	0.64
Magnesium (mg)	100
Sodium (mg)	170
Potassium (g)	1.3
Chloride (mg)	240
Iron (mg)	20
Copper (mg)	1.2
Zinc (mg)	18.5
Manganese (mg)	1.2
Selenium (mcg)	75
Iodine (mcg)	220
Vitamin A (Retinol) (mcg)	250
Cholecalciferol (D3) (mcg)	1.75
Vitamin E (α-tocopherol) (mg)	10
Vitamin K (Menadione) (mg)	0.25
Thiamin (mg)	1.4
Riboflavin (mg)	1
Pyridoxine (mg)	0.625
Niacin (mg)	10
Pantothenic Acid (mg)	1.44
Cobalamin (mcg)	5.6
Folic Acid (mcg)	188
Biotin (mcg)	18.75
Choline (mg)	637

Vitamin A:  
1 RE = 1 mcg retinol  
1 IU = 0.3 mcg retinol

Vitamin E:  
1 IU = 0.67 mg for d-  
alpha-tocopherol

Vitamin D:  
1 IU = 0.025 mcg

# RAW FEEDING CHEAT SHEET



## HOW TO PORTION FOR

kittens



%  
45-55

### MUSCULAR TISSUE (BONELESS MEAT)

chicken, turkey, quail, duck, pheasant, partridge, cornish hen, squirrel, rabbit, beaver, muskrat, pork, beef, lamb, goat, goose, venison, bison, kangaroo, alpaca, and ostrich.

%  
25

### MUSCULAR ORGANS

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- **gizzards**

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- **tendon** (source of collagen)
- **gullet**
- **pizzle**
- **ears**
- **uterus**

Freeze wild caught animals at -4F / -20C or below for 3-4 weeks.

Sodium of any item should not exceed 25 mg of sodium per 1 oz / 28g.

Skin with fur or feathers attached is a great source of animal-based fiber.

50% of the meal should be red meats, which are high in B vitamins.

Taurine is essential for cats!

Heart is high in taurine!

Don't feed cooked or bare bones.

Supervise while eating.

Count the muscle meat on bones in muscle meat section.

### WHOLE PREY

The desired & balanced meal for cats!

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- cornish hen (39%)
- pheasant (14%)
- chicken neck (50-75%)
- rabbit foot (40%)

%  
5-8

Bone percentage of each cut/animal.

%  
6-8

### 2ND SECRETING ORGAN

- **thymus** (high in LA)
- **pancreas** (digestive enzymes)
- **brain** (high in DHA)
- **kidney** (high in B vitamins)
- **spleen** (high in iron)
- **eyeball** (high in iron)
- **testicle** (high in B12)
- **ovaries**

- Sweetbreads are a mixture of thymus and pancreas.

- Lower the organ percentage to 2% if you are feeding ruminant animal or duck liver due to a high concentration of copper/vitamin A.

- RMB & organ meat may not be suitable for cats with kidney disease.

%  
2-4

### LIVER

Liver is a staple secreting organ in the raw diet because of the vitamin A content.

# DON'T FORGET THESE NUTRIENTS!

## Omega-3s (EPA DHA)

**0.025g per 1000kcal fed**  
Smelt, anchovies, Atlantic mackerel, Atlantic salmon, herring, sardines, or Nordic Naturals fish oil.

## Vitamin D

**1.4mcg per 1000kcal fed**  
Atlantic mackerel, Atlantic salmon, Atlantic herring, pasture raised egg, beef liver, or cod liver oil.

## Vitamin E

**9.4mg per 1000kcal fed**  
NOW/Solgar vitamin E oil.

## Iodine

**215mcg per 1000kcal fed**  
Maine Coast Sea Seasonings kelp, dulse, or triple blend flakes.

## Manganese

**1.2mg per 1000kcal fed**  
Cooked blue mussels or green tripe.

## Zinc

**18.5mg per 1000kcal fed**  
Red meat, pasture raised egg, canned oysters in water, or Good State/Trace Minerals ionic zinc.

### Quick Notes

- Canned seafood should be in water only.
- Add nutritional yeast for extra B vitamins if needed.
- Shellfish should be cooked / steamed.

### Calculating how much to feed daily

2-4 months	10%-8%
4-6 months	8%-6%
6-8 months	6%-4%
8-12 months	4%-3%
[large breeds]	
12-24 months	4%-3%

% in decimal \* ideal body weight  
= # oz/g of food daily

### Calculating daily caloric intake

$$70(\text{weight in kg})^{.75} = \text{calories to sustain life}$$

$$\text{calories to sustain life} * \text{DER} = \# \text{ kcal daily}$$

### Calculating nutrient requirements from kcal intake

$$\text{kcal intake} / 1,000 = \text{percentage intake of } 1,000 \text{ kcal}$$

$$\text{percentage intake} * \text{NRC nutrient per } 1,000\text{kcal} = \# \text{ of that nutrient needed daily}$$

### Nutrient ratio relationships

Calcium:Phosphorus  
1.1:1

Zinc:Copper  
8.8:1

Zinc:Iron  
0.9:1

### Lifestage

### DER

2-4 Months	3-2.8
4-6 Months	2.8-2.6
6-8 Months	2.6-2.4
8-10 Months	2.4-2.2
10-12 Months	2.2-2
[large breeds]	
12-14 Months	2-1.8
16-24 Months	1.8-1.6

# NRC NUTRIENT REQUIREMENTS

for  
kittens

## Essential nutrients

RA per 1,000 kcal

Crude Protein (g)	56.3
Arginine (g)	2.4
Histidine (g)	0.83
Isoleucine (g)	1.4
Methionine (g)	1.1
Methionine & Cystine (g)	2.2
Leucine (g)	3.2
Lysine (g)	2.1
Phenylalanine (g)	1.3
Phenylalanine & Tyrosine (g)	4.8
Threonine (g)	1.6
Tryptophan (g)	0.40
Valine (g)	1.6
Taurine (g)	0.10
Total Fat (g)	22.5
Linoleic Acid (g)	1.4
α-Linoleic Acid (g)	0.05
Arachidonic Acid (g)	0.05
EPA+DHA (g)	0.025
Calcium (g)	2.0
Phosphorus (g)	1.8
Magnesium (mg)	100
Sodium (mg)	350
Potassium (g)	1.0
Chloride (mg)	225
Iron (mg)	20
Copper (mg)	2.1
Zinc (mg)	18.5
Manganese (mg)	1.2
Selenium (mcg)	75
Iodine (mcg)	215
Vitamin A (Retinol) (mcg)	250
Cholecalciferol (D3) (mcg)	1.4
Vitamin E (α-tocopherol) (mg)	9.4
Vitamin K (Menadione) (mg)	0.25
Thiamin (mg)	1.4
Riboflavin (mg)	1.0
Pyridoxine (mg)	0.625
Niacin (mg)	10
Pantothenic Acid (mg)	1.43
Cobalamin (mcg)	5.6
Folic Acid (mcg)	188
Biotin (mcg)	18.75
Choline (mg)	637

Vitamin A:  
1 RE = 1 mcg retinol  
1 IU = 0.3 mcg retinol

Vitamin E:  
1 IU = 0.67 mg for  
d-alpha-tocopherol

Vitamin D:  
1 IU = 0.025 mcg