

Holistic Cat Food Recipe for Whole Health

‘Holistic’ sometimes seems like the current buzz word in the cat food industry, but the term holistic, if used correctly, really relates to feeding the whole cat. In other words, holistic homemade cat food considers the cat as a whole system. The ingredients are whole and natural, nothing artificial or chemical is added, and they are geared towards the benefit of the cat. Homemade cat food cooking is the perfect place for holistic cat food. All one needs to start is a great holistic low protein cat food recipe.

A good holistic cat food recipe is balanced and nutritious but also steers clear of unnecessary additives, colorants, preservatives, etc. These are not naturally occurring or provide any health benefit for a cat.

The following two holistic cat food recipes are adapted from the Halo Pets Website: halopets.com

Bijoux’s Seafood Gumbo for Cats

1 $\frac{1}{2}$ pounds wild shrimp (fresh, if possible or frozen, never canned)

$\frac{1}{2}$ pound celery, coarsely chopped

$\frac{1}{2}$ pound sweet potatoes, coarsely chopped

$\frac{1}{4}$ pound yellow squash, coarsely chopped

$\frac{1}{4}$ pound collard greens, chopped

3 ounces canned clams with juice

2 ounces whole oats

1 tablespoon kelp powder

4 to 6 cups spring water

Combine all of the ingredients in a stainless steel pot with enough water to cover. Bring to a boil, then lower the heat and simmer for 30 minutes, or until the sweet potatoes are tender. Remove from the heat and let cool. With an electric hand mixer, or using a food processor and working in batches, blend all the ingredients into a nice puree. Using Ziploc bags or plastic yogurt containers, make up meal-sized portions and freeze whatever you won’t use within 2 days.

Makes approximately 20 servings (1/2 cup per serving)

Jack the Cat’s Turkey Tetrazzini

1 $\frac{1}{4}$ pounds ground turkey

$\frac{1}{2}$ pound yellow squash or pumpkin, coarsely chopped

$\frac{1}{2}$ pound celery, coarsely chopped

$\frac{1}{4}$ pound chicken or turkey liver

1 tablespoon kelp powder

5 to 7 cups spring water

Combine all of the ingredients in a stainless steel pot with enough water to cover. Bring to a boil, then lower the heat and simmer for 30 minutes, or until the vegetables are tender. Remove from the heat and let cool. With an electric hand mixer, or using a food processor and working in batches, blend all the ingredients into a nice puree. Using Ziploc bags or plastic yogurt containers, make up meal-sized portions and freeze whatever you won’t use within 3 days.

Makes approximately 20 servings (1/2 cup per serving)

The following holistic cat food recipe is adapted from Dr. Tracy Lord D.V.M and her blog at vetlord.com. It allows you to mix and match proteins and carbohydrates and add variety.

With this recipe, it needs to be 4 parts protein to 1-2 parts carbohydrates per daily meal.

One part of protein is equal to: < br /> 2 ounces meat or fish

1 medium egg

$\frac{1}{2}$ cup yogurt (1/2 cup of yogurt also counts as 1 unit of carbohydrate)

1/3 cup cottage cheese (1/2 cup cottage cheese also counts as 1 unit of carbohydrate)

2 ounces of organ meat (can feed up to 1 unit of organ meat several times per week if desired)

One part of carbohydrate is equal to:>

1 cup of vegetable such as broccoli, brussel sprouts, green beans, peas, cabbage, spinach, or squashes

$\frac{1}{2}$ cup of fruit like melons, berries, tomatoes, apples, bananas, and also carrots

$\frac{1}{4}$ cup cooked lentils, chick peas, or beans

1/3 cup of grains like oatmeal or barley, if desired. If deciding to use grains, limit them to the smallest part of carbohydrate use.

Supplements: $\frac{1}{2}$ teaspoon human grade bone meal

Cat multi-vitamin

50-100 mg taurine (if not supplied in the cat multi-vitamin)

500-1,000 mg fish oil

Feline antioxidant

Food can be fed raw, finely minced or lightly cooked. Remember not to feed cooked bones to your cat!

Any fine quality, whole foods, homemade cat food can be holistic in nature. These are just a few of the possibilities for holistic cat food recipes.

For more information and ideas for a holistic low protein cat food recipes visit <http://www.catfoodrecipsonline.com/>

About the Author

We know that the [homemade cat food](#) is better and healthier for the cat but the [cat food](#) industry has perfected the art of making commercial [cat foods](#) tasty to a cat.

Source: <http://www.articlecontenthub.com>