

Best Natural Canned & Raw Cat Foods

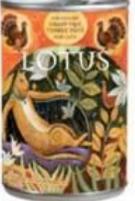
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All these foods met some tough criteria, which I describe in [this post](#). If your cat has a health condition, be sure check with a vet about his special dietary needs before changing his food. This can be a serious matter.

Best of health to you and your cat! ~ Liz

BEST CANNED OR RAW CAT FOODS

ITEM NAME	WHAT'S TO LOVE	COST	SPECIAL CONCERNS & TIPS
<p>Nature's Variety raw FROZEN (<i>except for Rabbit formula</i>)</p> 	<ul style="list-style-type: none"> • Meats sourced from US and New Zealand (except rabbit) • Omega 3s (fish oil) • Raw is considered most easily digested, nutrient-available form of cat food. • Low starch, grain free 	<ul style="list-style-type: none"> • LOW daily feeding cost compared to others on this list. 	<p>Includes ground bones—not recommended for cats with kidney issues or constipation.</p> <p>Rabbit meat is processed in China, so I'd avoid the rabbit recipes.</p>
<p>Primal, raw</p> 	<ul style="list-style-type: none"> • Some ingredients are organic (not the meats though). • Small company focused solely on quality pet food. • Omega 3s (fish oil) • Raw is considered most easily digested, nutrient-available form of cat food. • Very low starch, grain free 	<ul style="list-style-type: none"> • LOW daily feeding cost compared to others on this list. 	<p>Includes ground bones—not recommended for cats with kidney issues or constipation.</p> <p>Tip: Very helpful food portion calculator provided online (it's challenging to calculate amounts without it)</p>
<p>Feline's Pride raw FROZEN</p> 	<ul style="list-style-type: none"> • Good variety of selections: Cornish hen, turkey, chicken, duck, and more • Simple recipe • Omega 3s (fish oil) • Recommended by Feline Nutrition Education Society and Elizabeth Hodgkins, DVM is also a fan • Low starch, grain free 	<ul style="list-style-type: none"> • LOW daily feeding cost compared to others on this list. 	<p>Order online at www.felinespride.com</p> <p>Includes ground bones—not recommended for cats with kidney issues or constipation.</p>

<p>Honest Kitchen raw DEHYDRATED</p> 	<ul style="list-style-type: none"> • Only pet food legally allowed to call themselves "human grade" (they won a lawsuit). Plant is certified for organic and kosher products by the state of California. • Raw is considered most easily digested, nutrient-available form of cat food. • Low starch, grain free 	<ul style="list-style-type: none"> • LOW daily feeding cost compared to others on this list. 	<p>You need to add water soak it for about 15-20 minutes before serving.</p> <p>Introduce gradually. Texture is unique--some cats resist it. Ours like it better with ground turkey added.</p> <p>Tip: Best deal I found on a trial size is at their online store.</p> <p>Tip: You can add "homemade" food. "Add 1/2 cup of home food for each dry cup of Prowl. Feed slightly less Prowl to compensate"</p>
<p>Blue Buffalo Wild Delights AND Blue Bistro</p> 	<ul style="list-style-type: none"> • Meat is from US and New Zealand • No carrageenan • No BPA in cans • Very low starch, grain free 	<ul style="list-style-type: none"> • Low daily feeding cost compared to others on this list. 	<p>Feed two 3oz cans per 6 to 8 lbs. body weight day, so active 10 lb cats will likely need a bit more than 2 cans per day. Only comes in 3oz.</p> <p>Note that Wilderness Wild Delights is different from just "Wilderness" (Plain Wilderness has carrageenan)</p>
<p>ZiwiPeak, raw air-DEHYDRATED</p> 	<ul style="list-style-type: none"> • Omega 3s (fish oil) • No hormones and antibiotics • 8% <i>more</i> moisture than most dry foods--more if you add water. • More convenient than raw frozen food. • Raw is considered the most easily digested, nutrient-available form of cat food. • Low starch, grain free; nice simple ingredients 	<ul style="list-style-type: none"> • Low daily feeding cost compared to others on this list. 	<p>To support kidney and urinary wellness in healthy cats, I would not serve this without mixing in some water.</p> <p>Several experts say dry foods are too dehydrating for cats with kidney problems.</p> <p>Tip: Our cats love the "Venison & Fish" formula. Lamb, not so much.</p>
<p>LOTUS canned</p> 	<ul style="list-style-type: none"> • No carrageenan • Very low starch, grain free • All ingredients sourced from US, Canada, New Zealand • Made in small batches in US • Claim not to have BPA in lining 	<ul style="list-style-type: none"> • Medium daily feeding cost compared to others on this list. 	
<p>Taste of the Wild</p> 	<ul style="list-style-type: none"> • No BPA in cans • No carrageenan • Low starch, grain free 	<ul style="list-style-type: none"> • Medium daily feeding cost compared to others on this list. 	

<p>Newman's organic grain-free canned</p> 	<ul style="list-style-type: none"> • Organic. • Liver, in particular, can be very nourishing and appealing for some cats who are weak from illness. • No BPA in small cans (but 12oz cans have it) • No carrageenan • Very low starch, grain free 	<ul style="list-style-type: none"> • Medium daily feeding cost compared to others on this list. 	<p>Be sure to get the grain-free ones, but there's not much variety. (Some cats don't like beef or liver.) Tip: A little dry--mix in some water.</p>
<p>Nature's Variety Instinct canned 95% (<i>except for Rabbit</i>)</p> 	<ul style="list-style-type: none"> • Meats sourced from US and New Zealand (except rabbit) • No carrageenan • Very low starch, grain free • No BPA in 5.5oz and 3 oz cans 	<ul style="list-style-type: none"> • Medium daily feeding cost compared to others on this list. 	<p>Rabbit meat is processed in China, so I'd avoid the rabbit recipes.</p>
<p>FROMM canned</p> 	<ul style="list-style-type: none"> • Food sources from US and Canada • No carrageenan • Very low starch, grain free 	<ul style="list-style-type: none"> • Medium daily feeding cost compared to others on this list. 	<p>Almost all their canned foods include salmon, which I wouldn't want to feed everyday. Better to do 1-2x per week to reduce thyroid risks.</p>
<p>Tiki Cat Hanalei Luau Wild Salmon, canned</p> 	<ul style="list-style-type: none"> • Sources through environmental fishing practices; seafood sustainability and food safety guidelines • Manufactured in a human food factory (quality is visible—looks and smells like human food) • Our cats LOVE it • No BPA in cans • Low starch, grain free 	<ul style="list-style-type: none"> • Medium daily feeding cost compared to others on this list. 	<p>Use in rotation schedule for variety--not as only food. This formula does contain a small amount of vitamin K3, which I normally avoid for reasons described here. However, as part of a varied diet I personally think this formula's good qualities outweigh the unfavorable bit of K3. Avoid the TikiCat formulas that have carrageenan or grains in them. (This Wild Salmon one doesn't have those.)</p>
<p>Life's Abundance Instinctive Choice canned</p> 	<ul style="list-style-type: none"> • Simple ingredients, include organic chicken • Omega 3s (fish oil) • No carrageenan • Very low starch, grain free • No BPA in cans 	<ul style="list-style-type: none"> • Medium-high daily feeding cost compared to others on this list. 	<p>Cats always seem to love this stuff. Only one "flavor" (but contains multiple meats.) I can only find it online--by the case. I suggesting getting their trial size first. You can save money & time with their auto-ship option.</p>

<p>Wellness Healthy Indulgence pouches</p> 	<ul style="list-style-type: none"> • Grain free, very low starch • High moisture • Less fuss than cans 	<ul style="list-style-type: none"> • Very high daily feeding cost compared to others on this list. Instructions say feed 2 pouches for every 5 lbs of cat, so an active 10 lb cat would need 4 pouches per day - that's a lot. 	<p>Contains oat fiber, which is gluten free in this case, but it may not be the most digestible substance for sensitive cats.</p>
<p>Radcat raw FROZEN</p> 	<ul style="list-style-type: none"> • All batches tested independently for total bacteria, Salmonella, and E. Coli • Omega 3s (fish oil) • Most simple raw formula available--best for cats with digestion problems. • Most ingredients are organic or pasture-raised--including the meats! • Raw is considered most easily digested, nutrient-available form of cat food. • Very low starch, grain free 	<ul style="list-style-type: none"> • Very high daily feeding cost compared to others on this list. 	<p>Not as convenient to serve as other raw food because it's not pre-portioned</p>

Looking for the best Dry foods?
 See <http://www.naturalcatcareblog.com/dryfoods>