

cat should eat about 1 1/3 of the 5.5oz. cans of food daily. This is best divided into 2 meals daily. However, one double size meal daily is acceptable for some cats.

If you're feeding the little 3oz cans (Fancy Feast size) or pouches, this average cat would get 2 cans or pouches daily. We base the food requirements on the cat's goal weight. If your cat is a chubby 13 pounds, look at 10-11 pound as the ideal weight and base the serving size on that.

Remember too that just like humans, cats have variations in their metabolism and thus nutritional requirement. It will take several months to see your pudgy feline slim down to the purrfect body weight. If you see the cat losing weight, it's too fast and the cat should be examined for a problem.

Skinny felines also benefit from this diet because it increases the muscle mass as it trims down the extra fat. So the skinny guys will actually gain weight. This is the cat that is allowed an extra meal during the day.

A good time to begin this diet is at spay/neuter time. The adolescent is maturing and this is when weight gain often begins. Neutered males are a little more likely to develop OBESITY than the spayed females.

