

Cat Food Ingredients You Should Avoid

Finding a good food for your kitty may take a bit of detective work. Discounting advertising slogans such as "Wholesome" and "Recommended by veterinarians" along with the deceptive, yet legal, labels that allow "meat" to be the number 1 ingredient even though it is far down the list.

There are many ingredients found in cat food that do not belong there. They have no value to your cat, instead they can be downright detrimental.

The multibillion pet food companies spend both time and effort making people believe that grains are healthy and wholesome in order to sell their food. The truth is that grains are implicated with a long range of chronic, painful and expensive health problems.

The use of corn is a very bad addition to your cat's or dog's food. It causes allergic reactions and acts as an irritant to the bowel. Possibly a problem of an even greater magnitude is the fact the corn has a high glycemic index.

What that means is that after the cat eats a meal that contains corn, her blood sugar level rises. Cats have different metabolic pathways than humans do, and do not have the necessary enzymes to handle the onslaught of sugar in their blood stream. While humans get their energy from sugar, cats get their energy from animal protein.

Commercial kibble containing corn has 30-60% carbohydrates. A cat in the wild, eating what nature intended for them to eat, will eat food containing 3-5% carbohydrates.

After a meal of corn containing kibble, the cat will have a spike in blood sugar. Cats do not release insulin after eating carbs, cats release insulin after eating protein, thus are inefficient lowering the blood sugar.

The elevation in blood sugar is taxing for vital organs such as kidneys and liver. It taxes and exhausts the endocrine system. After time, the pancreas is unable to keep up and feline diabetes is a not uncommon end result.

Corn is also a culprit in feline obesity. Cats do not register full after consuming carbs. Cats register full after having consumed the required amounts of protein. In order to satisfy the need for protein your cat has to eat more of the inferior, grain containing kibble.

Finding a grain free food for your pet should be on the top of your list. Today there are grain free canned foods and even grain free kibble.

Getting your cat or dog, onto a food that does not contain corn is of utmost importance.

About the Author

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