

Grain-free (low carbohydrate/high protein) Food Data Sheet

What should your cat eat for optimal health? The *more moisture your cat receives, the better*. **Canned food is currently thought to be the best option as it mimics their moisture requirement.** Grain-free canned food is the lowest in carbohydrates. Carbohydrates should be minimized in cats. If your cat refuses to eat canned food, the grain free dry foods are still the best option nutritionally. Many cats will accept the dry food with some water added. It is imperative to have fresh water sources available at all times.

Canned Foods



Brand	kcal
Addiction	*
AvoDerm	*
Before Grain	*
Best Feline Friend	*
Blue Buffalo Wilderness	*
California Natural Salmon & Sweet Potato	*
Evanger's	*
Innova Evo	*
Lotus	*
Merrick Turducken	*
Natural Balance LID Diets	*
Natural Planet Organics	*
Newman's Own Grain Free	*
Pinnacle	*
Wellness Core or Wellness Grain Free	*
Weruva	*

Dry Foods



Brand	kcal/cup
Taste of the Wild	350-390
Before Grain	406-409
California Natural Herring & Sweet Potato	412-442
Natural Balance LID Diets	355-370
Natural Balance Alpha	370
Blue Buffalo Wilderness	365-403
Wellness Core	411-502
Indigo Moon	450
Pure Vita GF Salmon	463
Orijen	480
Innova Evo (Weight Management)	481
Wysong Epigen original	489
Felidae Grain Free	498
Innova Evo (Herring/Salmon)	530
Pinnacle	562
Innova Evo (Turkey/Chicken)	602

* Most adult cats need about 200 calories (kcal) per 24 hours as maintenance for ideal weight. All canned foods range from 30-40 kcal per ounce with very little variance between brands. If your cat is eating exclusively canned food (no dry), the ideal amount is equal to one 5.5oz (tuna can size) can per 24-hour period.

When making a diet change, mix old food with new and gradually transition to new diet to prevent stomach upset.

Locations for purchase: (Not all brands available at all stores. Call for details.)

Boise Area

A Purrfect Alternative

Dr. Tara Koble
(Focus on organic, raw, fresh cooked brands)
North End delivery or Cat Dr. pickup
208-861-1149

Boise Co-Op

888 W. Fort St.
Boise, ID 83702
208-472-4506

Bark N Purr

1004 S. Vista Ave.
Boise, ID 83705
208-345-8886

D&B Supply

6650 Glenwood St.
Garden City, ID 83714
208-853-5884

Flynn's Saddle Shop

8633 W. State St.
Boise, ID 83713
208-853-4095

Habitat

3082 S. Bown Way
Boise, ID 83706
208-429-1818

Natural Grocers

1195 N. Milwaukee St.
Boise, ID 83704
208-378-7323

Petco

179 N. Milwaukee St.
Boise, ID 83704
208-375-7971

Petco

3548 S. Findley Way
Boise, ID 83705
208-344-1651

Petsmart

130 N. Milwaukee St.
Boise, ID 83704
208-377-9748

Regal Beagle

118 E. 35th St.
Boise, ID 83714
208-345-1766

The Cat Doctor Veterinary Hospital

9151 Ustick Rd.
Boise, ID 83704
208-327-7706

Boise Area (cont.)

Whole Foods Market

401 S. Broadway Ave.
Boise, ID 83702
208-287-4600

Zamzows

Various Locations
www.zamzows.com

Meridian

D&B Supply

1725 E. Fairview Ave.
Meridian, ID 83642
208-887-0949

H3 Pet Foods

1801 W. Cherry Ln.
Meridian, ID 83642
208-898-0008

Herb Tree

310 N. Main St.
Meridian, ID 83642
208-888-6920

Legacy Feed

3100 S. Meridian Rd.
Meridian, ID 83642
208-888-3003

Northwest Pets

3036 N. Eagle Rd. Suite #110
Meridian, ID 83642
208-392-1049

Petco

2210 N. Eagle Rd.
Meridian, ID 83642
208-846-7883

Petsmart

1220 Eagle Rd. N
Meridian, ID 83642
208-884-0611

Zamzows

Various Locations
www.zamzows.com

Nampa/Caldwell

Farm & City Animal Supply

5520 Franklin
Nampa, ID 83687
208-318-0150

Jackie's Livestock & Pet Emporium

21955 Middleton Rd.
Caldwell, ID 83605
208-585-6331

Petco

16434 N. Market Pl.
Nampa, ID 83651
208-467-3249

World of Nutrition

314 Caldwell Blvd.
Nampa, ID 83651

Zamzows

Various Locations
www.zamzows.com

Eagle/Star/Kuna

Kringle's Korner

9888 W. State St.
Star, ID 93669
208-826-9227

Legacy Feed

3100 S. Meridian Rd.
Meridian, ID 83642
208-888-3003

Northwest Pets

3060 E. State St.
Eagle, ID 83616
208-939-8119

Zamzows

Various Locations
www.zamzows.com