

How Much to Feed Your Cat

Determining How Much to Feed a Cat

This guide will provide a general idea of how much food to feed a cat, but keep in mind that an individual cat's needs can **vary by as much as 50 percent** in either direction from the average. Monitor your cat's weight and body condition to narrow in on how much they should eat and, as always, talk to your veterinarian if you have any questions or concerns.

Factors to take into account

- **Age & Life Stage:** Kittens have different nutritional needs than adults or senior cats. Pregnant or nursing cats also have different needs.
- **Weight:** If your cat is not at her/his ideal body condition, you may need to adjust what and how much you feed.
- **Activity Levels:** Cats who are active and playful throughout the day may need more calories than those who prefer to spend their time napping.
- **Indoor vs. Outdoor:** Indoor cats may not get as much exercise as an outdoor cat would, so they need fewer calories. Outdoor (or indoor/outdoor) cats living in regions with cold winters may need more food in the cold months.

Calculate the amount to feed

Use the chart below to find your cat's ideal DAILY calorie intake. Look at the label on the food. It will be written as kcal/kg and kcal/can (wet food) or kcal/cup (dry food). Divide your cat's caloric needs (kcal/day) by the food's caloric content (kcal/can or cup). The answer will let you know how much food to feed a cat DAILY. To figure out how much food to feed a cat at each meal, simply divide the daily amount of food by the number of meals you plan to offer each day.

Cat Weight	Typical pet, neutered or spayed	Typical pet, intact	Typical pet, prone to gaining weight	Pet in need of weight loss
5 lbs (2.3 kg)	157 kcal / day	183 kcal / day	131 kcal / day	105 kcal / day
7.5 lbs (3.4 kg)	210 kcal / day	245 kcal / day	175 kcal / day	140 kcal / day
10 lbs (4.5 kg)	260 kcal / day	303 kcal / day	216 kcal / day	173 kcal / day
12.5 lbs (5.7 kg)	298 kcal / day	362 kcal / day	258 kcal / day	207 kcal / day
15 lbs (6.8 kg)	354 kcal / day	413 kcal / day	295 kcal / day	236 kcal / day
17.5 lbs (7.9 kg)	396 kcal / day	462 kcal / day	330 kcal / day	264 kcal / day
20 lbs (9.1 kg)	440 kcal / day	513 kcal / day	367 kcal / day	293 kcal / day

Source:
petmd.com