

## What Can Cats Eat?

What can cats eat? And How Long Does Cat Food Last? Human food for cats? Can cats eat potatoes? Can cats eat pineapples? Generally not a good idea... The fact is that all the nutrients cats need can be found in a good prepared cat food. But, sometimes you'd still like to give them a treat. So, what human foods do they like that are also good for them and not dangerous for their delicate system?



**Can cats eat rice?** Actually, *cats can eat rice*. Brown rice is one of the few human foods that cats can eat. Cats can eat rice to help settle their stomach. We will discuss the good and, more importantly, the bad. After all, since we wrote about [what dogs eat](#), we figure it's only right that we include a post on our feline friends. Cats are known for being finicky eaters and the most important thing to remember is that they are carnivores (meat eaters). They can tell from one sniff if a meat has gone bad and they will not touch it. But sometimes they go for things that, although fresh, are just not good for their little bodies. So, included below the list of *what cats eat* is a table of things to **never** feed your cat. Then, of course, we included a table for **how long does cat food last**. A healthy, well-balanced diet is contained in quality cat foods, ask your vet for a recommendation. A well-designed cat food gives your pet all the nutrients it needs for an active and healthy life. But that doesn't mean you can't sometimes give your cat a human food as a special treat – just don't do it very often and be sure to avoid everything on our list of forbidden foods.

### List of What Cats Can Eat – Healthy Snacks For Cats

- **1) Cooked Lean meats** – especially beef, with no bones, grizzle or skin and all kinds of fish and poultry.
- **2) Brown Rice** – an occasional treat of brown rice can help settle a cats upset stomach.
- **3) Cooked Eggs are OK**, - raw eggs are NOT.
- **4) Cats are quite good at knowing what they need.** Sometimes they will even eat grass, which is OK, because it helps them to throw up if they have a hairball lodged in the their throat.

*These are the only recommended treats that cats can eat (besides of course the cat treats sold by cat food companies). Cats may have an occasional can of **tuna**, which cats love and cannot resist no matter how hard they try, but too much of it and they will become malnourished or worse yet get mercury poisoning.*

On the same note, an occasional taste of [dog food](#) will not harm cats but too much will malnourish them as they will not get enough protein, vitamins and fatty acids.

Also an occasional cooked, not raw, vegetable (except the ones noted in the table below) is tolerated but not good for their systems. Although most cats have trouble digesting dairy products, an occasional piece of cheese is a good way to get your cat to take a pill. Just place the pill inside and the piece of cheese and squish it inside.

### What Can Cats Eat – 12 Things Cats Should \*NEVER\* Eat

Equally, if not more important than what cats eat is what they should never eat. Human foods can be harmful and even fatal to our feline friends.

## How Long Does Cat Food Last?

	Unopened – Past Printed Date	After Opening
<b>Dry Cat Food</b>	2-6 Months	6-8 Weeks
<b>Canned Cat Food</b>	1-2 Years	2-3 Hours in Bowl, 2-3 Days in Refrigerator

Remember, keep your dry cat food in its original packaging in a cool dry place and re-seal the original packaging after opening. Keep your canned food in a cool dry place and place in an airtight container in the fridge after opening. Dispose if any foul odors or mold appear.

To find out more about what cats eat, [see PetMD](#).

**This information and more, can be found on:**

[www.emptybowlpetfoodpantry.org/pet-food-safety.html](http://www.emptybowlpetfoodpantry.org/pet-food-safety.html) Phone: 602-9097153