



6 Best Vegetables for Cats

602/909-7153



Believe it or not, there is a way to help your finicky cat get healthier. Adding a few select vegetables to her diet is a great way to give her more selection, while sneaking in a few additional (essential!) vitamins and minerals as well. Keep in mind that a cat's diet should never consist of purely veggies. Cats by nature are carnivores, and their systems are developed to include meats and fish. If you have a specific question regarding your cat's dietary needs, be sure to check with your vet before adding something new. In the meantime, here is a list of six good veggie options for your feline friend.



Cooked Carrots Carrots are an excellent source of a lot of different vitamins and minerals, including healthy beta-carotene. Just be sure to cook the carrots before feeding them to your cat, and chop them up into small, easy-to-digest pieces to avoid choking.



Peas Include peas in your cat's regular diet for an additional healthy blend of proteins and carbohydrates.



Broccoli Florets Steamed broccoli is an easy way to distract your cat from chewing on any of the other tempting leafy plants you may have around the house. The antioxidants found in broccoli can also be an added benefit to your furry friend's diet.



Green Beans Green beans are another one of the few approved veggies that are okay to feed to your cat – especially if he happens to be overweight. A great source of fiber, this food makes a good substitute for more traditional kitty treats.



Zucchini As a popular ingredient in many commercial cat food options, zucchini is harmless for cats, and the magnesium, potassium and manganese are healthy for them, as well.



Winter Squash Plain, un-spiced winter squash contains a bacteria that, when eaten in moderation, can actually help normalize your kitty's bowel environment and relieve constipation or diarrheal issues.