

What are the best vegetables for cats?

See <https://www.animalwised.com/> for this and more information

Vegetables should be boiled and given in moderation.

Vegetables suitable for moderate consumption by cats are:

- **Boiled carrots**, easily digestible, provide fiber and vitamins.
- **Green beans**, hydrating, rich in fiber and vitamins.
- **Sweet potatoes**, can be mixed with meat, chicken liver, etc.
- **Boiled peas**, rich in vegetable protein, vitamin B12, and magnesium.
- **Raw or boiled lettuce**, provides fiber and water, and contains no fat
- **Boiled pumpkin**, easily digestible for the cat and ideal for mixing with meat.
- **Raw or boiled cucumber**, a very hydrating vegetable. It can be used as a treat when raw.
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What are the best fruits for cats?

While some fruits are perfectly suitable for cats, they should never be the base of their diet; always give your pet fruit in small quantities. The best fruits for cats are:

- **180Strawberries**, very rich in vitamin C and fiber.
- **Cantaloupe melon**, refreshing and hydrating, it is highly recommended as a treat during the summer.
- **Watermelon**, the same benefits as a cantaloupe.
- **Apples**, ideal as a snack.
- **Peaches**, often a favorite with cats.
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A cat's digestive tract

Cats are **pure carnivores**. They are not [omnivorous like humans, or even dogs](#). Their intestinal tract is very short. It is not designed to digest plant fibers; however, the digestive system of cats is adapted for the digestion of animal protein like meat and fish. Therefore **in no case should plant intake exceed 15% of the total diet**.

Cleansing

Plants can help cats clear their bowels. It is recommended to plant wheatgrass in a plant pot so that your cat can eat the shoots and cleanse itself. Sometimes watermelon rind is consumed, probably for this purpose. Of course, you should avoid having toxic plants in your home to [prevent possible poisoning](#).

If you want to know can cats eat rice, the short answer is yes. Of the many different [human foods cats can eat](#), rice is one which shouldn't provide any harm to your feline. This, of course, depends on how it is eaten and how it affects the rest of their food intake. It is also important to know that rice is not a food necessary for a balanced diet in cats. It may, however, be able to help when a cat has certain health issues such as an upset stomach.

AnimalWise not only looks into **how rice affects cats**, we also discuss various rice products and which circumstances might benefit from supplementing rice in their diet. This will include the nutritional properties of rice and some fast and simple rice recipes for cats you can make at home.