

# Raw Feeding for IBD Cats

*Healing Can Happen!*



## How to Balance Baby Food to Make It Nutritionally Complete

Important note: Raw Food diets using eggshell as the source of calcium (unless adjusted for the trace amounts of phosphorus in eggshell) are not appropriate for kittens. Please refer to the [Bone Alternatives](#) article for information on using freeze dried bone.

We are not familiar with brands of baby food available around the world. In the U.S., there are three basic brands that provide meat-only food: Beech Nut, Goya, and Gerber. Gerber baby food contains corn starch as a preservative. This may trigger allergies or grain sensitivities in some cats. If you want a truly plain diet, best to use Beech Nut or Goya. (Goya is owned by Beech Nut). The “broth” in these two foods is only the water in which the baby food was cooked – essentially bone broth. The chicken baby food contains additional calcium and minerals compared to plain cooked meat. This is true for Gerber’s “meat and gravy,” too. The “extra” calcium pertains to just the chicken flavor of both foods – but this is important when balancing commercial baby food.

Because there is water added to the baby foods via the broth or gravy, the 2.5 ounce jars represent 1 ounce of cooked meat. Again, the chicken additional calcium because the broth contained bones prior to being strained for the baby food. NONE of the baby foods contain sufficient calcium to balance the food, but because the profile of the chicken baby food is not similar to plain raw or cooked *meat*, **supplements that contain calcium meant to balance cooked meats do not properly balance chicken baby food**. Supplements meant to balance just meat can be used for all other baby food proteins.

**To make every meat-only baby food OTHER than chicken nutritionally balanced**, you can use [EZcomplete fur Cats](#). Each 2.5 ounce jar should be treated as one ounce of food for measurement purposes. Follow directions for balancing ONE ounce of meat. If your cat is allergic to chicken, be advised that EZcomplete fur Cats contains chicken liver and egg yolk. You can also use Alnutrin with eggshell (plus liver) OR Alnutrin for meat & bone PLUS adding the eggshell separately and both require liver, but Alnutrin contains egg yolk as well. Follow directions, below.

**To balance chicken baby food**, you must either use Alnutrin for meat & bone (plus liver AND powdered eggshell, separately) or a homemade supplement we provide. If your cat is allergic to chicken, be advised Alnutrin is in an egg yolk base. How to balance the baby food without using Alnutrin is discussed below.

## **Balancing Meat Baby Food with Alnutrin**

For all baby foods other than chicken, you can order EZcomplete fur Cats, and balance each jar using 2/3 of a scoop (included in the bag) of EZcomplete supplement OR weight out 1.6 grams of supplement.

For chicken baby food, order the Alnutrin Supplement for “Meat/Bone” (with NO eggshell OR calcium) **AND** then add eggshell separately. [You can make your own finely ground eggshell](#) or purchase eggshell from the same site you purchase the Alnutrin supplement for meat/bone. These can be ordered here: [http://www.knowwhatyoufeed.com/shop\\_online.html](http://www.knowwhatyoufeed.com/shop_online.html)

The amount of Alnutrin for meat/bone needed to balance the 2.5 ounces of baby food is the amount required to balance 1 ounce of cooked meat: 5/64 teaspoons. Yes, you need [mini-measuring spoons](#). 5/64ths teaspoons is two “smidgens” and one “drop.”

The amount of calcium (eggshell) to balance the 2.5 ounces of baby food is the amount required to balance ONE-HALF ounce of cooked meat: 1/64 teaspoon (one “drop”).

If balancing meat-only baby foods OTHER than chicken with Alnutrin for meat/bone, use the proper amount of calcium (eggshell): 1/32<sup>nd</sup> teaspoon (one “smidgen”).

The reason you cannot use the Alnutrin with a source of calcium to balance the chicken baby food? If you use the proper amount for 1 ounce of meat, because of the additional calcium in the chicken baby food from the broth, it will provide *two times* more calcium than needed. If you use an amount that provides the correct amount of calcium, then there is not enough taurine and other nutrients (50% less!). Thus they must be used separately.

**Alnutrin does not supply the nutrients in liver** (notably, vitamin A) so **liver must ALSO be included** to make baby food nutritionally complete. If you are using meats other than chicken, and using EZcomplete fur Cats to balance those jars, the supplement already contains liver, you don’t need to add anything other than the supplement to the baby food. If you use probiotics, you do need to add those no matter how you balance the baby food.

If you need to add liver, you can either add the required amount of fresh liver to the diet (introduce it slowly!) OR [use freeze-dried liver in place of fresh](#). The amount of liver needed (in the absence of other organs) is 10% of the total cooked meat equivalent in the diet. The number of jars of baby food your cat eats daily is the number of ounces of cooked meat (as each jar is equivalent to one ounce of cooked meat). NOTE: If you do not have access to freeze dried liver, please ask how to use a vitamin A supplement or cod liver oil in the group.

**Example.** If you feed four jars of baby food a day, because each jar of baby food is equivalent to ONE ounce of cooked meat, four jars is the equivalent of 4 ounces of cooked meat. That means you need to provide 4 ounces x 10% = 0.4 ounces of fresh liver (approx. 3/8 of an ounce).

### **Balancing Baby Food with Homemade Supplement.**

Please note, this does not provide kittens or pregnant moms with proper long term nutrition. This can be used longer term with adult cats, especially if you rotate the types of liver used.

Calcium source will be eggshell, as directed above.

**For chicken baby food:** 1/64<sup>th</sup> teaspoon (one “drop” on the mini measuring spoons) of finely ground eggshell per 2.5 ounce jar

**For all other meat-only baby foods:** 1/32<sup>nd</sup> teaspoon (one “smidgen”) of finely ground eggshell powder per 2.5 ounce jar

Provide liver, as directed above. For the rest of the missing nutrients, directions for the homemade supplement are:

**Instructions:** put all capsules and tablets into a clean spice or coffee grinder (include the capsules if you like, but they don't chop/grind up completely). Pulse / grind until very finely ground and well-mixed. Let sit for 15 to 20 minutes to allow the supplement to settle before transferring to a glass jar.

### **Instructions for Use with baby food**

A scant 1/64<sup>th</sup> teaspoon (the “drop” on mini-measuring spoon sets) per ounce of meat and organ, and whether using chicken or other meats. You need not purchase these brands, but the dose of the vitamin must be equivalent.

### **Contents:**

50 NOW 1,000mg Taurine capsules  
20 NOW 150mcg standardized kelp tablets  
10 Twinlabs 10mg manganese capsules  
5 NOW 400iu dry vitamin E capsules  
2 Natural Factors Hi-Potency 50mg B-complex capsules  
\*\*\*\*VITAMIN D

**To provide sufficient choline without using eggs,** you must also include 1 capsule of egg yolk lecithin two times a day. Cats with a chicken allergy should not have an allergic reaction to this ingredient as it does not contain egg protein. If you are unable to source egg yolk lecithin, consider using duck or quail eggs, and provide one yolk per week.

\*\*\*\***To provide sufficient vitamin D:** provide 500mg of salmon oil daily. If your cat does not tolerate salmon, you can use any oily fish oil (sardine, anchovy). If you prefer to use krill or green lipped mussel powder as the source of omega 3, as these contain little D, add 20 NOW 1,000iu dry vitamin D capsules to the supplement. Use a slightly rounded 1/64<sup>th</sup> teaspoon.