

# WEIGHT LOSS CAT FOOD COMPARISON CHART

## Why your cat gains weight when you feed diets that contain more than 5% carbs...

Your cat is an Obligate Carnivore: An obligate or true carnivore is an animal that must eat meat in order to thrive. They may consume other products presented to them (plants and carbs), but, as these items are not essential; they do not consume these on a regular basis. True carnivores lack the physiology required for the efficient digestion of vegetable matter and, in fact, some carnivorous mammals eat vegetation specifically as an emetic (to induce vomiting). The domestic cat is a prime example of an obligate or true carnivore and has no nutritional requirement for carbohydrates or other vegetable matter.

Analysis		Juvenile Mouse	Young Again ZERO Carb Cat Food	Young Again 50/22 Cat Food
	Protein %	50-54	54	50
	Fat %	22-26	26	22
	Carbs - digestible	3-4%	Less than 1%	Less than 6%

Carbs and plant material will digest much faster than animal protein. The faster digestion of the carbs supplies excess energy to the blood stream, which is in excess of the metabolic needs of the cat; causing them to store that excess energy as body fat. Once the excess energy has been stored as fat, your cat becomes hungry again and the process repeats it self until someone, usually a vet, tells you your cat needs to drop a few pounds.

Your cat will not over eat or become overweight, when fed free choice, as long as long as their diet is made from meat, fat and does not contain more than 5% carbs (there are a few exceptions but they are rare). Cats fed plant material will often times consume more than twice as much of a high carb food each day versus Young Again's high meat protein, low carb formulas. The over consumption of food is bad for your cat, hard on the litter box and your pocket book.

## More energy from less food

The carnivore formula used in Young Again cat food will naturally give your cat more energy from less food. This means you can "free feed" your cat, keeping their bowl full at all times. Your cat will only eat what they need to stay satisfied – about half as much as a high carb diet – and your cat will become well-muscled with no excess body fat in 2-3 months. In addition to being more fit and trim, your cat will soon regain the kitten-soft fur you love to touch and display a calmer, happier disposition. Why? Because better nutrition produces a better coat. And since he'll be healthier, he'll feel better – and act better.

Ingredients in red on the chart below are comprised of cereal grains, fruits, vegetables, grasses, plant proteins, forage material and/or other ingredients that contain plant protein. Plant based ingredients that are included as sources of non-digestible dietary fiber are exempt and not shown in red (examples Tomato Pomace, Beet Pulp, Cellulose, Guar Gum and Pea Fiber). Potato Starch, although a plant material, is not shown in red because it contains no plant proteins. However it is still important that the total amount of digestible carbohydrates in the diet remains less than 5%, matching the body composition of a juvenile mouse.

**YOUNG AGAIN PHILOSOPHY:** The Young Again Philosophy is that digestible carbs in excess of 5% should not be fed to obligate carnivores like your cat. Young Again also believes that you should feed free choice and not have to restrict feed or portion control your cat to promote proper weight.

Chart 1 of 6		WEIGHT LOSS CAT FOOD BRAND						
Ingredients	Ingredients in red are plant products that we believe should not be fed to cats	Young Again ZERO Carb Cat Food	Young Again 50/22 Cat Food	Purina Veterinary Diets OM Overweight Management	Innova EVO-Weight Management	Pro Plan Extra Care Weight Management	Hills Prescription Diet w/d Low Fat-Diabetic-Gastro-intestinal with Chicken	Hills Prescription Diet m/d Weight Loss-Low Carbohydrate- Diabetic
	1st ingredient	Hydrolized Pork	Hydrolized Pork	Corn Gluten Meal	Turkey	Chicken	Brewers Rice	Chicken By Product Meal
	2nd ingredient	Chicken Meal	Chicken Meal	Wheat Gluten	Chicken	Brewers Rice	Corn Gluten Meal	Corn Gluten Meal
	3rd ingredient	Chicken Fat	Chicken Fat	Soybean Meal	Chicken Meal	Corn Gluten Meal	Chicken By Product Meal	Pork Fat
	4th ingredient	Chicken Liver Flavor	Potato Starch	Poultry By Product Meal	Herring Meal	Poultry By Product Meal	Powdered Cellulose	Pork Protein Isolate
	5th ingredient	Guar Gum	Chicken Liver Flavor	Oat Fiber	Peas	Soy Protein Concentrate	Chicken	Powdered Cellulose
	6th ingredient	Herring Meal	Herring meal	Soy Protein Isolate	Eggs	Fish Meal	Chicken Liver Flavor	Brewers Rice
	7th ingredient	DL Methionine	DL Methionine	Brewers Rice	Pea Fiber	Soy Protein Isolate	Soybean Oil	Corn
Analysis	Fruit/Veggies/Grasses	NO	NO	NO	YES	NO	NO	NO
	Protein % min	55	50	50	50.5	46	38.7	51.1
	Fat % min	24	22	6-10	16	8-12.5	9.5	21.8
	Crude Fiber % max	4	4	7.5	1.98	5	8	6
	Total Dietary Fiber %	9	9	Not Available	Not Available	Not Available	Not Available	Not Available
	Ash % max	6.6	6.2	Not Available	10	Not Available	Not Available	Not Available
	Moisture % max	10	10	11	10	12	0	0
	Carbohydrate %	Less than 1%	Less than 6%	15.1% *NFE Estimate	12.95% *NFE Company Supplied	18.49% *NFE Estimate	36.8% *NFE Company Supplied	15.1% *NFE Company Supplied
	Portion Control Suggestion	NO	NO	YES	Not Available	YES	YES	YES

\* NFE Company Supplied = pet food company has supplied the carbohydrate level of their diet.

\* NFE Calculated=pet food Company Supplied Guaranteed Analysis for Protein, Fat, Fiber, Moisture and Ash which can then be added together and subtracted from 100 to calculate the estimated carbohydrate contents of the food or NFE.

\* NFE Estimate = Companies have supplied the percent of protein, fat, fiber and moisture in the diet but did not supply the Ash Content. We have estimated the Carbohydrate content of these diets by assuming an ash content of 7%. Typical ash content for almost all cat foods is usually between 6-10%.

All information was taken from Individual company websites between Sept 8th- Sept 22, 2011.

Chart 2 of 6		WEIGHT LOSS CAT FOOD BRAND						
Ingredients	Ingredients in red are plant products that we believe should not be fed to cats	Young Again ZERO Carb Cat Food	Young Again 50/22 Cat Food	Hills Prescription Diet w/d Low Fat-Diabetic-Gastrointestinal	Hills Prescription Diet r/d Weight Loss Low Calorie	Hills Prescription Diet r/d Weight Loss Low Calorie with Chicken	Iams Healthy Naturals Adult Weight Control	Iams ProActive Health Adult Indoor Weight & Hairball Care
	1st ingredient	Hydrolized Pork	Hydrolized Pork	Brewers Rice	Brewers Rice	Chicken By Product Meal	Chicken By Product Meal	Chicken By Product Meal
	2nd ingredient	Chicken Meal	Chicken Meal	Chicken By Product Meal	Chicken By Product Meal	Brewers Rice	Corn Meal	Corn Meal
	3rd ingredient	Chicken Fat	Chicken Fat	Corn Gluten Meal	Corn Gluten Meal	Corn Gluten Meal	Corn Grits	Corn Grits
	4th ingredient	Chicken Liver Flavor	Potato Starch	Powdered Cellulose	Powdered Cellulose	Powdered Cellulose	Whole Grain Sorghum	Whole Grain Sorghum
	5th ingredient	Guar Gum	Chicken Liver Flavor	Chicken Liver Flavor	Chicken Liver Flavor	Chicken	Chicken	Dried Beet Pulp
	6th ingredient	Herring Meal	Herring meal	Soybean Oil	Soybean Oil	Chicken Liver Flavor	Dried Egg Product	Powdered Cellulose
	7th ingredient	DL Methionine	DL Methionine	Lactic Acid	Lactic Acid	Soybean Oil	Animal Fat	Chicken
Analysis	Fruit/Veggies/Grasses	NO	NO	NO	NO	NO	YES	NO
	Protein % min	55	50	38.6	35.4	37.4	28	28
	Fat % min	24	22	9.3	8.8	9.3	11-13.5	11-13.5
	Crude Fiber % max	4	4	7.7	14.2	15.1	3	6.5
	Total Dietary Fiber %	9	9	Not Available	Not Available	Not Available	Not Available	Not Available
	Ash % max	6.6	6.2	Not Available	Not Available	Not Available	1	Not Available
	Moisture % max	10	10	0	0	0	0.1	10
	Carbohydrate %	Less than 1%	Less than 6%	37.2% *NFE Company Supplied	35.3% *NFE Company Supplied	32.2% *NFE Company Supplied	44.59% *NFE Estimate	36.17% *NFE Estimate
Portion Control Suggestion	NO	NO	YES	YES	YES	YES	NO	

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\* NFE Estimate = Companies have supplied the percent of protein, fat, fiber and moisture in the diet but did not supply the Ash Content. We have estimated the Carbohydrate content of these diets by assuming an ash content of 7%. Typical ash content for almost all cat foods is usually between 6-10%.

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Chart 3 of 6		WEIGHT LOSS CAT FOOD BRAND						
Ingredients	Ingredients in red are plant products that we believe should not be fed to cats	Young Again ZERO Carb Cat Food	Young Again 50/22 Cat Food	Iams ProActive Health Adult Weight Control	Iams Veterinary Formula Weight Loss Restricted - Calorie Feline	Iams Veterinary Formula Weight Control D Optimum Weight	Innova Low Fat Cat Food	Royal Canin Calorie Control CC High Fiber
	1st ingredient	Hydrolized Pork	Hydrolized Pork	Chicken By Product Meal	Chicken By Product Meal	Chicken By Product Meal	Turkey	Chicken Meal
	2nd ingredient	Chicken Meal	Chicken Meal	Corn Grits	Corn Grits	Corn Grits	Chicken	Corn
	3rd ingredient	Chicken Fat	Chicken Fat	Corn Meal	Corn Meal	Whole Grain Sorghum	Barley	Wheat
	4th ingredient	Chicken Liver Flavor	Potato Starch	Chicken	Whole Grain Sorghum	Corn Meal	Brown Rice	Corn Gluten Meal
	5th ingredient	Guar Gum	Chicken Liver Flavor	Whole Grain Sorghum	Dried Beet Pulp	Dried Egg Product	Chicken Meal	Powdered Cellulose
	6th ingredient	Herring Meal	Herring meal	Animal Fat	Dried Egg Product	Dried Beet Pulp	Potatoes	Wheat Gluten
	7th ingredient	DL Methionine	DL Methionine	Dried Beet Pulp	Chicken Fat	Chicken Fat	Herring	Pea Fiber
Analysis	Fruit/Veggies/Grasses	NO	NO	NO	NO	NO	YES	NO
	Protein % min	55	50	28	32	35	32	29
	Fat % min	24	22	11-13.5	8.5-10.5	10-13	8-10	7
	Crude Fiber % max	4	4	3	3	3	5	15.1
	Total Dietary Fiber %	9	9	Not Available	Not Available	Not Available	Not Available	Not Available
	Ash % max	6.6	6.2	7	7	7	6.21	Not Available
	Moisture % max	10	10	10	10	10	10	8
	Carbohydrate %	Less than 1%	Less than 6%	39.78% *NFE Estimate	38.75% *NFE Estimate	33.07% *NFE Estimate	42.66% *NFE Company Supplied	37% *NFE Company Supplied
Portion Control Suggestion	NO	NO	YES	YES	YES	Not Available	YES	

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Chart 4 of 6		WEIGHT LOSS CAT FOOD BRAND						
Ingredients	Ingredients in red are plant products that we believe should not be fed to cats	Young Again ZERO Carb Cat Food	Young Again 50/22 Cat Food	Royal Canin Calorie Control CC High Protein	Natural Balance ULTRA Reduced Calorie	Now Turkey/Duck Senior & Weight Management	Premium Edge Healthy Weight Reduction and Control Formula	Blue Buffalo Weight Control Adult Chicken and Brown Rice
	1st ingredient	Hydrolized Pork	Hydrolized Pork	Chicken Meal	Chicken Meal	Deboned Turkey	Chicken	Deboned Chicken
	2nd ingredient	Chicken Meal	Chicken Meal	Rice	Chicken	Potato Flour	Chicken Meal	Chicken Meal
	3rd ingredient	Chicken Fat	Chicken Fat	Corn Gluten Meal	Brown Rice	Peas	Peas	Oatmeal
	4th ingredient	Chicken Liver Flavor	Potato Starch	Powdered Cellulose	Potatoes	Pea Fiber	Egg Product	Brown Rice
	5th ingredient	Guar Gum	Chicken Liver Flavor	Natural Flavors	Oats	Dried Egg Product	Potato Protein	Barley
	6th ingredient	Herring Meal	Herring meal	Chicken Fat	Pearled Barley	Potato	Pea Protein	Salmon Meal
	7th ingredient	DL Methionine	DL Methionine	Potassium Chloride	Pea Fiber	Tomato	Salmon	Natural Chicken Flavor
Analysis	Fruit/Veggies/Grasses	NO	NO	NO	YES	YES	YES	YES
	Protein % min	55	50	38.5	35	30	45	28
	Fat % min	24	22	7	10.5	14	12	9
	Crude Fiber % max	4	4	5.9	8	5	5	8.5
	Total Dietary Fiber %	9	9	Not Available	Not Available	Not Available	Not Available	Not Available
	Ash % max	6.6	6.2	Not Available	Not Available	6.5	Not Available	Not Available
	Moisture % max	10	10	8	10	10	10	10
	Carbohydrate %	Less than 1%	Less than 6%	32% *NFE Company Supplied	30.48% *NFE Estimate	33.65% *NFE Calculated	21.7% *NFE Estimate	38.75% *NFE Estimate
Portion Control Suggestion	NO	NO	YES	YES	NO	YES	NO	

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Chart 5 of 6		WEIGHT LOSS CAT FOOD BRAND						
Ingredients	Ingredients in red are plant products that we believe should not be fed to cats	Young Again ZERO Carb Cat Food	Young Again 50/22 Cat Food	Felidae Platinum Formula for Seniors and Overweight Cats	Avo Derm Natural Indoor Weight Control Formula with Hairball Relief	Eukanuba Weight Control	Eukanuba Weight Control Hairball Relief	Nutro Natural Choice Indoor Healthy Weight Adult
	1st ingredient	Hydrolized Pork	Hydrolized Pork	Chicken Meal	Chicken Meal	Chicken by product meal	Chicken by product meal	Chicken
	2nd ingredient	Chicken Meal	Chicken Meal	Brown Rice	Corn	Corn Meal	Chicken	Corn Gluten Meal
	3rd ingredient	Chicken Fat	Chicken Fat	White Rice	Corn Gluten Meal	Chicken	Corn Grits	Wheat Flour
	4th ingredient	Chicken Liver Flavor	Potato Starch	Cracked Pearled Barley	Brown Rice	Corn Grits	Corn Meal	Rice
	5th ingredient	Guar Gum	Chicken Liver Flavor	Peas	Oat Fiber	Whole Grain Sorghum	Whole Grain Sorghum	Powdered Cellulose
	6th ingredient	Herring Meal	Herring meal	Millet	Tomato Pomace	Dried Beet Pulp	Dried Beet Pulp	Chicken Fat
	7th ingredient	DL Methionine	DL Methionine	Chicken Fat	Avocado	Dried Egg Product	Powdered Cellulose	Dried Beet Pulp
Analysis	Fruit/Veggies/Grasses	NO	NO	YES	YES	NO	NO	YES
	Protein % min	55	50	30.5	32	30	30	42
	Fat % min	24	22	14.5	9-12	12-14.5	12-14.5	10-13
	Crude Fiber % max	4	4	4	7	2.5	8	7
	Total Dietary Fiber %	9	9	Not Available	Not Available	Not Available	Not Available	Not Available
	Ash % max	6.6	6.2	Not Available	6.5	7	7	Not Available
	Moisture % max	10	10	9.5	10	10	10	10
	Carbohydrate %	Less than 1%	Less than 6%	35.45% *NFE Estimate	33.58% *NFE Estimate	37.20% *NFE Estimate	31.52% *NFE Estimate	21.7% *NFE Estimate 20% Max Starch Company Supplied
Portion Control Suggestion	NO	NO	NO	NO	YES	YES	YES	

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Chart 6 of 6		WEIGHT LOSS CAT FOOD BRAND						
Ingredients	Ingredients in red are plant products that we believe should not be fed to cats	Young Again ZERO Carb Cat Food	Young Again 50/22 Cat Food	Professional Light Hairball Control	Precise Feline Light Natural	NUTRO Max Cat Weight Control Roasted Chicken	Purina ONE Indoor Advantage (Hairball & Healthy Weight Management)	Purina Cat Chow Indoor Formula
	1st ingredient	Hydrolized Pork	Hydrolized Pork	Chicken	Brown Rice	Chicken Meal	Turkey	Corn Meal
	2nd ingredient	Chicken Meal	Chicken Meal	Chicken Meal	Chicken Meal	Rice	Brewers Rice	Poultry By Product Meal
	3rd ingredient	Chicken Fat	Chicken Fat	Cracked Pearled Barley	Tomato Pomace	Corn Gluten Meal	Corn Gluten Meal	Corn Gluten Meal
	4th ingredient	Chicken Liver Flavor	Potato Starch	Millet	Chicken Fat	Wheat Flour	Poultry By Product Meal	Soy Flour
	5th ingredient	Guar Gum	Chicken Liver Flavor	Potato Protein	Oat Groats	Whole Wheat	Soybean Meal	Animal Fat
	6th ingredient	Herring Meal	Herring meal	Powdered Cellulose	Beet Pulp	Rice Flour	Corn	Powdered Cellulose
	7th ingredient	DL Methionine	DL Methionine	Chicken Fat	Natural Chicken Flavor	Poultry Fat	Fish Meal	Animal Liver Flavor
Analysis	Fruit/Veggies/Grasses	NO	NO	NO	NO	YES	YES	NO
	Protein % min	55	50	32	28	30	38	30
	Fat % min	24	22	9	8-10	10-13	8.5-12.5	9.5
	Crude Fiber % max	4	4	8	6	4	4.3	4.8
	Total Dietary Fiber %	9	9	Not Available	6.5	Not Available	Not Available	Not Available
	Ash % max	6.6	6.2	Not Available	Not Available	6.5	7	Not Available
	Moisture % max	10	10	10	10	10	12	12
	Carbohydrate %	Less than 1%	Less than 6%	35.13% *NFE Estimate	40.82% *NFE Estimate	37.72% *NFE Estimate	26.95% *NFE Estimate	38.79% *NFE Estimate
Portion Control Suggestion	NO	NO	NO	NO	YES	YES	NO	

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