

REGULAR CAT FOOD COMPARISON CHART

ob·li·gate [*adj.* ob-li-geyt] **car·ni·vore** [*noun* kahr-nuh-vohr]

An obligate or a true carnivore is an animal that must eat meat in order to thrive. Just like leopards, lions and tigers, your cat is an obligate carnivore and has no nutritional requirement for carbohydrates in their diet. 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. The excess carbs and plant products found in many leading cat foods may be the primary cause of diabetes, obesity and UTI in cats today.

Analysis		Juvenile Mouse	Young Again Zero Carb Cat Food	Young Again 50/22 Cat Food
	Protein %	50-54	55	50
	Fat %	22-26	24	22
	Carbs - digestible	3-4%	ZERO	Less than 5%

Nutrition as nature intended

If I asked you what Nature would feed your cat, mice and small creatures are probably the first thing you'd think of. And you'd be right. That's because they all have one thing in common; they are made of basically meat and fat and almost no carbohydrates. The cat food you choose should match Mother Nature's nutrient profile for small creatures and should be at least

50% protein (from animal sources not plant proteins), a balanced fat level of 20% - 24% and should contain no more than 5% digestible carbs. (Diabetic cats should never have digestible carbohydrates in their food.) The body composition of a Juvenile mouse is what we believe to be the perfect nutrition for your obligate carnivore.

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 9		REGULAR 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	Innova EVO Turkey/Chicken	Nature's Variety Instinct	Wellness Core	Solid Gold Indigo Moon	Orijen Cat and Kitten
	1st ingredient	Chicken Meal	Chicken Meal	Turkey	Chicken Meal	Deboned Turkey	Chicken Meal	Deboned Chicken
	2nd ingredient	Pork Protein Concentrate	Pork Protein Concentrate	Chicken Meal	Chicken Fat	Deboned Chicken	Potato	Chicken Meal
	3rd ingredient	Poultry Fat	Poultry Fat	Chicken	Tapioca	Chicken Meal	Potato Protein	Deboned Salmon
	4th ingredient	Natural Chicken Flavor	Potato Starch	Herring Meal	Salmon Meal	WhiteFish Meal	Canola Oil	Turkey Meal
	5th ingredient	Herring Meal	Tomato Pomace (source of fiber)	Chicken Fat	Natural Chicken Flavor	Herring Meal	Chicken	Chicken Liver
	6th ingredient	Cellulose (source of fiber)	Herring Meal	Peas	Pumpkin Seeds	Peas	Chicken Flavor	Herring Meal
	7th ingredient	Fish Oil	Natural Chicken Flavor	Eggs	Alfalfa Meal	Turkey Meal	Ocean Fish Meal	Russet Potato
Analysis	Fruit/Veggies/Grasses	NO	NO	YES	YES	YES	YES	YES
	Protein % min	55	50	50	50	45	46	42
	Fat % min	24	22	22	22	18	20	20
	Crude Fiber % max	4	4	2	2.8	3	3	2.5
	Total Dietary Fiber %	9	9	Not Available	Not Available	Not Available	Not Available	Not Available
	Ash % max	6.6	6.2	9.87	Not Available	Not Available	7.5	7
	Moisture % max	10	10	10	10	11	10	10
	Carbohydrate %	0%-Trace Grain-Free	4.63% Lab Analysis Grain-Free	6.64% *NFE Company Supplied	8.47% *NFE Estimate	17.57% *NFE Estimate	13.95% *NFE Calculated	19.12% *NFE Calculated

* 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. We will update this information when any company supplies us with newly published data.

Chart 2 of 9		REGULAR 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	Orijen 6 Fresh Fish	Taste of the Wild	Taste of the Wild Canyon River trout/salmon	Blue Buffalo Wilderness	Blue Buffalo Wilderness Kitten
	1st ingredient	Chicken Meal	Chicken Meal	Deboned Salmon	Chicken Meal	Trout	Deboned Chicken	Deboned Chicken
	2nd ingredient	Pork Protein Concentrate	Pork Protein Concentrate	Salmon Meal	Peas	Ocean Fish Meal	Chicken Meal	Chicken Meal
	3rd ingredient	Poultry Fat	Poultry Fat	Herring Meal	Sweet Potato	Sweet Potato	Turkey Meal	Turkey Meal
	4th ingredient	Natural Chicken Flavor	Potato Starch	Deboned Herring	Chicken Fat	Potato	Potato Starch	Potato Starch
	5th ingredient	Herring Meal	Tomato Pomace (source of fiber)	Deboned Walleye	Pea Protein	Pea Protein	Fish Meal	Fish Meal
	6th ingredient	Cellulose (source of fiber)	Herring Meal	Deboned Whitefish	Potato Protein	Potato Protein	Chicken Fat	Fish Oil
	7th ingredient	Fish Oil	Natural Chicken Flavor	Salmon Oil	Venison	Canola Oil	Peas	Potato
Analysis	Fruit/Veggies/Grasses	NO	NO	YES	YES	YES	YES	YES
	Protein % min	55	50	42	42	32	40	40
	Fat % min	24	22	20	18	16	18	20
	Crude Fiber % max	4	4	2.5	3	3	3.5	3.5
	Total Dietary Fiber %	9	9	Not Available	Not Available	Not Available	Not Available	Not Available
	Ash % max	6.6	6.2	7	Not Available	Not Available	Not Available	Not Available
	Moisture % max	10	10	10	10	10	10	10
	Carbohydrate %	0%-Trace Grain-Free	4.63% Lab Analysis Grain-Free	18.5% *NFE Calculated	20.67% *NFE Estimate	33.07% * NFE Estimate	22.22% *NFE Estimate	20.15% *NFE Estimate

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Chart 3 of 9		REGULAR 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 Grain Free Cat and Kitten Pure Elements	Acana Wild Praire Feast	Now Turkey/Duck Kitten	Now Adult	Wellness Kitten Health
	1st ingredient	Chicken Meal	Chicken Meal	Chicken Meal	Chicken Meal	Deboned Turkey	Deboned Turkey	Deboned Chicken
	2nd ingredient	Pork Protein Concentrate	Pork Protein Concentrate	Turkey Meal	Russet Potato	Potato Flour	Potato Flour	Chicken Meal
	3rd ingredient	Poultry Fat	Poultry Fat	Lamb	Deboned Chicken	Peas	Peas	Rice
	4th ingredient	Natural Chicken Flavor	Potato Starch	Potatoes	Deboned Walleye	Potato	Potato	Ground Barley
	5th ingredient	Herring Meal	Tomato Pomace (source of fiber)	Potato Protein	WhiteFish Meal	Dried Egg	Pea Fiber	Ground Rice
	6th ingredient	Cellulose (source of fiber)	Herring Meal	Peas	Peas	Canola Oil	Dried Egg	Chicken Fat
	7th ingredient	Fish Oil	Natural Chicken Flavor	Chicken Fat	Chicken Fat	Pea Fiber	Tomato	Chicken Flavor
Analysis	Fruit/Veggies/Grasses	NO	NO	YES	YES	YES	YES	YES
	Protein % min	55	50	39	35	33	31	36
	Fat % min	24	22	20	20	20	18	18
	Crude Fiber % max	4	4	1.5	3	2.5	2.5	3
	Total Dietary Fiber %	9	9	Not Available	Not Available	Not Available	Not Available	Not Available
	Ash % max	6.6	6.2	8	Not Available	6	6.5	6.5
	Moisture % max	10	10	9	10	10	10	11
	Carbohydrate %	0%-Trace Grain-Free	4.63% Lab Analysis Grain-Free	22% *NFE Company Supplied	25% *NFE Company Supplied	29.45% *NFE Calculated	33.07% *NFE Calculated	26.65% *NFE Calculated

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Chart 4 of 9		REGULAR 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	Eagle Pack Kitten	Natural Balance Ultra Premium	Natural Balance Ultra Premium	Eukanuba Kitten Chicken	Iams ProActive Health - Kitten
	1st ingredient	Chicken Meal	Chicken Meal	Chicken Meal	Chicken Meal	Chicken	Chicken	Chicken
	2nd ingredient	Pork Protein Concentrate	Pork Protein Concentrate	Ground Brown Rice	Chicken	Chicken By Product Meal	Chicken By Product Meal	Corn Meal
	3rd ingredient	Poultry Fat	Poultry Fat	Chicken Fat	Brown Rice	Corn Meal	Corn Meal	Chicken By Product Meal
	4th ingredient	Natural Chicken Flavor	Potato Starch	Corn Gluten Meal	Barley	Corn Grits	Corn Grits	Animal Fat
	5th ingredient	Herring Meal	Tomato Pomace (source of fiber)	Ground Corn	Oatmeal	Lamb	Beet Pulp	Beet Pulp
	6th ingredient	Cellulose (source of fiber)	Herring Meal	Anchovy and Sardine Meal	Chicken Fat	Brewers Rice	Dried Egg Product	Ground Sorghum
	7th ingredient	Fish Oil	Natural Chicken Flavor	Dried Beet Pulp	Duck Meal	Animal Fat	Animal Fat	Dried Egg Product
Analysis	Fruit/Veggies/Grasses	NO	NO	NO	YES	NO	NO	NO
	Protein % min	55	50	34	34	34	36	33
	Fat % min	24	22	21	18	21	22	21
	Crude Fiber % max	4	4	3.8	3	2.5	2.5	3
	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	7	7	7
	Moisture % max	10	10	10	10	10	10	10
	Carbohydrate %	0%-Trace Grain-Free	4.63% Lab Analysis Grain-Free	25.01% *NFE Estimate	28.93% *NFE Estimate	26.35% *NFE Calculated	23.25% *NFE Calculated	26.87% *NFE Calculated

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Chart 5 of 9		REGULAR 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 Healthy Naturals Chicken	NUTRO Max Cat Roasted Chicken Kitten	NUTRO Complete Natural Choice Growth Kitten	Purina One Smart Blend Healthy Kitten	Purina One Beyond Chicken Whole Oat Meal
	1st ingredient	Chicken Meal	Chicken Meal	Chicken	Chicken Meal	Chicken Meal	Chicken	Chicken
	2nd ingredient	Pork Protein Concentrate	Pork Protein Concentrate	Chicken By Product Meal	Corn Gluten Meal	Corn Gluten Meal	Chicken By Product Meal	Chicken Meal
	3rd ingredient	Poultry Fat	Poultry Fat	Corn Meal	Ground Rice	Ground Rice	Corn Gluten Meal	Brown Rice
	4th ingredient	Natural Chicken Flavor	Potato Starch	Brewers Rice	Poultry Fat	Chicken Fat	Brewers Rice	Soybean Meal
	5th ingredient	Herring Meal	Tomato Pomace (source of fiber)	Ground Barley	Wheat flour	Wheat Flour	Soybean Meal	Barley
	6th ingredient	Cellulose (source of fiber)	Herring Meal	Chicken Meal	Herring Meal	Herring Meal	Animal Fat	Oatmeal
	7th ingredient	Fish Oil	Natural Chicken Flavor	Beet Pulp	Beet Pulp	Beet Pulp	Fish Meal	Soy Protein Isolate
Analysis	Fruit/Veggies/Grasses	NO	NO	YES	YES	YES	NO	YES
	Protein % min	55	50	33	34	43	40	33
	Fat % min	24	22	15	19	18	18	14
	Crude Fiber % max	4	4	3	3	3	2.5	4
	Total Dietary Fiber %	9	9	Not Available	Not Available	Not Available	Not Available	Not Available
	Ash % max	6.6	6.2	7	7	Not Available	Not Available	Not Available
	Moisture % max	10	10	10	10	10	12	12
	Carbohydrate %	0%-Trace Grain-Free	4.63% Lab Analysis Grain-Free	33.07% *NFE Calculated	27.90% *NFE Calculated	19.63% *NFE Estimate 22% Starch Company Supplied	21.66% *NFE Estimate	33.29% *NFE Estimate

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Chart 6 of 9		REGULAR 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	Pro Plan Kitten Chicken – Rice	Pro Plan Selects Natural Adult	Royal Canin Kitten 34	Royal Canin Siamese	Hills Science Diet Kitten-Indoor
	1st ingredient	Chicken Meal	Chicken Meal	Chicken	Chicken	Chicken Meal	Chicken Meal	Chicken By Product Meal
	2nd ingredient	Pork Protein Concentrate	Pork Protein Concentrate	Brewers Rice	Chicken Meal	Rice	Corn Gluten Meal	Ground Corn
	3rd ingredient	Poultry Fat	Poultry Fat	Corn Gluten Meal	Brewers Rice	Chicken Fat	Corn	Animal Fat
	4th ingredient	Natural Chicken Flavor	Potato Starch	Chicken By Product Meal	Dried Egg Product	Corn Gluten Meal	Brown Rice	Corn Gluten Meal
	5th ingredient	Herring Meal	Tomato Pomace (source of fiber)	Animal Fat	Rice Protein	Chicken	Chicken Fat	Brewers Rice
	6th ingredient	Cellulose (source of fiber)	Herring Meal	Soybean Meal	Natural Flavor	Corn	Natural Chicken Flavor	Chicken Liver Flavor
	7th ingredient	Fish Oil	Natural Chicken Flavor	Dried Egg Product	Brown Rice	Natural Chicken Flavor	Rice	Fish Oil
Analysis	Fruit/Veggies/Grasses	NO	NO	NO	YES	NO	NO	NO
	Protein % min	55	50	41	40	34	38	37.4
	Fat % min	24	22	18	16	24	14.5	26.1
	Crude Fiber % max	4	4	3	3	3.5	4.1	1.3
	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	Not Available	Not Available
	Moisture % max	10	10	12	12	8	10	Not Available
	Carbohydrate %	0%-Trace Grain-Free	4.63% Lab Analysis Grain-Free	20.08% *NFE Estimate	23.25% *NFE Estimate	27.8% *NFE Estimate	28.71% *NFE Estimate	27.3% *NFE Company Supplied

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Chart 7 of 9		REGULAR 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	Science Diet Adult Original	Life's Abundance	Purina Cat Chow Naturals	Blue for Cats Healthy Growth for Kittens	Blue for Cats Indoor Health
	1st ingredient	Chicken Meal	Chicken Meal	Chicken By Product Meal	Chicken Meal	Chicken Meal	Deboned Chicken	Deboned Chicken
	2nd ingredient	Pork Protein Concentrate	Pork Protein Concentrate	Corn	Brown Rice	Corn Gluten Meal	Chicken Meal	Chicken Meal
	3rd ingredient	Poultry Fat	Poultry Fat	Brewers Rice	Chicken Fat	Soybean Meal	Brown Rice	Barley
	4th ingredient	Natural Chicken Flavor	Potato Starch	Corn Gluten Meal	Beet Pulp	Brewers Rice	Barley	Oatmeal
	5th ingredient	Herring Meal	Tomato Pomace (source of fiber)	Animal Fat	Dried Egg Product	Animal Fat	Oatmeal	Brown Rice
	6th ingredient	Cellulose (source of fiber)	Herring Meal	Chicken Liver Flavor	Catfish Meal	Corn Meal	Chicken Fat	Fish Meal
	7th ingredient	Fish Oil	Natural Chicken Flavor	Lactic Acid	Brewers Dried Yeast	Chicken	Salmon Meal	Chicken Fat
Analysis	Fruit/Veggies/Grasses	NO	NO	NO	YES	YES	YES	YES
	Protein % min	55	50	33.4	33	38	36	32
	Fat % min	24	22	22.2	21	13	20	15
	Crude Fiber % max	4	4	1	3	5	3.5	4.5
	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	Not Available	Not Available	Not Available
	Moisture % max	10	10	Not Available	10	12	10	10
	Carbohydrate %	0%-Trace Grain-Free	4.63% Lab Analysis Grain-Free	37.8% *NFE Company Supplied	27.38% *NFE Calculated	26.42% *NFE Estimate	24.28% *NFE Estimate	35.65% *NFE Estimate

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Chart 8 of 9		REGULAR 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 Cat Chow Complete Formula	Meow Mix Original	Science Diet Sensitive Stomach	Chicken Soup for Cat Lovers Soul - Adult	Natural Balance Pea and Duck LID
	1st ingredient	Chicken Meal	Chicken Meal	Poultry By Product Meal	Ground Yellow Corn	Brewers Rice	Chicken	Peas
	2nd ingredient	Pork Protein Concentrate	Pork Protein Concentrate	Corn Meal	Corn Gluten Meal	Corn Gluten Meal	Chicken Meal	Duck
	3rd ingredient	Poultry Fat	Poultry Fat	Corn Gluten Meal	Chicken By Product Meal	Animal Fat	Cracked Pearled Barley	Duck Meal
	4th ingredient	Natural Chicken Flavor	Potato Starch	Wheat	Soybean Meal	Pork Meal	Chicken Fat	Pea Protein
	5th ingredient	Herring Meal	Tomato Pomace (source of fiber)	Brewers Rice	Beef Tallow	Dried Egg Product	Turkey Meal	Canola Oil
	6th ingredient	Cellulose (source of fiber)	Herring Meal	Soy Flour	Animal Digest	Ground Corn	White Rice	Flaxseed
	7th ingredient	Fish Oil	Natural Chicken Flavor	Animal Fat	Calcium Carbonate	Chicken Liver Flavor	Potato	Natural Flavor
Analysis	Fruit/Veggies/Grasses	NO	NO	NO	NO	NO	YES	NO
	Protein % min	55	50	34	31	34.9	30	30
	Fat % min	24	22	15	11	21.8	20	12
	Crude Fiber % max	4	4	4.5	4	1.2	4	4
	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	Not Available	Not Available
	Moisture % max	10	10	12	12	Not Available	10	10
	Carbohydrate %	0%-Trace Grain-Free	4.63% Lab Analysis Grain-Free	31.18% *NFE Estimate	36.99% *NFE Estimate	36.8% *NFE Company Supplied	29.97% *NFE Estimate	38.23% *NFE Estimate

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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	Whiskas	Friskies Indoor Delights	9 Lives Plus Care
	1st ingredient	Chicken Meal	Chicken Meal	Poultry By Product Meal	Ground Yellow Corn	Ground Yellow Corn
	2nd ingredient	Pork Protein Concentrate	Pork Protein Concentrate	Ground Yellow Corn	Corn Gluten Meal	Corn Gluten Meal
	3rd ingredient	Poultry Fat	Poultry Fat	Brewers Rice	Chicken By Product Meal	Poultry By Product Meal
	4th ingredient	Natural Chicken Flavor	Potato Starch	Corn Gluten Meal	Meat & Bone Meal	Ground Wheat
	5th ingredient	Herring Meal	Tomato Pomace (source of fiber)	Beet Pulp	Soybean Meal	Animal Digest
	6th ingredient	Cellulose (source of fiber)	Herring Meal	Natural Chicken Flavor	Beef Tallow	Animal Fat
	7th ingredient	Fish Oil	Natural Chicken Flavor	Animal Fat	Turkey By Product Meal	Meat & Bone Meal
Analysis	Fruit/Veggies/Grasses	NO	NO	NO	NO	NO
	Protein % min	55	50	31.5	30	31
	Fat % min	24	22	9.5-11.5	9	9
	Crude Fiber % max	4	4	6	5	3
	Total Dietary Fiber %	9	9	Not Available	Not Available	Not Available
	Ash % max	6.6	6.2	Not Available	Not Available	Not Available
	Moisture % max	10	10	12	12	12
	Carbohydrate %	0%-Trace Grain-Free	4.63% Lab Analysis Grain-Free	33.82% *NFE Estimate	39.1% *NFE Estimate	40.16% *NFE Estimate

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