

The following information is taken from Nola Kim's Oz Catz website: <http://www.ozcatz.com/>

Feeding your cat on a raw meat diet:

- Use fresh human quality meats.
- Use lean meats.
- All meats are best served raw.
- Bones should only be fed to your cat 2 - 3 times each week (unless included in the minced mixture).
- Add bone meal only to those meals without bones in them already.
- Never feed your cat raw or cooked turkey bones – they're too heavy and your cat may break a tooth.
- Never feed your cat cooked chicken bones, as they can splinter and choke your cat. Use breasts, thighs, or whole chickens with most of the skin and fat removed. Chicken necks can also be good if you want to give your cat bones.
- Boneless pieces of beef, lamb, rabbit, venison, kangaroo, goat, game birds, etc. may be included. Freeze for at least 72 hours before using, to kill any parasites in the meat.
- Pork may be included occasionally for variety. Freeze for at least 72 hours before using, to kill any parasites in the meat.
- Eggs should be fed about 2 times each week. Raw eggs are best, but lightly cooked eggs are also fine.
- Add lamb hearts, chicken hearts, chicken livers, chicken giblets, beef hearts, etc. to every meal. These meats provide valuable vitamins and minerals for your cat.
- Fish, especially sardines and salmon, provide omega-3 fatty acids and healthy oils. Salmon must be cooked, but most fish can be fed raw.
- Small raw fish can be fed whole if they are fresh. Fish bones become brittle and dangerous when they are cooked or exposed to air for several hours (oxidised). Never feed your cat cooked fish with the bones in.
- Only add fatty acids to those meals that don't already include sardines or salmon.
- If serving only an evening meal, a small chicken neck or yoghurt is good for breakfast

Supplements:

- **Fatty Acids:** Your cat gets essential fatty acids from sardines and salmon, and from fresh, good quality eggs. The supplementary amounts of fatty acids needed are small.

Serving amounts of Fatty Acid Supplement -

- *For 1 cup of food, use - 1/8 capsule per WEEK*
- *For 2 cups of food, use - 1/4 capsule per WEEK*

Do not exceed the recommended amount of fatty acids in your cat's diet. It's best not to add the supplement on the days when you include fish in your cat's meal. It's also best to spread the supplement out over the week rather than add it on one day only. You could take a capsule yourself and just add a drop or two to your cat's meal.

- If additional **fibre** is required due to constipation, you may add a small amount (less than 1 teaspoonful) of ground psyllium.

- **Vitamin & Mineral Supplement:**

Ingredient	Suggested Brand	Amount
Salt		5 g (1 level teaspoon)
Taurine	NOW Taurine 1 g / 1000 mg capsules	2500 mg (25 capsules)
Vitamin B	NOW B-50 complex capsules	200 mg
Vitamin E	Powdered form ##	400 IU (3 capsules / tablets)
Iron <i>(optional *)</i>	NOW 18 mg Chelated Iron Biglycinate	162 mg (9 capsules)
Manganese <i>(optional)</i>	TWIN LABS 10 mg Chelated Manganese	30 mg (3 capsules)
Iodine <i>(optional)</i>	NOW Kelp with iodine standardized to 150 mcg iodine per tablet (from standardized kelp)	3 tablets
Vitamin D <i>(optional #)</i>	TWINBLABS 400 IU dry Vitamin D ##	2800 IU / 70 mcg (7 capsules)

** Iron supplement is not required if you are feeding your cat mainly red meat (beef, lamb, venison, kangaroo). If you are feeding mainly poultry or rabbit, do include the iron, as your cat may not otherwise get enough.*

Vitamin D is only required if you are not feeding your cat the correct amount of liver. Only include vitamin D supplementation if you are unable to get liver for your cat.

If unable to obtain powdered form of Vitamin E or Vitamin D, use liquid filled capsules, but do not include in blender mix.

Method

- Measure all ingredients into your vitamizer, coffee grinder or blender.
- Make sure the lid is on tightly.
- There is no need to break or open the capsules - just grind them all up.
- Once ground into fine particles, let the contents settle before you open the lid.
- Store in a sterilized glass jar that has a tight fitting lid.

Amounts to Use

- For half a cup of food - use just a very bare 1/8 teaspoonful
- For one cup of food - use 1/8 teaspoonful
- For two cups of food - use 1/4 teaspoonful

To Use

Stir your mineral and vitamin supplement mix every time you use it as the ingredients can settle. Keep your measuring spoon clean and dry so it doesn't contaminate the mix in the jar. If using liquid filled Vitamin E capsules, dissolve capsule in a little hot water, then add to your food.

When your food is ready, add the mix and dissolved capsule to the food, stir well and serve. A little extra hot water is also good to add to the food.

Raw Meat Recipes (without bones):

- Mince, grind or chop meat and organs
- Mix meat and organs well
- Separate into meal-size portions, cover well to prevent freezer burn, and freeze
- When required, allow to thaw to room-temperature

<p><i>Boneless Chicken with Liver</i></p> <ul style="list-style-type: none"> • 2 cups Chicken breasts, thighs, no skin • 1/4 cup Chicken livers • 1/4 cup Chicken giblets 	<p><i>Boneless Turkey with Liver</i></p> <ul style="list-style-type: none"> • 2 cups Turkey thighs, with a little skin • 1/2 cup Turkey livers &/or Chicken livers
<p><i>Boneless Beef with Heart & Liver</i></p> <ul style="list-style-type: none"> • 2 cups Lean Beef • 1/2 cup Beef Heart • 1 Tablespoon Beef Liver 	<p><i>Boneless Rabbit with Liver</i></p> <ul style="list-style-type: none"> • 2 cups Rabbit • 1/4 cup Chicken livers
<p><i>Boneless Chicken with Heart, Liver & Giblets</i></p> <ul style="list-style-type: none"> • 2 cups Lean chicken thighs, breasts with some skin • 1/2 cup Chicken hearts • 1/4 cup Chicken giblets • 2 Tablespoons Chicken Liver 	<p><i>Boneless Turkey with Heart & Liver</i></p> <ul style="list-style-type: none"> • 2 cups Lean turkey thigh & breast meat • 1/4 cup Turkey Hearts • 2 Tablespoons Turkey Liver

Raw Meat Recipes (with bones):

- Do NOT cook recipes with bone!!!
- Grind bones (your butcher may do this for you) or chop into pieces
- Mix meat, bones and organs well
- Separate into meal-size portions, cover well to prevent freezer burn, and freeze
- When required, allow to thaw to room temperature

<p><i>Chicken with Bone, Heart and Liver</i></p> <ul style="list-style-type: none"> • 1 cup Chicken necks, no skin • 3/4 cup Chicken thighs • 1/4 cup Chicken hearts • 1 Tablespoon Chicken liver 	<p><i>Turkey with Bone, Heart and Liver</i></p> <ul style="list-style-type: none"> • 3/4 cup Turkey necks, no skin, ground • 1 cup Turkeythighs &/or breasts • 1/4 cup Turkey hearts • 1 Tablespoon Turkey liver
<p><i>Rabbit with Bone, Heart and Liver</i></p> <ul style="list-style-type: none"> • 3/4 cup Rabbit pieces • 1 cup Rabbit meat • 1/4 cup Chicken hearts • 1 Tablespoon Rabbit or Chicken liver 	