

Vegan Cats (and Dogs)

Our 3 cats, Angel, Daemon, and Panther (Pictures coming soon!) have all been vegan since they were kittens.

They are all in excellent health. Angel and Daemon were born c. June 1991, while Panther was born c. May 1998.

We find it ironic how many otherwise "vegetarian" people spend large amounts of money on meat for their pets, thereby giving their money to the slaughter industry, when there are perfectly viable vegetarian alternatives.

Interestingly, in addition to the animal and environmental arguments, which apply just as much to pet food as to human food, health is also a factor. Most commercial pet foods are made of meat products which were rejected for human consumption like diseased animals or tumors. Flesh from other cats and dogs (which have been killed in a shelter) may also be included. Small wonder Cancer is the #3 killer disease of cats and #1 of dogs! (Other diseases associated with human meat eating are heart disease and kidney disease, which are respectively the #2 and #6 killers of cats, and the #2 and #4 killers of dogs.)

Meanwhile, if you compare the food of a wild cat to commercial pet food, the wild cat is far more active, and its food (whole mice) consists of bones, cartilage, fur, and other bits that reduce its caloric density. Now look at commercial pet food, which has removed all of this, and we feed it to our pets which spend most of their time lounging around. No wonder so many cats and dogs are obese! This leads to much suffering of the animals. In Kevin's pre-vegetarian days he had a dog who ate commercial pet food and got overweight. Like many older dogs, she developed arthritis, and it was necessary to bring her weight down. This was done by feeding her less. While her weight did come down, the poor animal was hungry all the time! The rest of her personality slowly evaporated, replaced by this consuming hunger.

Because our cats' vegan food has a lower caloric density (= fewer calories per unit of volume), they can eat all they want and still maintain a healthy weight, looking much like healthy wild cats.

As to those who say it is "not natural," we reply that neither are rabies shots. The point is to do what is best for our cats and dogs in particular, and all animals in general. We feel that a vegetarian diet wins hands down in both categories.

Note that cats and dogs can not just eat legumes, veggies and grains like humans can. For example, humans turn beta-carotene (=Vitamin A, found in vegetables) into carotene (which is what our bodies actually use). Cats can not do this, so if they only get beta-carotene they will suffer a Vitamin A deficiency, which leads to blindness. Our cats get a supplement powder containing carotene, taurine, and other vital nutrients. This is mixed with tempeh or chickpeas (other legumes work, but our cats prefer these), some raw, finely chopped vegetables, oil, and yeast.

To get this supplement powder, and to learn more (they publish a great book, called Vegetarian Cats & Dogs), go to www.vegepet.com We have no financial interest in this company; we have just been satisfied customers for over a decade. Our cats have never had a serious illness and are active and alert.

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