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Cats are among the most beloved pets in the world, and their health and wellbeing is of utmost importance to their owners. Sushi is a popular dish all around the world, but can cats eat sushi? Is it safe for them? In this blog, well explore the pros and cons of feeding cats sushi, as well as how to prepare it in a way thats safe and enjoyable for them. In short, yes, cats can eat sushi, but its important to keep in mind that sushi is not nutritionally suitable for cats. Sushi does not provide the essential nutrients cats need in their diets, and should only be used as an occasional treat.The Benefits of Sushi for CatsSushi can be a great treat for cats as its relatively low in calories and contains beneficial omega-3 fatty acids. These fatty acids can help cats maintain healthy skin and fur, as well as support the development of brain and nerve cells. Additionally, the texture and taste of sushi is likely to be a pleasant experience for cats.The Risks of Sushi for CatsWhile sushi can be a great occasional treat for cats, there are some risks associated with feeding it to them. Sushi contains raw fish, which can be contaminated with bacteria that can cause food poisoning in cats. Additionally, some types of sushi contain seasonings and sauces that can be toxic to cats.How to Prepare Sushi for CatsIf youd like to give your cat the occasional sushi treat, there are a few things you should keep in mind. First, make sure to choose sushi that does not contain any seasonings or sauces that could be harmful to your cat. Secondly, make sure to cook the sushi thoroughly to kill any bacteria or parasites that may be present. Finally, cut the sushi into small pieces so that its easier for your cat to chew and swallow.Top 5 Sushi Recipes for CatsIf youre looking for some fun and healthy sushi recipes for your cat, here are five of our favorite recipes: 1. Salmon Sushi: Combine cooked salmon, cooked rice, and a pinch of dill. Roll up into sushi rolls and cut into small pieces.2. Tuna Sushi: Combine cooked tuna, cooked rice, and a pinch of parsley. Roll up into sushi rolls and cut into small pieces.3. Vegetable Sushi: Combine cooked vegetables, cooked rice, and a pinch of soy sauce. Roll up into sushi rolls and cut into small pieces.4. Crab Sushi: Combine cooked crab, cooked rice, and a pinch of lemon juice. Roll up into sushi rolls and cut into small pieces.5. Shrimp Sushi: Combine cooked shrimp, cooked rice, and a pinch of sesame oil. Roll up into sushi rolls and cut into small pieces.ConclusionSushi can be a great occasional treat for cats, but its important to make sure its prepared in a safe and healthy way. When preparing sushi for cats, make sure to choose recipes without seasonings or sauces that could be toxic to them, and cook the sushi thoroughly to kill any bacteria or parasites that may be present. With these tips in mind, your cat can safely enjoy the occasional sushi treat! How can financial brands set themselves apart through visual storytelling? Our experts explainhow.Learn MoreThe Motorsport Images Collections captures events from 1895 to todays most recentcoverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of EditorsPicks.Browse Editors' FavoritesHow can financial brands set themselves apart through visual storytelling? Our experts explainhow.Learn MoreThe Motorsport Images Collections captures events from 1895 to todays most recentcoverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of EditorsPicks.Browse Editors' FavoritesHow can financial brands set themselves apart through visual storytelling? Our experts explainhow.Learn MoreThe Motorsport Images Collections captures events from 1895 to todays most recentcoverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of EditorsPicks.Browse Editors' Favorites Many people like sushi, and since cats are supposed to like fish, you might be wondering if its okay to give your cat sushi. The short answer is no. Your cat should not be offered sushi. Your cat could get stomach problems if it eats it, and there are other health risks that come with eating raw fish. Do you like sushi? If so, keep reading to learn about the risks and safe ways to give it to your pet. We talk about the foods nutrition, risks, and serving sizes to help you decide if this food is safe for your cat. Sushi grade fish has become increasingly popular in recent years, both for human consumption and as a potential treat for cats. But is raw sushi grade fish actually safe and healthy for cats to eat? As a responsible cat owner, its important to understand both the potential benefits and risks before feeding sushi grade seafood to your feline friendWhat is Sushi Grade Fish?The term sushi grade is not an official grading system, but rather refers to seafood of high quality that is suitable for consuming raw in dishes like sushi and sashimi. Sushi chefs look for fish that is extremely fresh, free of parasites, and handled properly from catch to plate.Some common sushi grade fish are:Tuna (maguro)Salmon (sake)Yellowtail (hamachi)Sea bass (suzuki)Albacore (binnaga maguro)Flounder (hirame)These fish are safe for humans to eat raw because they have either been flash frozen to kill any parasites, or they are saltwater fish that do not carry the same parasite risks as freshwater varietiesIs Raw Fish Safe for Cats?While humans can safely enjoy raw sushi grade seafood, the same is not necessarily true for cats. There are a few factors to consider:Risk of ParasitesCats can be prone to parasitic infections from eating raw fish, even sushi grade. The flash freezing process used to kill parasites in sushi grade fish targets species that affect humans. But it does not kill all parasites that can infest cats, like certain tapeworms.So there is an increased risk of parasitic infection when feeding raw fish to cats. Thoroughly cooking fish helps kill any potential parasites.Bacteria and Foodborne IllnessRaw seafood always carries a higher risk of transmitting foodborne pathogens like salmonella and E. coli. While humans may tolerate sushi fish due to our strong stomach acid, cats have a higher chance of gastrointestinal upset when ingesting contaminated raw meat or fish.Thiaminase ContentMany fish contain an enzyme called thiaminase that breaks down thiamine (vitamin B1) in the body. A thiamine deficiency can cause neurological issues in cats.Cooking helps deactivate thiaminase, making the fish safer. But raw fish still contains high levels of this enzyme.AllergiesSome cats may have allergies to certain proteins found in seafood. An allergy can develop from the cat eating fish for the first time or after repeated exposure over time. Feeding a novel protein source like raw fish could trigger an allergic reaction.Nutritional BalanceFrom a nutritional standpoint, sushi grade fish fed occasionally as a treat poses little risk. But a diet of exclusively raw fish could lead to nutrient imbalances and deficiencies over time. Its important cats receive complete and balanced nutrition from their regular diet, not just protein from one food item.So while raw sushi grade seafood provides a good source of protein and healthy fats for cats, it also comes with potential health hazards that must be considered. It should only be fed in strict moderation.Healthier and Safer Fish Options for CatsThe good news is there are safer options for letting your cat enjoy the flavor and nutritional benefits of fish:Canned or pouched fish cat food formulas (like tuna or salmon)Cooked fish prepared without seasoning, bones, or oilsDried fish treats and kibble made with fish mealThe cooking drying and manufacturing process helps kill parasites and pathogens, deactivating thiaminase while retaining key nutrients. Look for reputable cat food brands that follow quality standards for safe ingredients.Canned fish made for human consumption, like tuna or salmon, can also be fed occasionally but may lack ideal nutrition balance. Check that it is packed only in water without added salt. Introduce new fish foods slowly and in small amounts to watch for any allergic reactions.Can Cats Eat Sushi Grade Fish? The Bottom LineSushi grade seafood is designed to be safe for humans to consume raw. However, it may not meet the same safety standards for our feline friends. There is a higher risk of parasites, bacteria, thiaminase toxicity, and allergies associated with feeding raw fish to cats compared to giving cooked fish or cat foods containing fish.While the occasional sushi or sashimi scrap from your plate is unlikely to harm a healthy cat, it is safest not make raw fish a regular part of your cats diet. For a tasty fish treat that avoids the risks of raw seafood, look for high-quality cat foods, dried treats, or well-cooked fish made without seasoning. With some precautions, you can safely share the flavors of fish with your cat.Is Sushi Good for Cats?There are no real benefits to giving sushi to your cat. They need a high-quality complete and balanced diet that suits their life stage and specific needs. If you think you should add protein or vitamins to your cats food, go to the vet and get professional advice. Hepper 360 Cat Feeder, Stainless Steel, Anti-Chew NO MESS: This cat food and water bowl set has a 360 tray with a raised edge to catch and WHISKER-FRIENDLY: Metal containers that are shallow, wide, and have flat bottoms make sure that your cat can enjoy CHEW-SAFE MATERIALS: Cats and kittens love to chew on soft rubber and silicone, but it can cause them to choke. Its important to know what your cat can and cant eat to keep them happy and healthy. Another big choice pet owners have to make is what bowl to use to serve cat-friendly foods in. Satisfy the specific needs of your cat with the innovative design of the Hepper NomNom Cat Bowl. Learn why its our (and our cats!) favorite food and water dish here. We at Catster have admired Hepper for a long time and decided to buy a controlling stake in the company so that we could benefit from their great cat designs!Is Sushi Bad for Cats?Lets break down this popular dish by ingredients.As strange as it may seem, cats can be allergic to some types of fish. It can result in gastrointestinal problems like vomiting and diarrhea. Allergies can also cause itchy skin and inflammation. Itchy skin can cause over-grooming, leading to hair loss. ParasitesYour cat may run away at the smell of raw fish, and wild cats often hang out at fishing docks. However, raw fish can contain several parasites that are harmful for your cat to eat. MercuryHeavy metals like mercury can be found in fish and are bad for the brain, kidneys, and lungs. Bigger fish can hold more mercury, which makes eating them more dangerous. Bacteria: Raw fish can have harmful bacteria like Salmonella, Clostridium, and Listeria, as well as parasites. These bacteria can make your cat sick. Thiaminase Thiaminase is an enzyme found in raw fish that breaks down thiamine (vitamin B1) in your pet. Thiamine is important for your pets carbohydrate metabolism. If it isnt there, your cat could have serious problems like shaking, circling, pupils getting bigger, and seizures. Your cat is a strict carnivore, and they have no specific requirement for carbohydrates in their diet. To make sushi, the rice is bleached and stripped of its nutrients. Its mostly empty calories that will be quickly turned into sugar in your pets stomach. How Much Raw Salmon Can Cats Eat?Can cats eat sushi?The varieties of sushi can vary widely and may include octopus, eel, crab, seaweed, wasabi, and soy sauce. There are a lot of ingredients that can cause problems for cats, but lets start with raw fish. Though cats are obligate carnivores and may enjoy fish, fish should always be cooked.Is sushi considered as healthy food?Sushi is a healthier choice, but it depends on which variety of fish is used to make sushi. Fatty fishes like tuna and salmon adds much omega 3 fatty acids to the dish. Fish is high in protein and sushi is prepared with plant based proteins like tuna and other vegetables, so sushi is regarded as a high protein food. It also contain more vitamin D, B12, than other foods, provides a source of essential minerals like selenium, zinc and iodine, it is a good source of omega 3 fatty acids. Hence sushi is considered as a wholesome food with a store house of all the essential nutrients.Can cats eat sushi without soy sauce?Even if you dont use the soy sauce dip, its often included in the ingredients in sushi and difficult to avoid. Excess sodium intake can cause hypernatremia in cats, which can lead to increased thirst, confusion, coma, and seizures. Sushi may also have toxic ingredients, such as vegetables or spices from the allium family, like onions or garlic.Can cats smell sushi?A cats sense of smell is 14x that of a humans. Not only can cats smell things from further away, but cats can also smell a broader range of chemicals through millions of odor sensors in their nose. It makes sense that your cat is ready to come begging; as soon as you open up a container of fresh sushi, they can smell it! Cats are obligate carnivores, which means they require a virtually entirely protein-based diet. Fish is an excellent source of protein, and its the main element in many commercial cat meals. So, eating sushi should be fine for your cat, right? Well, not quite. Some cats are allergic to particular types of fish, so thats one red sign to look out for. Raw fish includes thiamin, a digestive enzyme that can break down vitamin B and lead to thiamine deficiency in your cat. Additionally, similar to feeding your cat tuna, depending on the fish used in your sushi, you may unintentionally expose your cat to mercury poisoning. Therefore, cats cannot eat sushi. Sushi is typically harmless for humans, but it can cause stomach problems in cats. Thiamine insufficiency can lead to neurological issues, including seizures. You should not feed sushi to your cat, even if it is cooked. Not only is the fish included in sushi possibly dangerous to cats, but also there are numerous additional substances often used in sushi that might be harmful as well. Sushis major problem for cats is uncooked seafood. It includes thiamin, an enzyme that breaks down thiamine, an important B vitamin. Thiamine is essential for cats, and a thiamine shortage can cause significant complications. Convulsions are one of the most dangerous signs of thiamine deficiency. Another concern is that some cats are allergic to fish. Wheezing, vomiting, diarrhea, and skin rashes are some of the symptoms that your cat may suffer if they have a seafood allergy. The type of fish used in sushi is very essential to determine as there are many different types of fish. Pesticides and mercury are more likely to be found in some fish. Raw tuna, for example, is known to possess mercury levels that are potentially harmful to cats. No, cats should not eat salmon sushi. Raw fish, which includes the enzyme thiamin, offers a special hazard to felines, in addition to the very real risk of food poisoning from E. coli or salmonella. Therefore, do not feed your cat sushi salmon. It is detrimental to their health. Sushi contains raw fish which may cause the following health problems in your cat: Surprisingly, many cats are sensitive to certain types of fish. Its one of the most prevalent causes of gastrointestinal issues in cats, leading to vomiting and diarrhea. Itchy skin and inflammation are also common symptoms of allergies. Itchy skin can lead to excessive grooming and hair loss. Uncooked fish can have many parasites that are hazardous for your cat to eat. While your cat may come racing at the scent of raw fish, uncooked fish can contain several parasites that are unhealthy for your cat to eat. Raw fish may include heavy metals such as mercury, which can harm the brain, kidneys, and lungs. Larger fish can contain more mercury and so pose a greater risk. PCBs may be found in high concentrations in a variety of fish. PCBs are industrial compounds that are produced by electrical transformers, polymers, and lubricants. Although we have ceased utilizing these chemicals, they remain in the environment and eventually make their way into the water system, where they are consumed by fish. These PCBs have been linked to an increased risk of some malignancies as well as damage to a developing fetus. Its not a good idea to give your pet farmed fish since their diets are typically rich in PCBs, which can be much higher than in wild-caught fish. Another chemical component found in fish food that can be hazardous to cats and potentially people is ethoxyquin, which is found in raw fish. It has been linked to allergic responses, arthritis, congestive heart failure, and renal failure, among other things. Although it is no longer in use, it is still present in the environment. Thiamin is found in raw fish and works to degrade thiamine in your pet. Thiamine is required for carbohydrate metabolism in cats, and if they dont get enough of it, they might develop severe symptoms including seizures, incoordination, falling, dilated pupils, and more. You should prohibit your cat from eating sushi as it may contain bacteria that cause food illness. Furthermore, thiamine, a vital B vitamin for your cat, is destroyed by an enzyme found in raw fish. Thiamine deficiency can cause significant neurological issues such as convulsions and coma. Its time to see the vet if your cat continues to vomit for a lengthy period of time. Sushi-eating cats face more than just raw fish as a hazard. Sushi rice is another important component of Japanese cuisine. Rice provides virtually little benefits to cats diets. Cats should not eat sushi rice as they may become overweight. As a result, they are more likely to acquire major health problems including diabetes, arthritis, and cardiovascular issues. Rice is also a carbohydrate, which is a concern. Carbohydrates are tough for cats to digest. Sushi rice is bleached and devoid of nutrients, making it little more than empty calories that will swiftly convert to sugar in your pets digestive tract. Too much sugar may contribute to pet obesity, which is becoming more of an issue in the United States and across the world. According to some estimates, more than half of all cats in the United States are overweight, causing problems with their joints, heart, liver, and respiratory system. They may vomit and have diarrhea if they consume too many carbs. Rice wine vinegar is commonly used to season sushi rice. Although this is not a harmful element for your cat, it is one that most cats dislike. As a result, sushi rice should not be fed to your cat. Sushi comes in many distinct kinds, each with its own set of ingredients. There are relatively few varieties of sushi that you could serve to your cat because they all involve white rice and most contain raw fish. On the other hand, several components typically used in sushi preparation are safe for cats to consume. Use these ingredients in your sushi to make it safe for your cat to consume: Although fish is commonly used in sushi, there are several seafood substitutes that are okay for consumption for your cat. Shrimp is one of these, and cats may eat it raw or cooked. Shrimp has a pleasant texture for cats, is non-toxic, and provides some nutritional advantages when added to their diet. Avocado is safe for cats to consume, despite the fact that it is not a meal that is suitable for many tiny animals. If the fruits bark and pit are removed, your cat should not have any problems with this component. Seaweed is healthy for cats to consume, according to studies. This is a frequently used component in sushi. Small amounts of seaweed should not create any difficulties for your cat. Cucumber is another popular sushi ingredient. This is one of the sushi components that are completely safe for your cat to eat. Cucumber has a high vitamin, nutritional, and water content, therefore it has certain advantages in your cats diet. To summarize, its advisable to avoid letting your cat eat your sushi. We advocate limiting your cats sushi consumption to very tiny quantities. Your cat might be okay if it ate some while you werent watching, but there are just too many risks connected with frequent feeding. If you really want to spoil your cat, offer them only the tiniest piece of sushi and make sure theres no wasabi in it. Raw fish in sushi can contain germs that can cause food poisoning in your cat. Although the supermarkets fresh fish may appear to be a delightful treat for your pet, you should avoid giving them raw fish simply to be safe. If youre going to feed your cat sushi, make sure its thoroughly prepared and free of any possibly hazardous additions, spices, or flavorings. Also, the enzymes in raw fish might degrade the vitamins in the fish, which is a nutritional aspect to consider. This implies that properly cooked fish, rather than uncooked fish, will allow your cat to absorb more vitamins. Aside from the potential of a bacterial infection, a little piece of raw fish has insufficient thiamin to affect a cats Thiamine balance. Regularly feeding raw fish is a bad idea since it lowers B1 levels, however, a little raw salmon will probably go unnoticed by kitty. Food poisoning bacteria may be found in raw meat and fish. Furthermore, thiamine, a vital B vitamin for your cat, is destroyed by an enzyme found in raw fish. Thiamine deficiency can cause significant neurological issues such as convulsions and coma. While commercial dry or wet cat food is absolutely appropriate, you may add diversity to your cats diet by giving it cooked fish. Fish is a favorite of many cats, but it is not a suitable daily meal. Fish that has been boiled, roasted, or grilled is ideal for your cat. Oily fish, such as tuna and sardines, provide more nutritional value in the form of good fats to your cat than white fish, such as flounder or hake. You might be able to cook some sushi that is safe for your cat. Sushi components including cucumber, shrimp, avocado, and seaweed are healthy for cats to consume. This does not, however, imply that you should start feeding your cat sushi. The ingredients must first be discussed with your physician. Its conceivable that your cat will locate and ingest something it shouldnt, no matter how cautious you are. Therefore, keep the sushi away from your cat the next time you eat it to avoid them devouring it. If you have any other queries regarding your feline friend, drop them in the comment section below. When you purchase through links on our site, we may earn a commission. Heres how it works.Have you ever considered Tiki Cat for your feline friends? Tiki Cat is a brand of kitty food that focuses on a carnivore diet. The brand is known for its meat-heavy recipes, but are they the right pick for your cat? Find out if Tiki Cat food is good and if its a healthy pick for your purr baby. I looked at brand history, ingredients, sourcing, recalls, product variety, guaranteed analysis, and more, so lets dive into the details in this Tiki Cat food review. Carnivore-focused diet meat-first recipes Based on natural prey diet Whole food ingredients Made in human-grade canning facilities Added hydration Nutritional variety Wide selection Kitten and senior formulas Wet and dry recipes Tiki Cat was founded in 2005 by Christine Hackett and her husband, Robert. Christine was a former member of the research and development team for Petco. Taking what she learned in the industry, the Hacketts started their own pet food company, Petropics. They focused on recipes that mirror the nutrient profiles of felines natural prey, using high-quality, whole ingredients and meat-based formulas without grains or fillers. The brand became known as Tiki Pet, making both dog and cat nutrition brands. Petropics became part of Whitebridge Pet Brands in 2015. The partnership merged the Tiki Pets brands and Dogswell, Pet Botanics, Crazy Dog, Cloud Star, Petite Cuisine, Happy Hips, and Buddy Biscuits. Products can be purchased online through Amazon.com and Chewy.com, as well as in major retailers, including Petco PetSmart, Target, and Walmart. As of this writing, there has been no Tiki Cat food recall. A clean recall history is excellent news for the brand and kitties who love the chow. Recalls can happen for various reasons and are often voluntary or in cooperation with the Food and Drug Administration. As a pet owner, I am always happy to hear that a brand has never had an issue that required a recall. All products are manufactured and sourced in Thailand. The company describes its manufacturing facilities as dedicated human-grade certified canning lines. Tiki pet food products are hand-packed side-by-side with human food diets. According to the company, all their fisheries are members of the International Seafood Sustainability Foundation (ISSF), supporting initiatives to protect marine environments. The fishery-sourced tuna is also certified by the International Dolphin Conservation Program. The company also states that their fisheries employ methods to support preserving marine life, including sea turtles and protecting marine environments from pollution and damage. House cats are obligate carnivores; this means they need diets based on high-quality animal proteins. Cats need meat to preserve, and though they can digest some plant material, meat is ultimately the most critical ingredient. A species-appropriate diet is essential because it provides your kitty energy for growth, development, and daily activity and keeps them healthy long-term. A healthy diet for your fur baby will prevent obesity, support the healthy function of body systems, support the immune system, and keep your purr baby healthy for as long as possible. A well-balanced, high-quality diet is also pivotal in preventing diseases and promoting dental health. Keep in mind that every animal is an individual. Some cats will have specific dietary needs. These may include sensitive stomachs, dietary intolerances, allergies, or other medical conditions. Below, I break down a few ingredients you should always keep an eye out for on pet food labels: Animal protein is a top priority for your cats diet. High-quality animal protein provides felines with essential nutrients to support their overall development and health. Amino acids like taurine support heart health, reproductive health, vision, muscles, and proper growth and development. A taurine deficiency can become a severe problem, which is why it is an essential nutrient for felines. Because they have limited capacity to manufacture taurine themselves, it must be obtained from their diet. Fats are often labeled as bad. However, healthy fats are essential to your cats healthy diet. Fats provide energy and help absorb fat-soluble vitamins like A, D, E, and K. Fats support critical body functions, including mental function, brain development, and skin and coat health. Fatty acids your cat needs, like EPA, DHA, and arachidonic acid, come mainly from meat. Kitties do not need carbohydrates in their diet, though commercial pet foods often contain them. Carbs can come from vegetables and fruits, which are also excellent sources of dietary fiber that aids digestion. Fruits and vegetables provide cats with helpful nutrients like antioxidants and vitamins. Hydration is essential for your cats healthy body function and long-term survival. Cats often become dehydrated when they dont drink enough, especially on a dry food-only diet. It is essential to provide cats with fresh water and meat-based broth mixed in with their dry food to ensure proper water intake. The Tiki Pets brand prides itself on the quality of the ingredients in its wet and dry recipes. As they say, they use real ingredients with real benefits. Their recipes are heavy on animal protein and use various sources, including whole meats and organ meats. Protein options include chicken, beef, turkey, duck, lamb, pork, quail, egg, rabbit, venison, tuna, crab, sardine, lobster, prawn, salmon, trout, herring, and mackerel. The meats used are free from added hormones, and proper precautions are taken with the use of antibiotics. Ingredients are very fresh, and most are sourced locally in Thailand. Tiki Pets primarily uses farm-raised chickens from Thailand. Chicken is raised in open-air houses and is labeled as cage-free. The company uses a variety of fish, including Wild Alaskan salmon and tuna from the South Pacific Ocean. Sadrnies and mackerels are sourced worldwide, and other fish like seabass and tilapia are raised in fisheries. Shellfish such as blue crab are locally caught. Most recipes are made up of proteins and a few added nutrients. Some recipes include pumpkin, chickpeas, peas, and a few other additions, including salmon and flaxseed oil. Tikis feline recipes are grain-free and contain no corn, potatoes, rice, or wheat. Tiki Cat wet foods offer 95% average protein, and dry foods provide 44% average protein. Recipes do not use artificial colors, preservatives, flavors, or animal by-products. Tiki Pets offers a wide variety of feline options to pick from, with over 40 selections of wet foods. They have 18 product lines for cats, including kitten and senior-specific formulas and treats. Below are the main product lines of kitty chow the brand offers. After Dark Premium wet line that utilizes organ meats like liver, gizzard, and hearts. Available in pt, shredded, and a velvet mousse. Aloha Friends This is a highly digestible wet line that uses chicken, tuna, and pumpkin. Born Carnivore A baked kibble line offering high protein and low carbohydrates. It includes formulas for indoor health, high protein, optimal weight, kitten, and senior. Grill The Grill line offers wet recipes using fish-based proteins and shellfish. Luau The limited ingredient line focuses on wet foods made with shredded chicken and flaked fish. Velvet Mousse This is a line of premium, tasty, velvety smooth mousse. Special This limited line is a line of silky, meaty mousse with functional formulas. These mousses support healthy skin and coat, healthy digestion, or weight maintenance. Baby This is a kitten-specific line focusing on the needs of growing and developing kittens. Silver This line is senior-specific and formulated to meet the needs of cats aged 11 years and older. Now that Ive introduced you to the different product lines lets review some of the most popular recipes. The Born Carnivore line, formally Essentials, offers high protein, baked kibble using carefully selected ingredients. The indoor health, chicken, and turkey meal recipe contains 40% protein on a dry matter basis. The recipe uses real chicken as the first ingredient and supports a healthy immune system with Omega 6 fatty acids, antioxidants, and vitamins A, E, and folate. This recipe promotes healthy vision and brain function, a shiny coat, and healthy skin. It contains omega-3 fatty acids to support overall health. Gentle fiber from pumpkin promotes healthy digestion. Ingredients are 100% non-GMO, and this recipe contains no grains, added gluten, potatoes, corn, wheat, or soy. It contains peas and chickpeas, which are plant-based protein sources. Other ingredients include chicken meal, turkey meal, chicken fat, natural chicken flavor, dried pumpkin, and menhaden fish meal. This recipe is suitable for cats over twelve months. Essentials is now part of the Born Carnivore line. Born Carnivore is a limited selection line of baked kibble, minimally processed, that offers 44% average protein. The After Dark recipe contains chicken, chicken liver, chicken gizzard, chicken heart, and beef. After Darks formulas are high in animal-sourced protein and support healthy muscles and activity. The balanced recipes suit cats of all ages and provide essential amino acids, antioxidants, vitamins, minerals, and taurine. The After Dark recipe is meaty, low carbohydrate, nutrient-dense, and uses real chicken broth along with organ meats to provide plenty of tasty moisture. Three texture varieties are available, with plenty of protein options to choose from. I rotate between standard commercial pet foods and high-value, high-quality options like Tiki Cat. Its a great way to save money but still offer your cat regular healthy meals and the occasional superfood recipe. (If you can afford Tiki Cat all the time, Id say go for it!) I chose Tiki Cat After Dark because its recipes feature nutrient-packed ingredients that my cats wouldnt usually get, such as chicken heart, chicken liver, chicken gizzard, and quail eggs. And boy, do they like it. My cats gobble up these recipestheyre obsessed. A note of caution: Make sure to cut up the quail egg. If your cat hoovers their food like mine, the half-egg pieces pose a choking risk.Tara Maurer, cat parent and nutrition expert The Aloha tuna and pumpkin recipe starts with wild-caught flaked tuna. Other ingredients include tuna broth, pumpkin, sunflower seed oil, and various added vitamins, minerals, and other nutrients. It is a tasty, limited-ingredient recipe that contains no grain, gluten, pea, corn, wheat, or soy. It is perfect for sensitive digestion and best for adult cats. The easy-to-digest pumpkin offers a boost of fiber and antioxidants and supports healthy digestion. Tasty tuna broth provides plenty of moisture, essential vitamins, Omega fatty acids, minerals, and taurine. The Aloha recipe uses healthy fish sources, sunflower oil, and pumpkin to support digestive health, skin, and coat. Additionally, the tuna in this recipe is dolphin-safe, mercury-tested fish. The company recently changed its packaging, and you may find this available in a pouch and a can. Tiki Pets offers a reasonably extensive kitten line, more than we see in most brands. The line includes canned food, baked kibble, meal toppers, and soft mousse. We appreciate the variety of offerings and the kitten-specific formulas for both dry and wet products. The Tiki Baby canned kitten grain-free chicken and egg recipe is a top pick. The wet recipe uses chicken, chicken broth, sunflower seed oil, chicken liver, eggs, and salmon oil. It is a high-protein, gluten-free formula developed to be highly digestible and support your growing kitten. It provides plenty of fat, protein, DHA, and fatty acids to support healthy brain development. Additionally, supplemental taurine supports heart function and vision development. The texture is soft, supple, and easy to eat. Theres a lot to like about this senior-specific wet food. We appreciate the variety of senior offerings the brand has. In particular, this recipe offers tiny soft shreds of meat mixed in a silky moose. The smooth combination makes it highly palatable and much easier for senior kitties to eat. The high protein content supports a healthy weight and muscle mass. Additionally, the recipe uses this little phosphorus to help support kidney health. The protein-heavy senior recipe uses chicken, chicken broth, salmon, and chicken liver as protein sources. Additionally, the recipe contains pumpkin to support healthy digestion, coconut oil, dried egg, salmon oil, and various nutrients and minerals. It offers plenty of taurine and appropriate calories to support your senior kittys health. Along with their food, Tiki Pet makes several kitty treats. They make high-protein options for adults, seniors, and kittens. Treats come in four options: soft and chewy, filets, wet treats, and crunchers. Kitty treats use the same natural ingredients as their foods and are full of meaty flavor. Along with treats, Tiki offers three varieties of kitty meal toppers. The Function line focuses on specific dietary needs. Compliments offer tasty flakes and broth. The high-moisture broths provide flavor and moisture with meaty bits. All three of my kitties are very picky eaters, and Ive tried many different treat brands over the years. Most of them get two paws down from my finicky cats. I finally found Tiki Cat that hit the sweet spot. My kitties absolutely love the tuna-flavored Tiki Cat Soft & Chewy Treats. Another huge bonus? These treats are low in calories, so I dont have to worry about weight gain for my older, lazy furballs. Sally Jones, parent of multiple rescue cats and pet nutrition expert Overall, the brand gets positive customer reviews. Many pet owners who have kitties with sensitive stomachs have had great success with the brand due to the limited ingredients. The meat-focused recipes appeal in taste and texture and provide everything a feline needs. The fact that the company has never had a recall on their cat food is also a big bonus. Wet recipes have very low carbohydrate content, which we appreciate. Of course, some customers report that their cats dont like the food. A few years ago, in 2018, there were some reports of customers finding gray-colored meat in their products. The company assured customers this meat was safe and simply turned that color due to the cooking process. There were no illnesses or issues associated with this issue. While Tiki Cat is not the top or most natural option on the market, they are better than many others. We appreciate the lack of any filler or artificial ingredients. Using organ meats is also a big plus, as they are nutrient-dense, and cats enjoy the texture and taste. One point that can be of concern to some customers is that the foods are all manufactured in Thailand. Being made in Thailand may pose a concern for customers who want to support local manufacturing or brands that are based in the USA. That said, several high-quality wet pet foods are made in Thailand and are manufactured using strict, highly regulated safety methods. Rachael Ray is another brand that manufactures wet cat food products in Thailand. Tiki Pets is a better choice than many budget brands and is an outstanding pick for cats suffering from sensitive stomachs, dietary allergies, or gastrointestinal upset. It is a reasonably good match at a competitive price compared to other premium options. Tiki Cat has a higher price than many budget brands. Compared to other premium brands, the price is equitable and is less than that of fresh meal delivery and human-grade brands. Prices vary by protein and recipe. On average, a 2.8-pound bag of Born Carnivore High Protein, Deboned Chicken & Egg, Grain-Free Baked Kibble costs about $20. Wet options can run around .80 cents or so an ounce. A 12-pack of 2.8-ounce After Dark Chicken costs about $23 to $24. Of course, prices vary by retailer. ProsConsNamed meatsHigh carbohydrate content in some dry foodsLimited ingredientsUse of plant proteinsHigh animal protein contentHigher priceEasy to digestIt can be hard to find some productsHighly palatableWide selectionNo artificial ingredients, flavors, or colors I know how tricky it can be to pick healthy, tasty nutrition that your kitty likes and doesnt break the budget. Its wonderful to have so many varied brands to choose from as new options enter the market every day. It can also be confusing because there are so many choices. How do we, as cat owners, know what brand is good? Taking time to talk to your vet about your cats specific needs, reading reviews like this one, and looking at pet food labels are all ways to ensure you pick a top-quality brand. If you are still looking for healthy options for your kittys bowl, learn more about Smalls, a human-grade, fresh cat food brand. Some cats do well on freeze-dried diets like Stella & Chewys. Other brands to consider include Open Farm and Applaws. Be sure to discuss any significant dietary changes or specific concerns with your vet, especially if your kitty is not eating or having gastrointestinal trouble. Danielle is a cat owner with over 30 years of experience, including cats with special medical needs. Shes also a dedicated and skilled researcher who works hard to stay on top of the latest science-backed research, data, developments, and trends in pet care and products. Danielle has tested and reviewed nearly 100 kinds of pet food and counting. Danielle works alongside a talented and dedicated team to provide pet owners with helpful information to better their lives. The simple answer to the question, Why cant cats eat sushi? is multifaceted but boils down to these key issues: raw fish, potential for bacterial contamination, thiamine deficiency, and the presence of various ingredients that are unsuitable or even dangerous for feline consumption. While sushi is a popular human food, its components are far from ideal, and sometimes downright harmful, for our feline companions. Lets break down the main reasons why sushi should be avoided when it comes to feeding your cat.The Dangers of Raw FishThe primary concern with sushi for cats is the inclusion of raw fish. Unlike humans who have developed methods to handle and prepare raw fish with minimal risk, cats are more susceptible to the dangers associated with it.Bacterial ContaminationRaw fish can harbor a variety of harmful bacteria, including E. coli and Salmonella. These bacteria can lead to food poisoning in cats, causing symptoms such as vomiting, diarrhea, lethargy, and loss of appetite. While a cats digestive system is robust to an extent, it is not foolproof against the levels of bacteria often found in raw, unprepared fish.Risk of Thiamine DeficiencyRaw fish also contains an enzyme called thiaminase. This enzyme breaks down thiamine, a vital B vitamin crucial for a cats neurological function. A thiamine deficiency can result in serious neurological issues, including loss of coordination, muscle weakness, seizures, and in severe cases, even coma. The risk of this deficiency is significantly heightened with regular consumption of raw fish.ParasitesBeyond bacteria and enzymes, raw fish may also contain parasites, such as tapeworm larvae. These parasites can lead to intestinal problems and require veterinary intervention to treat.Other Problematic Sushi IngredientsIts not just the raw fish that makes sushi unsuitable for cats. Many other common sushi components can cause digestive issues and pose health risks.Rice and FillingsSushi rice is often seasoned with sugar, salt, and rice vinegar, none of which are beneficial to a cats health. While rice itself is not inherently toxic, its primarily carbohydrates that dont provide any nutritional value for cats, who are obligate carnivores needing a protein-rich diet. Also, many sushi rolls contain ingredients like seaweed, vegetables, and various sauces, which can upset a cats digestive system. Cats have difficulty digesting plant-based matter, and processed sauces often contain ingredients harmful to felines, like garlic and onions.Seasonings and SaucesSushi is often served with soy sauce, wasabi, and ginger. These are all unsafe for cats. Soy sauce contains high levels of salt, which can cause dehydration and other issues. Wasabi and ginger can cause digestive upset, and even be toxic if consumed in large quantities.FAQs: Further Insights on Cats and Sushi1. Can human-grade sushi make my cat sick?Yes, despite being human-grade, sushi can cause gastrointestinal upset in cats. The risk of bacterial contamination, thiamine deficiency, and digestive issues from other ingredients make it an unsafe food for cats.2. Is it okay if my cat eats just a tiny bit of sushi rice?While a tiny bit of plain, unseasoned sushi rice might not cause immediate harm, it provides no nutritional value for cats. Seasoned rice should be avoided as it can contain harmful ingredients like salt, sugar, and vinegar.3. What should I do if my cat accidentally ate some raw fish?Keep an eye on your cat for any signs of distress, like vomiting, diarrhea, or lethargy. If you observe any concerning symptoms, contact your vet immediately. If youre certain the fish did not contain bones, there is often no need to panic. However, repeated consumption should be strictly avoided.4. Can cats eat cooked fish?Yes, cooked fish is generally safe for cats when prepared without salt, spices, or added fats. It should be a treat, not a daily meal replacement. Always check for bones and remove them before feeding your cat.5. Is sashimi safer than sushi for cats?No, sashimi, which is simply raw fish, poses the same risks as raw fish in sushi. This includes the risk of food poisoning, thiamine deficiency, and parasite infestation, and should never be given to a cat.6. Can my cat have a California roll?No, a California roll, like other sushi, is not suitable for cats due to the risk of raw fish contamination and other ingredients which are detrimental to their health.7. What about other types of seafood like cooked crab or shrimp?Small amounts of plain, cooked crab or shrimp can be given occasionally as a treat. However, like cooked fish, these should be prepared without seasonings and salt. Always remove shells and thoroughly cook these before offering to your feline.8. My cat seems to enjoy licking soy sauce; is this harmful?Yes, soy sauce contains high levels of salt, which is harmful to cats and can cause dehydration and sodium poisoning. Keep soy sauce out of reach of your cat.9. If raw fish is dangerous, why are there raw meat-based cat foods available?Raw meat-based cat foods designed for feline consumption are carefully formulated to ensure they are safe. This typically involves using specific cuts of meat, rigorous testing for pathogens, and balanced supplementation to prevent deficiencies. Never feed your cat raw meat or fish intended for human consumption.10. Can cooked eggs provide the same nutrients as thiamine?No, cooked eggs are a good source of protein and other nutrients but do not provide thiamine. Thiamine must come from sources that do not contain thiaminase. Always make sure your cat is receiving thiamine from a balanced diet.11. Are there other human foods I should be avoiding for my cat?Yes, there are several human foods that can be harmful to cats. These include alcohol, chocolate, tea, coffee, energy drinks, fat trimmings, raw eggs, grapes, raisins, onions, garlic, and peanut butter.12. Is it okay to give my cat cheese as a treat?Small amounts of cheese are generally okay for cats but should be given in moderation. Cheese is high in fat and calories and can cause digestive upset in some cats.13. Can cats eat dog food if they dont have cat food?While dog food isnt toxic, it should not be a regular replacement for cat food. Cats have specific nutritional needs that dog food does not fulfill.14. What are some safe homem