

Low Phosphorus, High Protein, Low Carbohydrate Cat Foods 2023

Cats with kidney disease lose some of their ability to eliminate phosphorus into the urine, and excess phosphorus may persist in the bloodstream. As a result, cats can feel ill, become lethargic, and have a decreased appetite. Diets low in phosphorus can help prevent cats' blood phosphorus levels from getting too high.

There are a few low phosphorus prescription diets made for cats with kidney disease, but none have been shown to be better for cats than over-the-counter high protein, low phosphorus canned foods. It's our opinion that in the long run, those prescription diets are more harmful than helpful for most cats.

We compiled this list of foods that are low phosphorus, high protein, and low carbohydrate using information provided by the manufacturer (August 2023). These calculations are based on estimates and are approximate values only. Foods listed have been labeled nutritionally complete, but please read the label to verify whether the food is for adults, kittens, seniors, or all life stages.

Always remember: hydration is the most important treatment for kidney disease. Make sure your cat always has access to plenty of fresh water - even bottled or filtered if they prefer it. If your cat prefers running water, there are many water fountains on the market designed specifically for cats.

Brand	Variety	Phosphorus mg/100 cal	Protein: 10% +	Fat: 5% or lower	Moisture: 80% +	Calories per can	Can size (oz)
AvoDerm	Chicken Chunks Entrée in Gravy	216	10.5	2	82	73	3
AvoDerm	Salmon Entrée Consomme	228	13	2	82	82	3
AvoDerm	Tuna & Crab	267	10	2	82	70	3
BFF	Tuna & Bonito Be Mine	244	12	2	83	70	3
BFF	Tuna & Tilapia Twosome	247	12	2	83	68	3
Earthborn Holistic	Fin & Fowl	259	12	2	82	69	3
Earthborn Holistic	Harbor Harvest	260	12	2	82	70	3
Earthborn Holistic	Key West Zest	283	12	2	82	68	3
Earthborn Holistic	Monterey Medley	255	12	2	82	66	3
Earthborn Holistic	Upstream Grill	259	12	2	82	68	3
Fussie Cat	Tuna with Salmon	245	12	1.4	84.5	49	2.82
Landmark (Chewy.com only)	Chicken	291	12	2	82	78	3
Landmark (Chewy.com only)	Chicken & Turkey	265	12	2	82	81	3
Landmark (Chewy.com only)	Mackerel & Tuna	227	12	2	82	84	3
Landmark (Chewy.com only)	Tuna & Tilapia	252	12	2	82	79	3
Meow Mix Tasty Layers Pate	Chicken & Tuna	148	10	3	80	75	2.75
Meow Mix Tasty Layers Pate	Chicken & Turkey	154	10	3	80	75	2.75
Meow Mix Tasty Layers Pate	Tuna & Whitefish	163	10	3	80	75	2.75
Meow Mix Tenders in Sauce	Chicken & Beef in Sauce	224	10	2	82	59	2.75

Low Phosphorus, High Protein, Low Carbohydrate Cat Foods 2023

Brand	Variety	Phosphorus mg/100 cal	Protein: 10% +	Fat: 5% or lower	Moisture: 80% +	Calories per can	Can size (oz)
Meow Mix Tenders in Sauce	Salmon & Crab in Sauce	274	12	1.8	82	58	2.75
Merrick Purrfect Bistro	Grammy's Pot Pie	243	10	5	81	170	5.5
Merrick Purrfect Bistro	Thanksgiving Day Dinner	249	10	5	81	170	5.5
Natural Balance Delectable Delights	Catatouille	198	10	1.5	83	60	2.5
Natural Balance Delectable Delights	O'Fishally Scampi	239	10	2	83	59	2.5
Natural Balance Delectable Delights	Purrfect Paella	235	10	1.5	83	58	2.5
Nulo Signature Stews	Chicken & Chicken Liver	232	11	3	83	69	2.8
Nulo Signature Stews	Chicken, Duck & Pumpkin	292	11	3	83	65	2.8
Purely by Fancy Feast	Flaked Skipjack Tuna	208	15.5	2	82	49	2
Purely by Fancy Feast	Salmon & White Meat Chicken	204	13.5	1.5	82	43	2
Purely by Fancy Feast	Tender Tongol Tuna	248	15.5	2	82	48	2
Purely by Fancy Feast	White Meat Chicken	213	14.5	2	82	48	2
Purely by Fancy Feast	White Meat Chicken & Flaked Tuna	235	14	2	82	48	2
Purely by Fancy Feast	White Meat Chicken & Shredded Beef	195	14.5	2.5	82	50	2
Purina ONE	Chicken Recipe in Gravy	291	11	2	80	70	3
Purina ONE	Tuna Recipe in Sauce	279	11	2	80	70	3
Solid Gold	Flavorful Feast Tuna & Sardine	236	10	4	80	90	3
Stella & Chewy's Savory Shreds	Tuna & Mackerel	254	10	2	82.5	72	2.8
The Honest Kitchen	Minced Chicken	113	10	4	82	166	5.5
Tiki Cat	Tilapia in Tilapia Consomme (Kapi'Olani)	172	13	4.5	81	75	2.8
Tiki Cat After Dark	Chicken	207	12	2.2	83	66	2.8
Tiki Cat After Dark	Chicken & Beef	238	13	2.3	82	59	2.8
Tiki Cat After Dark	Chicken & Duck	237	12	2.4	82	59	2.8
Tiki Cat After Dark	Chicken & Lamb	287	13	2.3	82	61	2.8
Tiki Cat After Dark	Chicken & Pork	230	13	2.3	81	66	2.8
Tiki Cat After Dark	Chicken & Quail Egg	248	12	2.4	82	66	2.8
Tiki Cat	Succulent Chicken (Puka Puka)	270	16	2.6	80	63	2.8
Tiki Cat	Wild Salmon (Hanalei)	145	14	1.8	81	59	2.8
Tiki Cat Paté	Tuna & Crab Surimi in Tuna Broth	261	12	2	82	74	2.8
Tiki Cat Paté	Tuna & Prawn in Tuna Broth	236	12	2	82	77	2.8
Tiki Cat Paté	Seabass in Seabass Broth	196	12	3.5	82	75	2.8
Tiki Cat	Seabass Recipe in Seabass Consommé	220	14	4.7	80	73	2.8
Tiki Cat Paté	Tilapia	186	12	3.5	82	75	2.8
Tiki Cat Paté	Wild Salmon	278	11.5	3	83	72	2.8
Tiki Cat Paté	Wild Salmon & Chicken	240	13	2.5	82	72	2.8
Tiki Cat Velvet Mousse	Chicken	254	12	5	80	79	2.8

Low Phosphorus, High Protein, Low Carbohydrate Cat Foods 2023

Brand	Variety	Phosphorus mg/100 cal	Protein: 10% +	Fat: 5% or lower	Moisture: 80% +	Calories per can	Can size (oz)
Tiki Cat Velvet Mousse	Chicken & Egg	272	12	2	80	79	2.8
Wellness CORE Signature Selects	Skipjack Tuna & Shrimp	158	10	3	85	68	2.8
Weruva	Asian Fusion	273	12	1.6	83	65	3
Weruva	Green Eggs & Chicken	200	10	1.6	85	64	3
Weruva	Mack & Jack	275	12	1.7	82	66	3
Weruva	Marbella Paella	226	12	1.6	86	61	3
Weruva	Mideast Feast	182	12	1.5	84	63	3
Weruva	Paw Lickin' Chicken	192	10	1.4	85	57	3
Weruva Cats in the Kitchen	Chicken Frick a Zee	162	10	2.5	85	75	3.2
Weruva Cats in the Kitchen	Funk in the Trunk	221	10	1.6	87	54	3.2
Weruva Cats in the Kitchen	Goldie Lox	216	10	1.6	87	59	3.2
Weruva Cats in the Kitchen	La Isla Bonita	210	10	1.6	83	63	3.2
Weruva Cats in the Kitchen	Lamb Burgini	217	10	2.5	83	78	3.2
Weruva Cats in the Kitchen	Splash Dance	274	10	2.5	83	77	3.2
Weruva Truluxe	Glam n' Punk	171	10	5	82	104	3
Weruva Truluxe	Honor Roll	232	10	1.6	86	55	3
Weruva Truluxe	Kawa Booty	242	10	1.4	85	56	3
Weruva Truluxe	Mediterranean Harvest	196	10	1.3	86	61	3
Weruva Truluxe	Meow Me a River	179	10	1.3	86	54	3
Weruva Truluxe	On the Cat Wok	163	10	1.3	86	49	3
Weruva Truluxe	Pretty in Pink	209	10	1.3	86	53	3
Weruva Truluxe	Quick n' Quirky	259	10	1.3	86	51	3
Weruva Truluxe	Steak Frites	118	10	1.3	86	62	3
Weruva Wx Phos Focused*	Chicken Puree	78	10	6	82	83	3
Weruva Wx Phos Focused*	Tilipia & Tuna Puree	63	10	6	84	79	3
Weruva Wx Phos Focused*	Tilapia & Chicken Puree	53	10	6	84	83	3
Weruva Wx Phos Focused*	Chicken in Gravy	81	10	6	83	81	3
Weruva Wx Phos Focused*	Chicken & Tilapia in Gravy	67	10	6	84.5	83	3

**This food isn't labeled as nutritionally complete because it is so low in phosphorus, but otherwise meets all minimum nutrient requirements.*

The following foods are lower in cost, but contain by-products:

Fancy Feast Delights	Chicken & Cheddar	274	10	2	80	71	3
Fancy Feast Delights	Turkey & Cheddar	249	10	2	80	73	3
Fancy Feast Delights	Whitefish & Cheddar	297	10	2	80	71	3
Fancy Feast Grilled	Salmon Feast in Gravy	241	11	2	80	70	3
Fancy Feast Grilled	Seafood Feast in Gravy	287	11	2	80	71	3

Low Phosphorus, High Protein, Low Carbohydrate Cat Foods 2023

Brand	Variety	Phosphorus mg/100 cal	Protein: 10% +	Fat: 5% or lower	Moisture: 80% +	Calories per can	Can size (oz)
Fancy Feast Grilled	Tuna Feast in Gravy	267	11	2	80	70	3
Friskies Gravy Sensations Pouches	Chicken	258	10	2	80	79	3
Friskies Gravy Sensations Pouches	Chicken & Beef	283	10	2	80	81	3
Friskies Gravy Sensations Pouches	Turkey & Giblets	295	10	2	80	75	3
Friskies Prime Filets	Chicken in Gravy	281	10	2	82	126	5.5
Friskies Prime Filets	Salmon & Beef in Sauce	289	10	2	82	123	5.5
Friskies Prime Filets	Beef in Gravy	293	10	2	82	122	5.5
Friskies Prime Filets	Chicken & Tuna in Gravy	287	10	2	82	124	5.5
Friskies Tasty Treasures	Chicken & Cheese in Gravy	250	10	2	80	137	5.5
Friskies Tasty Treasures	Chicken & Tuna in Gravy	269	10	2	80	139	5.5
Friskies Tasty Treasures	Ocean Fish, Tuna & Cheese in Sauce	249	10	2	80	138	5.5
Friskies Tasty Treasures	Turkey in Gravy	264	10	2	80	142	5.5
Meow Mix Tenders in Sauce	Turkey & Giblets	286	11	1.8	82	60	2.75
Royal Canin	Adult Instinctive - Loaf in Sauce*	238	11	1.9	81	68	3
Royal Canin	Adult Instinctive - Thin Slices in Gravy*	271	10.5	1.9	81.5	66	3
Tiny Tiger	Chicken Chunks in Gravy	298	11	2	80	80	3