Identifying High Protein, Low Carbohydrate Canned Foods

To identify high protein, low carbohydrate foods, look at the **Guaranteed Analysis** section of the label and look for the following:

- Protein content equal to or greater than 10%
- Fat content equal to or less than 5%
- Moisture content equal to or greater than 80%*

For the **Ingredients** section of the label, look for foods that don't have by-products or carbohydrates (e.g., potato, rice, etc)

Note that the calorie content for foods can vary greatly - look for the **kcal/can** (kcal are the same as calories) to calculate the appropriate serving size for your cat based on the recommended calories for your cat in the chart at the bottom of this page.

The foods on the following list were identified as high protein, low carbohydrate using information provided by the manufacturer.

Foods listed have been labeled nutritionally complete, but read the label to verify whether the food is for adults, kittens, seniors, or all life stages.

(If a food is labeled for supplemental or intermittent feeding, it is NOT complete and balanced and should not be your cat's main source of nutrition.)

- Prices listed are based on chewy.com at the time of this compilation (Winter 2023).
- A "unit" is a single can or pouch. Units per day is the approximate amount of cans or pouches to feed to your cat based on the recommended caloric intake as calculated in the chart below.

This list is not an endorsement of these specific foods.

Please note:

- The amount to feed as shown on manufacturer's food labels is usually for intact cats. Neutered and spayed cats usually need significantly less food.
- It is important to reweigh your cat on a regular basis if they are on a weight loss program.

^{*}Many paté foods have a slightly lower moisture content, so the adjusted criteria for those would be: protein content equal to or greater than 11%, fat content equal to or less than 5%, and moisture content equal to or greater than 78%

Brand	Variety	Protein:	Fat: 5% or	Moisture:	Cost per	Cost per	Calories	Can size
Brand	•	10% +	lower	80% +	can	OZ	per can	(oz)
AvoDerm	Chicken Chunks Entrée in Gravy	10.5	2	82	\$1.40	\$0.47	73	3
AvoDerm	Salmon Entrée Consomme	13	2	82	\$1.63	\$0.54	82	3
AvoDerm	Tuna & Chicken	12	3	82	\$1.62	\$0.54	63	3
AvoDerm	Tuna & Crab	10	2	82	\$1.62	\$0.54	70	3
Blue Buffalo Tastefuls	Fish & Shrimp Flaked	10	2.5	82	\$1.04	\$0.35	77	3
Blue Buffalo Tastefuls	Tuna Flaked	10	2	82	\$1.04	\$0.35	77	3
Earthborn Holistic	Fin & Fowl	12	2	82	\$1.19	\$0.40	69	3
Earthborn Holistic	Harbor Harvest	12	2	82	\$1.19	\$0.40	70	3
Earthborn Holistic	Key West Zest	12	2	82	\$1.19	\$0.40	68	3
Earthborn Holistic	Monterey Medley	12	2	82	\$1.59	\$0.53	66	3
Earthborn Holistic	Upstream Grill	12	2	82	\$1.19	\$0.40	68	3
Fussie Cat	Tuna with Salmon	12	1.4	84.5	\$2.09	\$0.74	49	2.82
Fussie Cat	Tuna with Shrimp	12	1.4	84.5	\$2.08	\$0.74	49	2.82
Landmark (Chewy.com only)	Chicken	12	2	82	\$1.38	\$0.46	78	3
Landmark (Chewy.com only)	Chicken & Turkey	12	2	82	\$1.38	\$0.46	81	3
Landmark (Chewy.com only)	Mackerel & Tuna	12	2	82	\$1.38	\$0.46	84	3
Landmark (Chewy.com only)	Salmon	12	2	82	\$1.38	\$0.46	88	3
Landmark (Chewy.com only)	Tuna & Tilapia	12	2	82	\$1.38	\$0.46	79	3
Meow Mix Tasty Layers Pate	Chicken & Tuna	10	3	80	\$0.63	\$0.23	75	2.75
Meow Mix Tasty Layers Pate	Chicken & Turkey	10	3	80	\$0.63	\$0.23	75	2.75
Meow Mix Tasty Layers Pate	Tuna & Whitefish	10	3	80	\$0.63	\$0.23	75	2.75
Meow Mix Tenders in Sauce	Chicken & Beef in Sauce	10	2	82	\$0.62	\$0.23	59	2.75
Meow Mix Tenders in Sauce	Chicken & Liver	10	1.8	82	\$0.62	\$0.23	60	2.75
Meow Mix Tenders in Sauce	Salmon & Crab in Sauce	12	1.8	82	\$0.62	\$0.23	58	2.75
Meow Mix Tenders in Sauce	Tuna & Whole Shrimp in Sauce	12	1.8	82	\$0.62	\$0.23	62	2.75
Merrick Purrfect Bistro	Grammy's Pot Pie	10	5	81	\$2.48	\$0.45	170	5.5
Merrick Purrfect Bistro	Thanksgiving Day Dinner	10	5	81	\$2.48	\$0.45	170	5.5
Natural Balance Delectable Delights	Catatouille	10	1.5	83	\$1.88	\$0.75	60	2.5
Natural Balance Delectable Delights	O'Fishally Scampi	10	2	83	\$1.88	\$0.75	59	2.5
Natural Balance Delectable Delights	Purrfect Paella	10	1.5	83	\$1.88	\$0.75	58	2.5
Natural Balance Delectable Delights	Sea Brulee	10	2	83	\$1.88	\$0.75	60	2.5
Nulo Signature Stews	Chicken & Chicken Liver	11	3	83	\$2.19	\$0.78	69	2.8
Nulo Signature Stews	Chicken, Duck & Pumpkin	11	3	83	\$2.19	\$0.78	65	2.8
Nulo Signature Stews	Mackerel, Shrimp & Mussels	11	3	82	\$2.19	\$0.78	61	2.8
Nulo Signature Stews	Yellowfin Tuna & Crab	12	2	84	\$2.19	\$0.78	59	2.8
Purely by Fancy Feast	Flaked Skipjack Tuna	15.5	2	82	\$1.42	\$0.71	49	2
Purely by Fancy Feast	Salmon & White Meat Chicken	13.5	1.5	82	\$1.48	\$0.74	43	2

Brond	Variety	Protein:	Fat: 5% or	Moisture:	Cost per	Cost per	Calories	Can size
Brand		10% +	lower	80% +	can	oz	per can	(oz)
Purely by Fancy Feast	Seabass & Shrimp	15	2	82	\$1.40	\$0.70	49	2
Purely by Fancy Feast	Tender Tongol Tuna	15.5	2	82	\$1.26	\$0.63	48	2
Purely by Fancy Feast	White Meat Chicken	14.5	2	82	\$1.40	\$0.70	48	2
Purely by Fancy Feast	White Meat Chicken & Flaked Tuna	14	2	82	\$1.33	\$0.67	48	2
Purely by Fancy Feast	White Meat Chicken & Shredded Beef	14.5	2.5	82	\$1.32	\$0.66	50	2
Purina ONE	Chicken Recipe in Gravy	11	2	80	\$0.92	\$0.31	70	3
Purina ONE	Tuna Recipe in Sauce	11	2	80	\$0.92	\$0.31	70	3
Purina ONE	Turkey Recipe in Gravy	11	2	80	\$0.92	\$0.31	70	3
Solid Gold	Flavorful Feast Tuna & Sardine	10	4	80	\$1.83	\$0.61	90	3
Solid Gold Nature's Harmony	Chicken & Mackerel in Gravy	10	1.5	84	\$1.89	\$0.68	59	2.8
Stella & Chewy's	Salmon, Tuna & Mackerel	10	2	24	\$1.79	\$0.64	62	2.8
The Honest Kitchen	Minced Chicken	10	4	82	\$3.22	\$0.59	166	5.5
Tiki Cat Luau	Succulent Chicken (Puka Puka)	16	2.6	80	\$2.07	\$0.74	63	2.8
Tiki Cat Luau	Wild Salmon (Hanalei)	14	1.8	81	\$2.07	\$0.74	59	2.8
Tiki Cat Pate	Mackerel & Sardines in Broth	12	2	82	\$1.61	\$0.58	59	2.8
Tiki Cat Pate	Sardine & Lobster Consomme	12	2	82	\$1.61	\$0.58	72	2.8
Tiki Cat Pate	Sardines in Sardine Broth	12	2	82	\$1.61	\$0.58	72	2.8
Tiki Cat Pate	Tuna & Crab in Tuna Broth	12	2	82	\$1.61	\$0.58	74	2.8
Tiki Cat Pate	Tuna & Crab Surimi in Tuna Broth	12	2	82	\$1.61	\$0.58	74	2.8
Tiki Cat Pate	Tuna & Prawn in Tuna Broth	12	2	82	\$1.61	\$0.58	77	2.8
Tiki Cat Velvet Mousse	Chicken	12	5	80	\$1.99	\$0.71	79	2.8
Tiki Cat Velvet Mousse	Chicken & Egg	12	2	80	\$1.99	\$0.71	79	2.8
Tiki Cat Velvet Mousse	Chicken & Salmon	12	2	80	\$1.99	\$0.71	81	2.8
Tiki Cat Velvet Mousse	Salmon	12	2	80	\$1.99	\$0.71	80	2.8
Tiki Cat Velvet Mousse	Tuna & Chicken	13	2	80	\$1.99	\$0.71	75	2.8
Tiki Cat Velvet Mousse	Tuna & Mackerel	14	2	80	\$1.99	\$0.71	82	2.8
Wellness CORE Signature Selects	Skipjack Tuna & Salmon	10	3.5	85	\$2.25	\$0.80	70	2.8
Wellness CORE Signature Selects	Skipjack Tuna & Shrimp	10	3	85	\$2.25	\$0.80	68	2.8
The following foods are available	in varying larger sizes at a lower cost:				·	·		
BFF	Tuna & Bonito	12			\$1.83	\$0.33	128	5.5
BFF	Tuna & Chicken Chuckles	12	2		\$1.83	\$0.33	129	5.5
BFF	Tuna & Salmon Soulmates	12			\$2.75	\$0.28	229	10
BFF	Tuna & Tilapia Twosome	12	2		\$1.83	\$0.33	126	5.5
BFF	Tuna Too Cool	12	2	83	\$1.83	\$0.33	127	5.5
Fussie Cat	Tuna with Chicken	12	1.4	84.5	\$3.24	\$0.59	96	5.5
Stella & Chewy's Savory Shreds	Tuna & Mackerel	10	2	82.5	\$2.69	\$0.52	133	5.2

Brand	Variety	Protein:	Fat: 5% or	Moisture:	Cost per	Cost per	Calories	Can size
	variety	10% +	lower	80% +	can	OZ	per can	(oz)
Tiki Cat	Sardine Cutlets in Lobster (Bora Bora)	11	3	83	\$2.39	\$0.40	124	6
Tiki Cat	Mackerel & Sardine in Calamari (Makaha)	11	2	84	\$2.39	\$0.40	118	6
Tiki Cat	Sardine Cutlets (Tahitian Grill)	13	2	83	\$2.27	\$0.38	128	6
Tiki Cat	Seabass Recipe in Seabass Consommé	14	4.7	80	\$2.27	\$0.38	156	6
Tiki Cat After Dark	Chicken	12	2.2	83	\$3.49	\$0.63	111	5.5
Tiki Cat After Dark	Chicken & Beef	13	2.3	82	\$3.49	\$0.63	131	5.5
Tiki Cat After Dark	Chicken & Duck	12	2.4	82	\$3.49	\$0.63	125	5.5
Tiki Cat After Dark	Chicken & Lamb	13	2.3	82	\$3.49	\$0.63	125	5.5
Tiki Cat After Dark	Chicken & Pork	13	2.3	81	\$3.49	\$0.63	129	5.5
Tiki Cat After Dark	Chicken & Quail Egg	12	2.4	82	\$3.49	\$0.63	120	5.5
Tiki Cat	Wild Salmon (Hanalei)	14	1.8	81	\$3.28	\$0.55	125	6
Tiki Cat	Succulent Chicken (Puka Puka)	16	2.6	80	\$4.74	\$0.47	225	10
Tiki Cat	Tilapia in Tilapia Consomme (Kapi'Olani)	13	4.5	81	\$3.29	\$0.55	158	6
Tiki Cat Paté	Seabass	12	3.5	82	\$3.39	\$0.62	147	5.5
Tiki Cat Paté	Tilapia	12	3.5	82	\$3.39	\$0.62	147	5.5
Tiki Cat Paté	Wild Salmon	11.5	3	83	\$3.39	\$0.62	141	5.5
Tiki Cat Paté	Wild Salmon & Chicken	13	2.5	82	\$3.39	\$0.62	141	5.5
Weruva	Asian Fusion	12	1.6	83	\$2.39	\$0.43	120	5.5
Weruva	Green Eggs & Chicken	10	1.6	85	\$2.39	\$0.43	117	5.5
Weruva	Mack & Jack	12	1.7	82	\$3.92	\$0.39	220	10
Weruva	Marbella Paella	12	1.6	86	\$2.33	\$0.42	113	5.5
Weruva	Mideast Feast	12	1.5	84	\$3.50	\$0.35	218	10
Weruva	Outback Grill	10	1.4	85	\$2.33	\$0.42	104	5.5
Weruva	Paw Lickin' Chicken	10	1.4	85	\$3.99	\$0.40	192	10
Weruva	Polynesian BBQ	12	1.7	82	\$3.92	\$0.39	208	10
Weruva Cats in the Kitchen	Chicken Frick a Zee	10	2.5	85	\$3.54	\$0.35	237	10
Weruva Cats in the Kitchen	Funk in the Trunk	10	1.6	87	\$3.54	\$0.35	172	10
Weruva Cats in the Kitchen	Goldie Lox	10	1.6	87	\$2.29	\$0.38	111	6
Weruva Cats in the Kitchen	Kitty Gone Wild	10	1.6	83	\$3.12	\$0.31	186	10
Weruva Cats in the Kitchen	La Isla Bonita	10	1.6	83	\$2.25	\$0.38	118	6
Weruva Cats in the Kitchen	Lamb Burgini	10	2.5	83	\$2.99	\$0.30	247	10
Weruva Cats in the Kitchen	Splash Dance	10	2.5	83	\$2.25	\$0.38	146	6
Weruva Cats in the Kitchen	Two Tu Tango	10	1.6	85	\$2.25	\$0.38	114	6
Weruva Truluxe	Glam n' Punk	10	5	82	\$3.12	\$0.52	208	6
Weruva Truluxe	Honor Roll	10	1.6	86	\$3.12	\$0.52	110	6
Weruva Truluxe	Kawa Booty	10	1.4	85	\$3.12	\$0.52	112	6
Weruva Truluxe	Mediterranean Harvest	10	1.3	86	\$3.12	\$0.52	123	6

Brand	Variety	Protein:	Fat: 5% or	Moisture:	Cost per	Cost per	Calories	Can size
		10% +	lower	80% +	can	OZ	per can	(oz)
Weruva Truluxe	Meow Me a River	10	1.3	86	\$3.12	\$0.52	108	6
Weruva Truluxe	On the Cat Wok	10	1.3	86	\$2.83	\$0.47	99	6
Weruva Truluxe	Pretty in Pink	10	1.3	86	\$3.12	\$0.52	106	6
Weruva Truluxe	Quick n' Quirky	10	1.3	86	\$3.12	\$0.52	103	6
Weruva Truluxe	Steak Frites	10	1.3	86	\$3.12	\$0.52	124	6

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

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Chicken & Cheddar	10	2	80	\$0.79	\$0.26	71	3
Turkey & Cheddar	10	2	80	\$0.79	\$0.26	73	3
Whitefish & Cheddar	10	2	80	\$0.79	\$0.26	71	3
Salmon Feast in Gravy	11	2	80	\$0.79	\$0.26	70	3
Seafood Feast in Gravy	11	2	80	\$0.79	\$0.26	71	3
Tuna Feast in Gravy	11	2	80	\$0.79	\$0.26	70	3
Chicken	10	2	80	\$0.89	\$0.30	79	3
Chicken & Beef	10	2	80	\$0.89	\$0.30	81	3
Turkey & Giblets	10	2	80	\$0.89	\$0.30	75	3
Chicken in Gravy	10	2	82	\$0.72	\$0.13	126	5.5
Salmon & Beef in Sauce	10	2	82	\$0.72	\$0.13	123	5.5
Beef in Gravy	10	2	82	\$0.72	\$0.13	122	5.5
Chicken & Tuna in Gravy	10	2	82	\$0.72	\$0.13	124	5.5
Ocean Whitefish & Tuna in Sauce	10	2	82	\$0.72	\$0.13	119	5.5
Chicken & Cheese in Gravy	10	2	80	\$0.63	\$0.11	137	5.5
Chicken & Tuna in Gravy	10	2	80	\$0.63	\$0.11	139	5.5
Ocean Fish, Tuna & Cheese in Sauce	10	2	80	\$0.63	\$0.11	138	5.5
Turkey in Gravy	10	2	80	\$0.63	\$0.11	142	5.5
Salmon - cuts in gravy	10	4	82	\$1.08	\$0.42	30	2.6
Tuna - cuts in gravy	10	4	82	\$1.08	\$0.42	38	2.6
Turkey & Giblets	11	1.8	82	\$0.64	\$0.23	60	2.75
White Meat Chicken & Vegetable Entrée in	10	2	82	\$1.37	\$0.46	65	3
Adult Instinctive - Loaf in Sauce*	11	1.9	81	\$1.89	\$0.63	68	3
Adult Instinctive - Thin Slices in Gravy*	10.5	1.9	81.5	\$1.89	\$0.63	66	3
Beef Chunks in Gravy	11	2	80	\$0.79	\$0.26	77	3
Chicken Chunks in Gravy	11	2	80	\$0.79	\$0.26	80	3
Salmon Chunks in Gravy	11	3	80	\$0.74	\$0.25	75	3
Seafood Chunks in Gravy	11	3	80	\$0.74	\$0.25	74	3
Tuna Chunks in Gravy	11	2	80	\$0.74	\$0.25	70	3
	Turkey & Cheddar Whitefish & Cheddar Salmon Feast in Gravy Seafood Feast in Gravy Tuna Feast in Gravy Chicken Chicken & Beef Turkey & Giblets Chicken in Gravy Salmon & Beef in Sauce Beef in Gravy Chicken & Tuna in Gravy Ocean Whitefish & Tuna in Sauce Chicken & Cheese in Gravy Chicken & Tuna in Gravy Ocean Fish, Tuna & Cheese in Sauce Turkey in Gravy Salmon - cuts in gravy Tuna - cuts in gravy Turkey & Giblets White Meat Chicken & Vegetable Entrée in Adult Instinctive - Loaf in Sauce* Adult Instinctive - Thin Slices in Gravy* Beef Chunks in Gravy Chicken Chunks in Gravy Salmon Chunks in Gravy Salmon Chunks in Gravy	Turkey & Cheddar Whitefish & Cheddar Salmon Feast in Gravy 11 Seafood Feast in Gravy 11 Tuna Feast in Gravy 11 Chicken Chicken & Beef Turkey & Giblets Chicken in Gravy 10 Salmon & Beef in Sauce Beef in Gravy 10 Chicken & Tuna in Gravy 10 Chicken & Tuna in Gravy 10 Chicken & Cheese in Gravy 10 Chicken & Tuna in Gravy 10 Adult Instinctive - Loaf in Sauce* 11 Adult Instinctive - 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