



## Grain free (low carbohydrate/high protein) Food Data Sheet

Please visit these company's websites for detailed information.

Brand – Canned Food *	kcal count	Protein Source				
		Seafood	Poultry	Beef or Red Meat	Game	Egg Sources
Before Grain <i>(not meant for exclusive feeding)</i>	*	X	X	X	X	
Blue Buffalo Wilderness	*		X			
California Natural Salmon & Sweet Potato	*	X				
Evanger's	*	X	X	X	X	
Innova Evo	*	X	X	X		
Instinct	*		X	X	X	
Natural Balance LID Diets	*	X	X			
Newman's Own Grain Free	*			X		
Pinnacle	*	X	X			
Wellness Core or Wellness Grain Free	*	X	X			
Weruva	*	X	X	X		

**\*Canned foods usually range about 30-40 Calories (kcal) per ounce with little variance between brands. These are not ranked in order. Most cats need about one tuna sized can (5.5 oz) in a 24-hour period (if not eating dry food) for maintenance. This is about 200 calories.**

Dry foods are listed with Calories (kcal/cup) lowest to highest for your convenience.

Brand – Dry Food	kcal count	Seafood	Poultry	Beef or Red Meat	Game	Egg Sources
Taste of the Wild	390/cup	X	X		X	
Before Grain	406-409/cup	X	X			
California Natural Herring & Sweet Potato	418/cup	X				
Natural Balance LID Diets	449-452/cup	X	X			
Indigo Moon	450/cup	X	X		X	
Instinct	474-491/cup		X		X	
Wellness Core	536/cup	X	X			
Orijen	540/cup	X	X			X
Pinnacle	562/cup	X	X			
Blue Buffalo Wilderness	587/cup	X	X			
Innova Evo	612/cup	X	X			

**\*\*Most cats need about 200 Calories (kcal) per 24 hours\*\***

**Locations for purchase:** (Not all brands available at all stores. Call first for details.)

<b>Boise Area</b>	<b>Boise Area (con't)</b>	<b>Nampa/Caldwell</b>	<b>Star</b>
<i>Boise Co-op</i> 888 W Fort St. Boise, Id 83702 208-472-4506	<i>Bark N Purr</i> 618 E. Boise Ave. Boise, Id 83706 208-344-2688	<i>World of Nutrition</i> 314 Caldwell Blvd. Nampa, Id 83651 208-467-7505	<i>Kringle's Korner</i> 9888 W. State St Star, Id 83669 208-286-9227
<i>Petco</i> 179 N Milwaukee St. Boise, Id 83704 208-375-7971	<i>Flynn's Saddle Shop</i> 8633 W. State St. Boise, Id 83713 208-853-4095	<i>Farm/City Animal Supply</i> 5520 Franklin Nampa, Id 83687 208-318-0150	<b><u>Meridian/Eagle</u></b> <i>H3 Pet Foods</i> 1801 W. Cherry Ln. Meridian, Id 83642 208-898-0008
<i>Petco</i> 3548 S. Findley Ave Boise, Id 83705 508-344-1651	<i>Habitat</i> 3082 S. Bowen Way Boise, Id 83706 208-429-1818	<i>Jackie's Livestock/Pet</i> 21955 Middleton Rd. Caldwell, Id 83605 208-585-6331	<i>Northwest Pets</i> 3060 E. State St. Eagle, Id 83616 208-939-8119
<i>Regal Beagle</i> 118 E. 35 <sup>th</sup> St. Boise, Id 83714 208-345-1766	<i>Zamzows</i> Various locations throughout the Treasure Valley	<i>Petco</i> 16434 N. Market Pl. Nampa, Id 83651 208-467-3249	

When making a diet change, mix old food with new and gradually transition to new diet to prevent stomach upset.