





















Petstoreo

THE HIDDEN TRUTH ABOUT CAT CALORIES!

	Food	Quantity	Energy Intake (Kcal)	Daily energy Intake excess*	Equivalent in Mince Pies for humans** 
	Single cream	1 tablespoon	25 Kal	15%	
	Yoghurt	2 tablespoon	41 Kal	20%	
	Milk	100ml	58 Kal	28%	
	Creme fraiche	25g	96 Kal	46%	
	Tuna	25g	46 Kal	23%	
	Liver pate	43g	154 Kal	74%	
	Chicken	25g	42 Kal	21%	
	Ham	30g	48 Kal	25%	
	Cheddar cheese	30g	121 Kal	60%	

Petstoreo. Thank you to Royal Canin for the original idea. *Over and above the normal daily energy intake for a 4kg cat, this is quite a large cat!

**Equivalent number of 200 Kcal mince pies for a person on a 2000 Kcal diet.

2 Vets One Mission: Happy Healthy Pets

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