

## Cat Grass

*Drs. Foster & Smith Educational Staff*



Although cats are carnivores, they seem to have an occasional craving for live green plants. This may be because in the wild, carnivores ingest plant materials in the digestive tract contents of their prey.

A healthy diet for your cat includes a balance of highly digestible real meat, vitamin-rich vegetables, antioxidant-packed fruits, fatty acids, wholesome grains, and taurine. Fiber is included in many quality foods to aid digestion and to assist with weight control. If you observe your cat eating grass or other plants, it is not necessarily an indicator of a nutritional deficiency. Your cat may be simply satisfying a craving.

The interest in vegetation varies from cat to cat. Some do not seem to care for it, while others like to graze often. Because your lawn and landscaping plants, or those of your neighbors, are likely treated with pesticides, insecticides, and fertilizers, they should always be considered poisonous and off limits to your cat.

Without access to tender, young grass, cats will sometimes turn to indoor plants. Unfortunately, few owners will find the appearance of their house plants enhanced by cat "pruning," and some are poisonous. As owners have become more aware of the health benefits of maintaining an "indoor" lifestyle for their pet, they have found it advantageous to bring some of the outdoors in.

### **Home-grown cat grass is a safer option**

Growing ["cat grass"](#) indoors is an excellent option to satisfy your pet's needs. The [Kitty's Garden](#) includes an attractive pressed wood planter with wheat grass, rye, oat, and barley seeds, plus water-absorbing growing medium and liners. A variety pack of edible grasses gives cats a safe chewing outlet.

[Cat grass](#) grows fast and is easy to care for. It costs very little, and provides a renewable resource of enjoyment for your cat. A chemical-free, controlled source of fiber, indoor [cat grass](#) is a worry-free option.

Normally, the amount of grass consumed by a cat is small. Some cats, however, will over-eat grass, regardless of the type or where it is grown. If this occurs infrequently, it is not likely to be a problem. If the behavior persists, it may be an indicator of a physical problem that requires attention. If you observe frequent binge eating of grass, we recommend consulting with your veterinarian.



If your cat occasionally regurgitates after eating grass, it should not be a concern. For cleanups, you will find [OdorLogic® CleanAway](#) particularly effective for removal of grass stains on carpet.

### **Dietary supplements and digestive remedies**

In addition to providing cat grass, there are a number of other options you can use to ensure your pet has a complete diet and a healthy digestive tract:

- Vitamins are an important addition to any cat's diet. Providing a daily supplement is a great way to ensure your cat is receiving the nutrients it needs. [Lifestage Select® Premium Vitamins for Cats](#), for example, includes taurine, necessary for heart health, and fatty acids for healthy skin and coat. [Vitacaps®](#) promote healthy skin and a quality coat, and support the body's natural defenses.
- If your cat is chewing grass to aid digestion, consider use of [Acidophilus+ Digestive Tract Conditioner](#). Easy-to-use, this liquid adds "good bacteria" to your cat's digestive tract, the antioxidant Vitamin E, and the amino acid taurine to support healthy digestion.
- All cats must deal with hairballs. Often a tough process, there is no reason your cat should suffer. We offer very effective products that will help minimize the stress of passing existing hairballs, and, at the same time, support prevention of new ones. [Sentry Hairball Relief](#) aids in the prevention and elimination of hairballs. [Sentry Hairball Relief](#) is a delicious malt flavor gel.

[Cat grass](#) can be an attractive addition to your home, and a welcome [treat](#) for your cat, year around. Used as part of your overall dietary plan, along with vitamins and hairball remedies, cat grass can support your cat's health and comfort.