

## Is wet cat food healthier than dry food?

If you are a pet owner you must have thought about the type of food you should feed your cat. There are variety of food options available in the market like dry, moist and canned food that can easily make you feel overwhelmed. Hence choosing the right food which is healthy for your pet can be a laborious task. But no need to worry! Here in this blog post you will get all the information regarding wet and dry cat food along with their benefits. This will enable you to choose the best option for your four legged friend!

### Factor's to consider while choosing the cat food:

Cat's preference is considered as main factor while choosing the type of food. However there are some other [factors](#) that are important to consider as well.

- Weight of your cat
- Age of the cat (kitten/adult or senior)
- Nutritional profile of the food (complete or complementary)
- Overall health and presence of health condition (if any)
- Lifestyle (indoor or outdoor)
- Cost (economic or premium)

You can decide about feeding your cat wet food or dry kibble after considering the above mentioned factors and consulting to the vet. But to get better understanding the types of food here are some insights for you about canned and dry food.

### How wet cat food is different from dry food?

Wet and dry cat food differ at different levels. Here are some major dissimilarities between dry and wet cat food.

#### 1. Water content

The main difference between the two kind of foods is the [moisture level](#).

- Dry food consist of less than 14% water content
- Wet food has more than 60% of water content
- Semi-moist food has water content between 14% to 59%.

Wet food has higher amount of water content. On the other hand dry food has higher amount of dry matter which includes vitamins, fats, proteins, and carbohydrates.

## 2. The process of making

For manufacturing [Canned food](#) meat (fresh or frozen) is added to grains which are source of proteins. The meat and grains are blended and then water, minerals and vitamins are added. The blended food is put in the can which is then heat sterilized to kill pathogens and avoid contamination. The shelf life of canned food is longer than the dry food because it is sterilized at high temperature. But once the can is opened the wet food is more perishable than dry one.

Dry food or kibble is made by mixing wet and dry components together under high pressure and temperature. After that kibble is cut and then dried and cooled. Later on kibble is coated with fat to make it more palatable.

## 3. Nutritional profile

The nutritional profile of the wet and dry cat food is quite different. The dry cat food has higher amount of [carbohydrates](#) while proteins and fats in the canned food depend upon the type of diet.

<b>Dry cat food</b>	<b>Wet cat food</b>
Moisture content - 12%	Moisture content – 80%
Fiber content– 4.3%	Fiber content – 1.5%
Fat content – 8.5%	Fat content – 2.0%
Protein content – 38%	Protein content – 12%
Ash – 6%	Ash – 3%
Carb content – 31.2%	Carb content – 1.5%

Thus the dry food has high nutrition while wet food has high amount of water.

## What are benefits of wet cat food?

Cats when fed dry food concentrate their urine to preserve water instead of drinking more water that can lead to dehydration. Hence the best way to avoid dehydration in the cats is to feed them wet cat food. Wet cat food has so many advantages like;

### 1. Hydration:

Dry cat food has only [12%](#) moisture content and on top of that the feline food has high sodium content that leads to water retention. Due to their low thirst drive, cats are less likely to drink water. The situation can lead to dehydration which can cause several health complications. Thus it is better to feed canned food with [80%](#) moisture content so that it can fulfil the water requirement of your cat with food naturally.

### 2. Prevent urinary tract infections:

Dehydration causes different medical conditions like kidney stones, urinary tract infections and feline idiopathic cystitis. Wet food can prevent the occurrence of such conditions. Besides cats with certain health conditions like diabetes, kidney disease, or lower urinary tract infection need higher water intake which is possible through wet food.

### **3. Prevent constipation:**

Dehydration causes constipation which is the reason that when you feed wet food to your cat it helps to prevent occurrence of such condition.

### **4. Help in weight loss:**

The high water content in the canned food makes the cat feel full thus act as a catalyst in weight reduction. Water does not add to the calories therefore canned food provides low energy density which is around [0.8–1.5 kcal/g](#) while dry food provides [3–4 kcal/g](#).

### **5. Easy eating for kittens:**

Since young kittens have a sensitive stomach and very small teeth, it is easier for them to chew the wet food easily. Kittens have high energy demands because their weight increases twice or even thrice during the first few weeks of their life. Thus it is important that you feed dry food to your kitten four times a day or else combine dry food with wet food to fulfil their energy demands.

## **What are benefits of dry cat food?**

Dry cat food has its own fair share of benefits like;

### **1. No mess:**

Dry cat food is a no-mess food that is super convenient to use. From storing to feeding dry food is the cleanest option out there.

### **2. A safe food option:**

Dry food has low moisture content thus you can pour it in the bowl and leave it all day long it will be safe to eat for the cat. But since canned food has high moisture that lets bacteria to grow in it if left out for more than [4 hours](#). Dry kibble is also less perishable than the canned food. You can also keep dry kibble in airtight container and it will stay fresh.

### **3. Dental benefits:**

Around [70%](#) of cats suffer from dental diseases by the age of 3 which are rather easily preventable. Dry kibble cat food is better for the dental health than canned food. However, feeding only kibble diet doesn't solve the problem here. You need to follow complete dental care routine that includes daily brushing to prevent dental diseases.

#### **4. More economical:**

Dry cat food is cheaper than the canned one as it contains less meat, thus a preferable option for the cat owners with a tight budget. Another plus point is that you can leave dry food out for longer time freeze in the refrigerator though it will change the color of the food.

### **The great debate of which one is better?**

The biggest confusion for pet owners is about what to feed their cat. But why there is need to decide between one if you can feed your cat both the type of foods in combination. Not only cat will stay healthy while eating wet food but also it will enjoy the food when combined with dry kibble.

### **The ultimate solution: Combination food**

You can let your cat enjoy the benefits of both worlds then why limiting her to one option. You can feed combination of foods at one time or let the cat eat each type of food alternatively. However, you can mix both food formulas when they meet quality standards and the nutritional requirements of pet, according to [professional vets](#).

Every cat is different, so does its requirements. Hence, it is important to consult a vet before doing so. Pet owners prefer to mix wet and dry food because of several reasons.

- **It is more appetizing**

Cats love to eat a variety of food, hence they are more likely to enjoy their food when combined. Most of the time, cats like to eat wet food because of strong aroma and diverse texture. They get excited by even smelling it. You can use wet food to lure your cat into eating dry food which can fill her need of getting combination foods.

- **It is more pocket friendly**

Wet cat food is expensive than the dry one, that is why most of the pet owners stick to the dry kibble only. Combination of both dry and wet food enables your cat to get the goodness of both worlds while keeping the price affordable.

Your pet will get to enjoy a variety of food under a budget.

### **Ending thoughts**

The paradox here is that cats are carnivores and can happily survive on wet food alone. They don't really need carbohydrates which the dry food contains. But on the other hand, cats are nibblers at nature. They don't like to eat their food in one go, rather they take their time and eat

at the food in more than one sitting. But the problem here is that you cannot put wet food out for long as it goes bad real quick almost within four hours.

Then what is the solution? Well the solution lies in combination of wet food and dry kibbles. It is recommended to feed your cat both type of foods to get health advantages of both and keep your cat from getting bored of the same diet.