

Can Cats Eat Eggs? A Guide To Feline Nutrition And Dietary Safety



Article checked by a vet

As pet food experts, we often get asked questions like “can cats eat eggs?”, “can cats eat egg yolk?” and “can cats eat cooked eggs?”.

The short answer to this is yes, in moderation. Cats can eat egg yolk and whites, and provided they’re cooked and in small quantities, eggs can be a reasonably nutritious occasional treat as part of your cat’s diet.

In this guide, we’ll take a closer look at whether cats can eat eggs safely and how this can affect their long-term health.

Before we think about the question "Can cats eat eggs? ”We should consider whether or not they should eat eggs.

Are eggs good for cats?

Cats are obligate carnivores, meaning they rely on meat and animal products to survive. Eggs are a great source of protein and fat, and egg whites contain an abundance of beneficial nutrients like amino acids, vitamins, minerals, and healthy fats.

Eggs are great for cats, so long as they are not overfed. The eggs should also be cooked before being given to your cat, as raw eggs can carry health risks, such as Salmonella.

How much egg can a cat eat?

A whole egg contains about 80 calories, and according to the Global Nutrition Committee, an adult cat typically requires only 200–300 calories per day to stay healthy. Because of this, it’s important to be mindful of portion sizes and avoid feeding your cat an entire egg at once. Eggs should be offered sparingly, in small amounts (1-2 tablespoons), as an occasional treat once or twice a week rather than a regular part of their diet. An entire egg would be far too calorie-dense and could lead to unhealthy weight gain if given too often.

With this in mind, they should only be given as an occasional treat, cooked and in very small portions, rather than a regular staple of their diet.

Like with adult cats, eggs should never be a kitten’s primary source of protein. To ensure your kitten is getting all the nutrition they need to grow at a healthy rate, be sure to feed them consistent meals with nutritionally balanced kitten food, like Perfect Fit™ Junior cat food.

If you do decide to give eggs to your cat, it is essential that the eggs are cooked thoroughly to avoid the risk of your pet coming into contact with harmful bacteria.

While cats can eat raw eggs, and many will certainly try if they get the chance, this should always be avoided in the interest of their health.

However, with a high concentration of fat and protein, cooked eggs can be a great way to ensure they’re getting key nutrients in their diet, provided it is only offered as an occasional treat.

What type of eggs can cats eat?

Can cats eat cooked eggs?

Yes, cats can eat cooked eggs. These are actually a great source of protein and nutrients but should still be given sparingly due to their calorie-dense nature.

Can cats eat scrambled eggs?

Yes, cats can eat scrambled eggs in small amounts, so long as they are fully cooked and unseasoned.

Can cats eat boiled eggs?

Yes, as with many other cooked eggs, cats can eat boiled eggs in moderation.

Can cats eat fried eggs?

Yes, cats can eat fried eggs, so long as they are not a frequent mainstay in their diet. It’s also important to avoid any added salt, butter, oils, or seasoning if you intend to give any to your cat.

Can cats eat raw eggs?

No, cats should not be given raw eggs due to the potential risks of Salmonella and E. coli.

Can cats eat egg yolks?

Cats can eat egg yolks, but only if properly cooked, as an occasional treat.

Can cats eat eggshells?

Yes, cats can eat eggshells, though they are unlikely to, and it is not recommended. If you were to feed your cat eggshells, proper preparation is key, and the shells should be cleaned, boiled, dried, and ground into a powder before being added to your cat’s food. Eggshells can be an excellent natural source of calcium and minerals, but should still only be offered sparingly, if at all.

Are eggs dangerous for cats?

Like humans, raw eggs can give cats food poisoning and bacterial infections. Raw eggs also contain avidin, an enzyme that can interfere with a cat’s ability to absorb key vitamins. For these reasons, it’s important to make sure eggs are thoroughly cooked and served in small amounts whenever you’re giving them to your cat. Cats can eat scrambled eggs easily due to the softened texture, but there’s no major difference to how it will affect their nutritional health in terms of the way you cook them.

As cats can eat egg yolk and whites without issue, there’s no need to be overly cautious about separating the two.

When you’re giving scrambled eggs to your cat, we recommend cooking them for longer than you might for a human and avoiding making them overly runny.

While cats can eat raw eggs when given to them, this should be avoided to reduce the risk of bacterial infections. You should also avoid adding any extra ingredients you might put in your own eggs, for example, salt and garlic. While non-fussy cats can eat scrambled eggs with all your favourite trimmings, these could be harmful and probably won’t make the eggs any tastier for them anyway!

Portion Sizing

When considering the question “can cats eat eggs? We should remember that cats have much lower caloric requirements compared to humans, and it’s important to bear this in mind when you’re portioning up eggs to add to your cat’s food. An average 10-pound indoor cat only needs around 200 calories per day, a target amount that increases to a maximum of 300 if you have a particularly large indoor cat or an active outdoor cat. Other factors could affect the ideal portion size for your cat, so it’s best to consult a veterinarian for their advice.

While many cats can eat boiled eggs easily, remember that just one is roughly equivalent to eight eggs for humans. It’s recommended that you never serve more than half a small portion of a single egg to your cat in one sitting, that eggs are thoroughly cooked, and that they don’t become a part of their daily diet.

Excessive egg consumption can make your cat feel sick after eating, and can lead to obesity in the long term. For normal-sized cats, serving a tablespoon of cooked egg white is an ample amount to supplement the protein in their diet without overfeeding them.

Can cats eat eggs with an upset tummy?

High in protein and nutrients but low in fermentable carbohydrates, cats can eat cooked eggs as a good way to control gastrointestinal issues like vomiting and diarrhoea.

Diarrhoea in cats can be caused by a lot of things, including eggs and other foodstuffs. If your cat seems to have an upset tummy after eating eggs, this could also be caused by seasoning and other additives, a common issue seen with cat parents who feed their pets directly from their plate.

If you do plan to feed your cat eggs while they have an upset stomach, it's best to stick to plainly cooked eggs, perhaps opting only for egg whites, too. Introducing it to your cat slowly will allow you to monitor if or how it affects them. As always, avoid raw eggs entirely, as these can cause health issues due to the risks of Salmonella and E. coli.

Eggs are easily digestible and so can be eaten by cats even when they have an upset tummy. Scrambled or boiled eggs are best here, as long as they are properly cooked and unseasoned.

It's recommended that you consult your vet before introducing any kind of new food to your cat's diet, especially if they're prone to gastrointestinal issues.

Can cats be allergic to eggs?

Though it is not a common allergy, some cats can be allergic to eggs, so it's important to only give it in small amounts and to monitor your cat's behaviour after they've eaten.

Some common food allergy symptoms to be aware of include:

- Hair loss and patchy fur.
- Overgrooming in cats.
- Vomiting, diarrhoea, and other signs of gastrointestinal upset.
- Excessive scratching.
- Inflamed inner ears.

When to take your cat to the vets?

It’s important to know when to take your cats to the vet before making any changes to their lifestyle, just in case. The same is true of introducing eggs to your cat’s diet.

- Immediate symptoms such as facial swelling or uncontrollable vomiting are emergencies and will need immediate medical attention to ensure breathing isn’t restricted.

- Persistent symptoms, that is anything lasting over 48 hours, will also need the attention of a professional, though it is vital that you monitor your cat for those 48 hours, noting any symptoms they show.

- Bacterial contamination such as Salmonella may present symptoms similar to a severe digestive upset, so any vomiting or irregular behaviour, especially if your cat has eaten raw egg, should be taken seriously and presented to a veterinarian.

- If your cat does need medical attention, bring as much detail as you can of their symptoms to ensure they get the best possible care. It may also be worth bringing a stool sample to help the vet assess the issue in the case of ongoing symptoms.

If you’re planning to introduce eggs to your cat’s diet, it’s important to do this gradually alongside their normal food and to keep a close eye on any physical reactions after eating. If you notice any of the allergy symptoms listed above, you must book a consultation with your veterinarian and seek their advice as soon as possible.

Wrapping up

While eggs can be a tasty and nutritious addition to your cat’s diet, it’s important to remember there’s no single answer to the question “can cats eat eggs?” Always approach feeding your cat eggs with caution, serve it cooked and in moderation, as an occasional treat, and always seek the advice of a veterinarian if you’re unsure of anything.

For more help with giving your cat a healthy, balanced diet, be sure to check out our comprehensive guide on optimal nutrition for cat's immune system, and our range of nutritionally complete Perfect Fit™ Cat food. Complete and balanced cat food is tailored to the life stage and lifestyle of your cat or kitten and provides all of the nutrients they need in just the right amounts and ratios.

Frequently Asked Questions

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1. **Can kittens eat eggs?**

   While eggs aren’t especially harmful to most kittens, it’s important to note that junior cats don’t need as many calories as adult cats. The high-calorie content of eggs means that it can be easy to overfeed a kitten with eggs.

2. **Is egg allergy a concern for cats?**

   Though egg allergies are by no means common in cats, they’re not unheard of. Cats can eat boiled eggs and eggs prepared in any other way and suffer from an allergic reaction, even if you’ve fed them to your cat before with no issues.

3. **Are eggs OK for cats with diarrhoea?**

   Yes, eggs can be suitable for cats with diarrhoea. The easily digestible proteins in eggs can be gentle on the stomach. However, it's crucial to feed them plain, cooked eggs without any additives. Monitor your cat's response and consult with a vet for tailored advice on their specific condition.

4. **How to prepare an egg for a cat?**

   Cats are able to eat most kinds of egg, including scrambled, boiled, and fried, so it is up to you how to prepare it. The most important thing is that the egg is cooked.

5. **Can I give my cat scrambled eggs?**

   Yes, you can give your cats scrambled eggs as long as they are unseasoned and properly cooked.

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