

THE BENEFITS OF WET FOOD



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Including complete and balanced [wet food](#) in your cat's diet can have a positive impact on her overall well being. By the age of one, your cat is more susceptible to urinary health problems and weight gain, especially if neutered. One great way to help manage your cat's weight is to add wet food into your cat's diet as it contains about a quarter of the calories of dry food. This means you can give more meals for the same number of calories. And with higher moisture content, it's great for urinary tract health too - 2 pouches of wet food a day can satisfy 73% of her recommended daily water intake!

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