




POLLOCK RECIPE

NUTRIENT PROFILE BASED ON CALORIE CONTENT

Our Pollock Recipe is formulated to meet the nutritional levels established by the AAFCO cat food nutritional profile for adult maintenance. It is complete and balanced for adult cats using only whole foods. No synthetic vitamins or minerals are used.

Ingredients: Pollock, pork, spinach, pork liver, broccoli, carrots, eggs, mackerel, organic sprouted dried sunflower seeds, mussels, oysters, ground eggshell, omega 3 fish oil (sardine, herring, mackerel, anchovy), organic dried kelp.

Nutrient	Units per 1000 kcal ME	AAFCO Adult Maintenance Minimum	AAFCO Maximum	Pollock Recipe Value	Notes / Considerations
Crude Protein	g	65.0		161.33	
Arginine	g	2.60		10.46	
Histidine	g	0.78		5.36	
Isoleucine	g	1.30		7.64	
Leucine	g	3.10		13.15	
Lysine	g	2.08		13.55	
Methionine	g	0.50	3.75	3.74	
Methionine-cystine	g	1.00		6.45	
Taurine	g	.50		0.68	
Phenylalanine	g	1.05		6.94	
Phenylalanine-tyrosine	g	3.83		12.94	
Threonine	g	1.83		6.95	
Tryptophan	g	0.40	4.25	2.00	
Valine	g	1.55		8.63	
Crude Fat	g	22.50		45.41	
Linoleic acid	g	1.40	13.80	8.96	
Arachidonic Acid	g	.05		0.68	
Alpha-Linolenic (ALA)	g	Not Determined		0.44	
Eicosapentaenoic (EPA) + Docosahexaenoic acid (DHA)	g	Not Determined		2.40	
(Linoleic + Arachidonic): (ALA+EPA+DHA) ratio				3:1	Omega6:Omega3 ratio. In humans a ratio of 1:1 to 10:1 is considered ideal. Ideal ratios in cats are unstated by AAFCO.
Minerals					
Calcium	g	1.50		2.41	
Phosphorus	g	1.25		2.05	

CA:P Ratio				1.2:1	
Potassium	g	1.5		3.76	
Sodium	g	.50		0.82	
Chloride	g	.75		2.20	
Magnesium	g	.10		0.52	
Iron	mg	20.00		33.81	
Copper	mg	1.25		2.03 (as natural / organic copper)	Inorganic / synthetic copper supplements like copper sulfate and chelated copper (i.e. copper bound with an amino acid) may be associated with copper storage disease.
Manganese	mg	1.90		2.42	
Zinc	mg	18.80		18.92	
Iodine	mg	.15	2.25	0.42	
Selenium	mg	.08		0.30	
Vitamins					
Vitamin A	IU	833	83,325	33,040	
Vitamin D	IU	70.0	7,520	281.65	
Vitamin E	IU	10.0		19.78	
Vitamin C	mg	0		88.21	
Thiamine (B1)	mg	1.4		1.84	
Riboflavin (B2)	mg	1.0		4.71	
Pantothenic acid (B5)	mg	1.44		10.01	
Niacin (B3)	mg	15.0		46.95	
Pyridoxine (B6)	mg	1.0		1.98	
Folic Acid (B9)	mg	0.2		0.48 (as folate)	Folate is the natural form of vitamin B9 in food, while folic acid is a synthetic form.
Vitamin B12	mg	0.01		0.02	
Choline	mg	600		634.74	
Vitamin K1	mg	0.25		0.49	
Biotin	mg	0.02		0.17	
Antioxidants / Phytonutrients / Natural Compounds) (e.g. polyphenols, flavonoids, carotenoids, polysaccharides)					
		Not Required	Not Required		
Alpha-lipoic acid				✓	<p>These all-natural compounds are found in whole food ingredients like broccoli, spinach, carrots and eggs that are used in our recipes. These nutrients are not found in synthetic vitamins and minerals. This is one powerful reason why we use <i>only</i> whole foods in our recipes.</p> 
Beta-carotene				✓	
Chlorogenic acid				✓	
Coenzyme Q10				✓	
Ellagic acid				✓	
Fuoidan				✓	
Fucoxanthin				✓	
Indole-3-carbinol				✓	
Kaempferol				✓	
Lutein				✓	
MGDG and SQDG				✓	
Myricetin				✓	
Polyacetylene				✓	
Quercetin				✓	
Sulforaphane				✓	
Zeaxanthin				✓	

Note: a "kcal" on a cat food label is the equivalent of what is commonly referred to as a "calorie" on a human food label.