Catcentric

10	oz	Chicken, heart, all classes, raw
10	oz	Turkey, heart, all classes, raw
10	oz	Chicken, heart, all classes, raw
20	oz	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw
20	oz	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw
22	oz	Chicken, broilers or fryers, wing, meat and skin, raw
7.5	oz	Chicken, broilers or fryers, back, meat only, raw
7.5	oz	Game meat, rabbit, domesticated, composite of cuts, raw
6	oz	Chicken, liver, all classes, raw
6	oz	Chicken, gizzard, all classes, raw
6	oz	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw
6	oz	Beef, variety meats and by-products, kidneys, raw
20	oz	Game meat, rabbit, domesticated, composite of cuts, raw
25	oz	Turkey, retail parts, drumstick, meat and skin, raw
266	g	Chicken, broilers or fryers, drumstick, meat and skin, raw
386	g	Chicken, broilers or fryers, thigh, meat and skin, raw
229	g	Chicken, broilers or fryers, wing, meat only, raw
81	g	Chicken, broilers or fryers, skin only, raw
110	g	Chicken, broilers or fryers, wing, meat only, raw
47	g	Chicken, broilers or fryers, skin only, raw
25	g	Egg, whole, raw, fresh
3.75	oz	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone

1 whole chicken wing = 3.77 oz meat & skin
Additional chicken heart substituted for duck heart.
Chicken back meat substituted for "chicken ribs". Assumed chicken ribs are about 50% bone.
Used beef kidney for "kidney".
1 turkey drumstick = 12.5 oz (356 g) meat and skin
Used additional rabbit meat for "small rabbit bones with meat". Assumed 50% bone.
1 chicken quarter = 1 drumstick (133 g meat and skin) + 1 thigh (193 g meat and skin)
1 chicken drummette = ~53 g (48 % meat, 17% skin). 9 drummettes = 229 g meat, 81 g skin.
1 chicken wing minus drummette = ~39 g, 47% meat, 20% skin. 6 = 110 g meat, 47 g skin.
1 large, whole egg = 50 g
Sardines in tomato sauce, drained substituted for 'sardines'

Nutrient Analysis[a,b]

Moisture	73%	Carbs	0%	Weight	8505.9 g (18.8 lbs)	40	kcal/oz
Protein	20%	Fiber	0%	DM Weight	2326.1 g	5120	kcal/kg DM
Fat	7%	Ash	1%	Servings	42 @ 202.5 g	284	kcal/serving

AAFCO Adult Cat /kg DM

		min	max	units
Macro				
Protein	74	26		%
Fat	24	9		%
Carbs	0			%
Fiber	0			%
Ash	3			%
Minerals				
Calcium	0.05	0.6		%
Phosphorus	0.71	0.5		%
Ca:P	0.1:1			
Potassium	1.00	0.6		%
Sodium	0.27	0.2		%
Magnesium	0.07	0.04		%
Zinc	93	75	2000	mg
Iodine		0.35		mg
Selenium	0.91	0.1		mg
Iron	68.1	80		mg
Copper	4.2	5		mg
Manganese	1.09	7.5		mg
Fats				
LA	3.791	0.5		%
AA	0.433	0.02		%
GLA	0.006			%
ALA	0.089			%
EPA	0.033			%
DHA	0.062			%
DPA	0.027			%
Total n6	4.2			%
Total n3	0.2			%
n6:n3	20:1			

		min	max	units
Vitamins				
Vitamin A	10649	5000	750000	IU
Vitamin D	372	500	10000	IU
Vitamin K	0.02	0.1		mg
Vitamin E	12	30		IU
Thiamin	6	5		mg
Riboflavin	13	4		mg
Pantothenic acid	39	5		mg
Niacin	220	60		mg
Vitamin B6	20	4		mg
Folic acid	0.82	0.8		mg
Vitamin B12	0.12	0.02		mg
Choline	2004	2400		mg
Amino Acids				
Arginine	4.7	1.04		%
Histidine	2.5	0.31		%
Isoleucine	3.4	0.52		%
Leucine	5.9	1.25		%
Lysine	6.6	0.83		%
Methionine	1.9	0.62	1.5	%
Methionine &Cystine	2.7	1.10		%
Phenylalanine	2.9	0.42		%
Phenylalanine &Tyrosine	5.5	.88		%
Taurine		0.2		%
Tyrosine	2.6	0.88		%
Threonine	3.2	0.73		%
Trytophan	0.8	0.16		%
Valine	3.6	0.62		%

[a]Analysis data from USDA National Nutrient Database Release sr28.

[b]The minimum nutrient levels in the tables are minimum recommended allowances for commercial pet food, not minimum requirements or optimal intake levels.

Disclaimer: Analysis provided for educational and informational purposes only. It is an approximation only. True nutrient content may vary based on method of preparation, origin and freshness of ingredients, etc.The analysis was not prepared by nor reviewed by a trained nutrition professional.

Incomplete Nutrient Data by Ingredient

* - Nutrient data for the ingredient is not available

	Protein	Fat	Carbs	Water	Calcium	Phosphorus	Potassium	Sodium	Magnesium	Zinc	Iodine	Selenium	Iron	Copper	Manganese	Vitamin A	Vitamin D	Vitamin K	Vitamin E	Thiamin	Riboflavin	Pantothenic acid	Niacin	Vitamin B6	Folic acid	Vitamin B12	Choline	LA	AA	GLA	ALA	EPA	DHA	DPA	Arginine	Histidine	Isoleucine	Leucine	Lysine	Methionine	Phenylalanine	Taurine	Tyrosine	Threonine	Tryptophan	Valine
Chicken, heart, all classes, raw											*						*	*	*								*			*	*											*				
Turkey, heart, all classes, raw											*																															*				
Chicken, heart, all classes, raw											*						*	*	*								*			*	*											*				
Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw											*																			*												*				
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw											*																															*				
Chicken, broilers or fryers, wing, meat and skin, raw											*																															*				
Chicken, broilers or fryers, back, meat only, raw											*						*										*			*	*											*				
Game meat, rabbit, domesticated, composite of cuts, raw											*						*	*	*								*		*	*	*	*	*	*									*				
Chicken, liver, all classes, raw											*																															*				
Chicken, gizzard, all classes, raw											*						*										*								*	*	*	*	*	*	*	*	*	*	*	*
Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw											*																															*				
Beef, variety meats and by-products, kidneys, raw											*																*								*	*	*	*	*	*	*	*	*	*	*	*
Game meat, rabbit, domesticated, composite of cuts, raw											*						*	*	*								*		*	*	*	*	*	*									*				
Turkey, retail parts, drumstick, meat and skin, raw											*																			*	*											*				
Chicken, broilers or fryers, drumstick, meat and skin, raw											*																															*				
Chicken, broilers or fryers, thigh, meat and skin, raw											*																															*				

Incomplete Nutrient Data by Ingredient

* - Nutrient data for the ingredient is not available

	Protein	Fat	Carbs	Water	Calcium	Phosphorus	Potassium	Sodium	Magnesium	Zinc	Iodine	Selenium	Iron	Copper	Manganese	Vitamin A	Vitamin D	Vitamin K	Vitamin E	Thiamin	Riboflavin	Pantothenic acid	Niacin	Vitamin B6	Folic acid	Vitamin B12	Choline	LA	AA	GLA	ALA	EPA	DHA	DPA	Arginine	Histidine	Isoleucine	Leucine	Lysine	Methionine	Phenylalanine	Taurine	Tyrosine	Threonine	Tryptophan	Valine
Chicken, broilers or fryers, wing, meat only, raw											*																			*	*												*				
Chicken, broilers or fryers, skin only, raw											*																*			*	*												*				
Chicken, broilers or fryers, wing, meat only, raw											*																			*	*												*				
Chicken, broilers or fryers, skin only, raw											*																*			*	*												*				
Egg, whole, raw, fresh											*																																*				
Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone											*																			*	*												*				

Nutrient Contribution by Ingredient as Percent of Total

	Protein	Fat	Carbs	Water	Calcium	Phosphorus	Potassium	Sodium	Magnesium	Zinc	Iodine	Selenium	Iron	Copper	Manganese	Vitamin A	Vitamin D	Vitamin K	Vitamin E	Thiamin	Riboflavin	Pantothenic acid	Niacin
Chicken, heart, all classes, raw	3	5	23	3	3	3	2	3	3	9	0	1	11	10	10	0	0	0	0	3	7	8	3
Turkey, heart, all classes, raw	3	4	13	3	5	3	2	6	4	4	0	5	7	14	11	3	6	0	5	3	11	10	4
Chicken, heart, all classes, raw	3	5	23	3	3	3	2	3	3	9	0	1	11	10	10	0	0	0	0	3	7	8	3
Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	23	9	0	20	19	23	23	15	13	29	0	18	25	8	3	0	2	51	20	8	14	7	21
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	22	12	0	20	7	23	27	13	27	14	0	22	6	10	5	0	31	0	11	55	11	14	19
Chicken, broilers or fryers, wing, meat and skin, raw	6	14	0	7	6	5	5	8	6	3	0	5	2	2	3	1	4	0	21	2	2	4	7
Chicken, broilers or fryers, back, meat only, raw	2	2	0	3	3	2	2	3	3	2	0	1	1	1	2	1	0	10	2	1	1	3	3
Game meat, rabbit, domesticated, composite of cuts, raw	2	2	0	3	2	3	3	1	2	2	0	2	2	3	2	0	0	0	0	2	1	2	3
Chicken, liver, all classes, raw	2	1	14	2	1	3	2	2	2	2	0	4	10	8	17	76	0	0	6	4	10	12	3
Chicken, gizzard, all classes, raw	2	1	0	2	2	2	2	2	2	2	0	2	3	2	4	0	0	0	3	0	1	1	1
Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	2	1	0	2	1	2	2	1	3	1	0	2	0	1	1	0	0	0	5	1	1	3	3
Beef, variety meats and by-products, kidneys, raw	2	1	6	2	2	3	2	5	2	2	0	11	5	7	10	10	9	0	2	4	17	7	3
Game meat, rabbit, domesticated, composite of cuts, raw	7	6	0	7	7	7	8	4	7	4	0	6	6	8	6	0	0	0	0	4	3	5	8
Turkey, retail parts, drumstick, meat and skin, raw	8	9	0	8	6	6	6	10	9	10	0	7	5	6	2	2	15	0	7	3	7	8	7
Chicken, broilers or fryers, drumstick, meat and skin, raw	3	4	3	3	2	3	2	5	3	2	0	3	1	2	1	0	1	13	3	2	2	3	3
Chicken, broilers or fryers, thigh, meat and skin, raw	4	12	11	4	2	4	3	5	4	2	0	3	2	2	2	1	1	16	4	2	2	1	3
Chicken, broilers or fryers, wing, meat only, raw	3	1	0	3	3	2	2	3	3	2	0	2	1	1	2	1	1	0	2	1	1	2	3
Chicken, broilers or fryers, skin only, raw	1	5	0	1	1	0	0	1	1	0	0	0	1	0	1	1	2	5	0	0	0	1	1
Chicken, broilers or fryers, wing, meat only, raw	1	1	0	1	1	1	1	1	1	1	0	1	1	0	1	0	1	0	1	0	0	1	2
Chicken, broilers or fryers, skin only, raw	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	3	0	0	0	0	0
Egg, whole, raw, fresh	0	0	2	0	1	0	0	1	0	0	0	0	0	0	0	1	2	0	1	0	0	0	0
Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	1	2	6	1	23	2	2	7	2	1	0	2	2	3	9	1	24	1	8	0	1	1	1

Nutrient Contribution by Ingredient as Percent of Total (con't)

	Vitamin B6	Folic acid	Vitamin B12	Choline	LA	AA	GLA	ALA	EPA	DHA	DPA	Arginine	Histidine	Isoleucine	Leucine	Lysine	Methionine	Phenylalanine	Taurine	Tyrosine	Threonine	Tryptophan	Valine
Chicken, heart, all classes, raw	2	11	7	0	6	20	0	0	0	0	0	3	2	3	3	2	2	3	0	3	3	3	3
Turkey, heart, all classes, raw	3	0	13	8	6	6	8	13	1	1	4	3	2	2	2	2	3	3	0	2	2	3	2
Chicken, heart, all classes, raw	2	11	7	0	6	20	0	0	0	0	0	3	2	3	3	2	2	3	0	3	3	3	3
Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	24	4	10	24	3	6	0	3	4	1	25	27	28	26	27	28	26	26	0	27	28	26	26
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	28	0	3	22	7	6	0	11	0	0	0	23	28	24	23	23	23	24	0	24	23	21	24
Chicken, broilers or fryers, wing, meat and skin, raw	7	2	1	11	16	4	8	34	2	3	9	7	7	7	7	7	6	6	0	6	7	7	7
Chicken, broilers or fryers, back, meat only, raw	2	1	0	0	3	3	0	0	5	9	10	2	2	3	2	2	3	2	0	2	2	3	2
Game meat, rabbit, domesticated, composite of cuts, raw	2	1	5	0	2	0	0	0	0	0	0	2	2	3	2	2	2	3	0	3	3	3	3
Chicken, liver, all classes, raw	3	52	10	7	1	6	7	0	0	0	0	2	1	2	2	1	2	2	0	2	2	2	2
Chicken, gizzard, all classes, raw	0	0	1	0	0	1	3	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	3	1	0	3	1	1	0	1	1	0	2	2	2	2	2	2	2	2	0	2	2	3	2
Beef, variety meats and by-products, kidneys, raw	2	9	17	0	1	4	7	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Game meat, rabbit, domesticated, composite of cuts, raw	6	2	15	0	6	0	0	0	0	0	0	6	5	7	6	7	6	7	0	7	7	8	7
Turkey, retail parts, drumstick, meat and skin, raw	5	2	5	11	13	8	0	0	3	3	11	7	6	5	7	7	8	7	0	7	7	8	5
Chicken, broilers or fryers, drumstick, meat and skin, raw	2	0	1	3	5	3	19	10	1	1	4	3	2	3	3	3	3	3	0	3	3	3	3
Chicken, broilers or fryers, thigh, meat and skin, raw	3	1	1	4	14	4	46	27	2	2	6	4	3	4	4	4	4	4	0	4	4	3	4
Chicken, broilers or fryers, wing, meat only, raw	3	0	0	3	1	3	0	0	3	8	11	3	3	3	3	3	3	3	0	3	3	3	3
Chicken, broilers or fryers, skin only, raw	0	0	0	0	6	1	0	0	2	2	1	1	0	0	0	0	0	1	0	0	1	0	1
Chicken, broilers or fryers, wing, meat only, raw	1	0	0	2	1	1	0	0	1	4	5	1	1	2	1	1	1	1	0	1	1	1	1
Chicken, broilers or fryers, skin only, raw	0	0	0	0	3	0	0	0	1	1	1	0	0	0	0	0	0	0	0	0	0	0	0
Egg, whole, raw, fresh	0	1	0	2	0	0	2	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	0	1	3	2	0	3	0	0	73	64	10	1	1	1	1	1	1	1	0	1	1	1	1

Analysis provided by Nutricomp (2016).

Analysis data was obtained from USDA National Nutritional Database Release sr27.

The minimum nutrient levels in the tables as per AAFCO are minimum recommended allowances for commercial pet food, not minimum requirements or optimal intake levels.

The USDA National Nutritional Database Release sr27 does not track iodine or taurine.

The analysis as provided does not include the nutrient contribution of crickets.

Vitamin K does not need to be added / supplemented unless the diet contains more than 25% fish (on a dry matter basis).

The Nutrient Requirement of Dogs and Cats (the information on which the AAFCO based the minimum and maximum nutrient guidelines) indicates that naturally-occurring methionine in meat is peptide-bound and thus "less toxic than that provided in the free form [supplemented]. Thus, it is unlikely that cats eating natural prey would exceed the safe upper limit for methionine." Diets based on the prey model, or diets that are primarily animal-tissue based will always exceed the AAFCO safe upper limit for methionine. Methionine toxicity studies were conducted with supplemented (free-form) methionine and were not based on naturally occurring methionine in meat/organ-based diets.