Can Cats Eat Eggs?

Categories: Tips

Yes, they can. For us humans, eggs are an exceptional source of protein, essential amino acids, minerals and vitamins – the same goes for cats.

If your cats are anything like ours, they love a 'human' meal more than they love cat food. Whenever dinner's served you can always find them sneaking around under the dining table for scraps and morsels of deliciousness.

Although not every food will be suitable for a cat's diet—when it comes to eggs—their feline senses are right on the mark. Eggs can be a delicious, healthy addition to your cat's diet as well as your own. Every part of the egg, eggshell included, can be consumed by cats for nutritional benefit.

Eggs are readily available, highly bioavailable, and a complete food source for humans. Those same benefits translate over to cats as well, making eggs an inexpensive, nutritional, and easily digestible cat food.

So how do you serve eggs to cats? Over toast with a fancy knife and fork of course! Keep reading to learn how to prep eggs for your furry feline.

How To Feed Eggs To Your Cat

Eggs should be always be cooked before serving to your cat. Cook or boil the eggs as-is without oil, butter, salt, or any other additives.

We suggest making scrambled eggs, as it's much easier for your cat to digest and can provide quick access to the protein cats need for maintaining lean muscle and energy. But again, keep them plain.
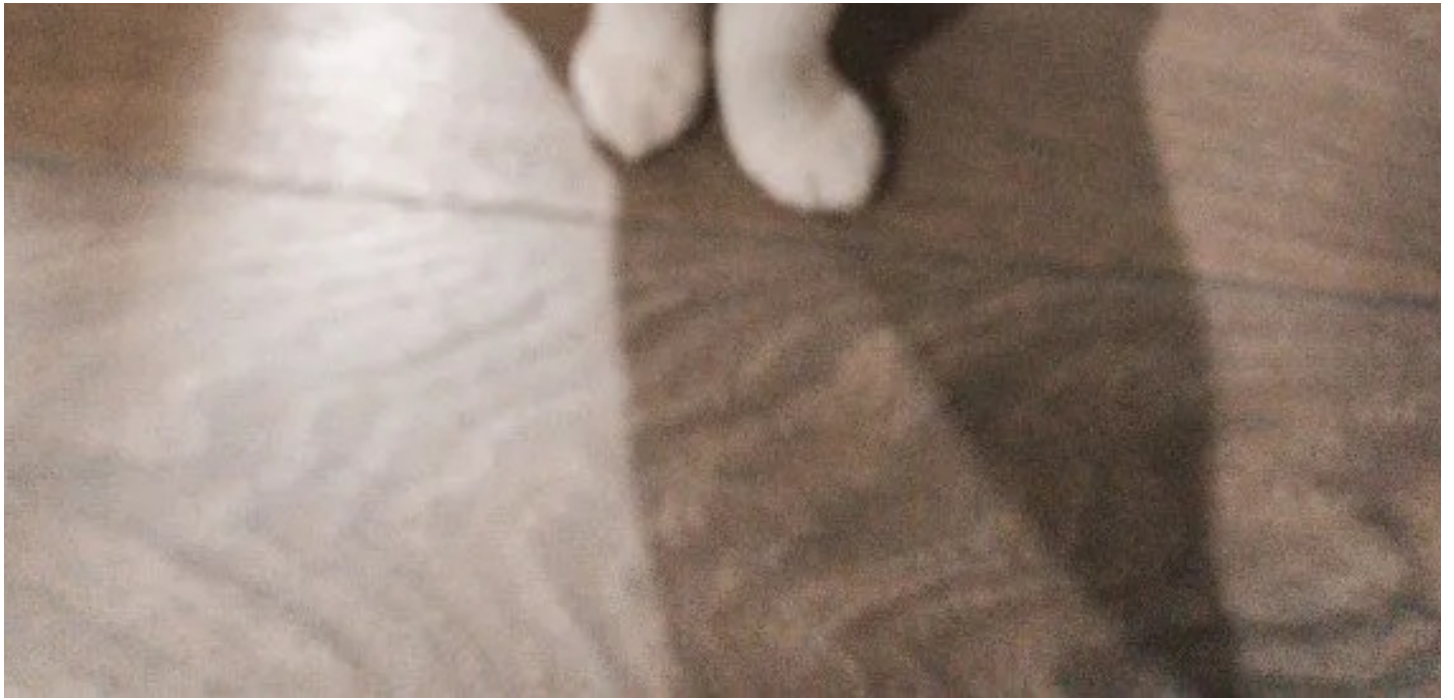
Are Eggs Good For Cats?

Eggs are not only a perfectly safe food source for cats – they offer much in the way of nutritional benefits. Aside from being rich in protein, eggs are also a great source of linoleic acid, Vitamin B2 and B12 and water-soluble Vitamin A – all of which are wonderful for your cat's skin and coat.

Can I Feed My Cat Raw Eggs?

No. We do not recommend feeding raw or undercooked eggs to your cat. The safest way to serve eggs to cats is to ensure they are always cooked. Stick with boiled, scrambled or fried eggs.

Just like humans, cats share the same potential risks in contracting Salmonella if consuming raw or undercooked foods.

How Many Eggs Can A Cat Eat?

It's widely recommended that most cats should not be given more than one full egg per day. Eggs should never be the sole source of protein for your cat, much like cat food contains other much-needed nutrients for a healthy, balanced diet. Think of them more like a treat.

To determine exactly how many eggs you can feed your cat, it's best to consult with your local veterinarian. A safe serving size of eggs for your cat will depend on a variety of factors, including:

- Age
- Size
- Breed
- Activity level
- Existing medical conditions

Are Eggshells Good For Cats?

Yes, they are. In fact, a boiled egg is a great meal for a cat, shell included. However, always be sure to break the egg up a little first to ensure it's not a choking hazard.

Eggshells are filled with calcium, so they can be a great source for increasing bone density within our leaping and bounding felines. For safety though, always ensure the shells have been cooked/boiled first, as raw eggshells can still pose a salmonella risk.

Once boiled, simply grind up the shells up and sprinkle, or stir them through your cat's food.

A Nutrient-Rich Food Source

Eggs are one of the most nutrient-rich whole foods available for consumption. If you're looking for an inexpensive, occasional alternative for a food fussy feline, add eggs to their daily meal. They might start enjoying them so much that they'll stop nagging you at dinnertime!

If you're wondering whether eggs are good for dogs too, keep reading here.