

Maine Coon Diet: Feeding Chart by Age & Essential Supplements

Meta Description: Learn what Maine Coon cats need in their diet, proper feeding guidelines by life stage, and how natural supplements can support their health needs.



Alt text: Image of a Maine Coon cat.

Key Takeaways

- Maine Coons need more calories than average cats due to their larger size, with adult males needing up to 600 calories daily, depending on weight and activity level.
- A proper Maine Coon feeding schedule should be adjusted by age, with kittens needing 4–6 small meals daily, while adults do well with 2–3 meals.
- High-quality protein should make up at least 50% of a Maine Coon's diet to support their muscular development and overall health.
- Maine Coons are susceptible to specific health issues like hypertrophic cardiomyopathy and hip dysplasia, which can be managed with proper nutrition and supplements.
- [Bailey's CBD](#) complete cat wellness collection supports your Maine Coon's comfort, joint health, and overall well-being alongside proper nutrition.

Why Maine Coon Cats Need Special Nutrition

Maine Coons stand apart from regular domestic cats in several ways that directly impact their dietary needs.

As one of the largest domestic cat breeds, they have more muscle mass to maintain and can weigh up to 18 pounds for males and 12 pounds for females—sometimes even more. This larger body size translates to higher caloric requirements compared to average-sized cats.

Beyond their impressive size, Maine Coons experience a unique growth pattern. While most cats reach full size around 12 months, Maine Coons continue developing until they're 3–5 years old. This extended growth period needs consistent nutritional support through various life stages to support proper development without putting strain on their bodies.

Also, Maine Coons are particularly active and playful cats that maintain kitten-like behavior well into adulthood. Their energetic nature means they burn more calories during daily activities than more sedentary breeds. Providing adequate energy through proper nutrition helps support their natural behaviors while preventing unhealthy weight gain.

Bailey's CBD: Natural Support for Your Pet's Wellness *Veterinarian-Formulated | USDA Organic Hemp | Lab-Tested*

Bailey's Is The Bark Of The Town!

★★★★★

It really helps!

"This is the second time we've gone to Bailey's for help for calming CBD chews for our 17 year old Carolina dog. And for the second time what we considered to be somewhat of a Hail Mary has worked. **She is much calmer at night** and sleeping through it, and as a result is more active in the day."

Bruce D.

★ Trustpilot ✓ Verified Customer Review



Calming CBD Yummies!

★★★★★

Excellent Product

"These help my dog find his inner Zen! **He loves the taste**, and they seem to help significantly with calming him when we need him to be a bit more chill. They are a go-to for grooming appointments."

Paige S.

yotpo. ✓ Verified Customer Review



Calming CBD Yummies!

★★★★★

They Really Help Calm

"Bertha thrives on Bailey's CBD dog, especially the Calming CBD Yummies. They really do help calm her just enough for car ride stress. **Less panting, less shaking**. And you can tell she's still feeling good and herself. It doesn't drug her like other options out there for calming."

Heather A.

yotpo. ✓ Verified Customer Review



Calming CBD Yummies!

Tailored Wellness Options:

- **Calming Support Chews & Oil:** Peanut butter-flavored soft chews that promote calmness during thunderstorms, travel, or separation – without causing drowsiness.
- **Hip & Joint Formula:** Support your aging or active pet's mobility with our grain-free formula combining full-spectrum hemp extract with joint-supporting ingredients.
- **"No More Itchies" Probiotic Chews:** Bacon-flavored soft chews that help maintain healthy skin and digestive balance for pets with seasonal sensitivities.

Why Pet Parents Choose Bailey's:

- ✓ Single-source USDA organic hemp from Boulder, CO
- ✓ Subcritical CO₂ extraction for cleaner, high-quality CBD
- ✓ Full-spectrum formula (not isolate) for enhanced effectiveness

- ✓ Non-psychoactive (<0.3% THC)
- ✓ Backed by Dr. Robert J. Silver, DVM
- ✓ Third-party lab tested for heavy metals and pesticides (QR code on each package)
- ✓ Free from fillers, chemicals, and harmful additives
- ✓ Licensed by the Department of Health for added oversight
- ✓ 4.5 TrustScore from 1,533+ verified reviews on Trustpilot

Find Your Pet's Perfect Formula:

We offer multiple potencies for different sizes and needs – from tiny companions to gentle giants – ensuring the right support for every furry family member. Your satisfaction and your pet's wellness are our priority.

[SHOP BAILEY'S CBD COLLECTION →](#)

Maine Coon Feeding Chart by Age



Caption: Unlike smaller breeds that reach maturity around 12 months, Maine Coons continue growing until 3–5 years of age. This unique growth pattern requires adjusting both the amount and type of food as they develop.

Alt text: Image of a Maine Coon cat.

Kitten Stage (2–12 Months): Daily Feeding Guide

Maine Coon kittens experience rapid growth and development during their first year, needing calorie-dense nutrition to support healthy development. During this critical period, kittens need significantly more calories per pound of body weight than adult cats.

Free-feeding is often recommended for Maine Coon kittens under six months, allowing them to eat small amounts frequently throughout the day.

After six months, transitioning to a more structured feeding schedule with 4–6 small meals daily helps establish healthy eating patterns while providing adequate nutrition. This approach prevents overeating while supporting their high energy needs.

Maine Coon Kitten Feeding Chart (2–12 Months)

Age	Weight Range	Daily Calories	Meals Per Day	Food Type
2–3 months	2–4 lbs	200–250	Free-feeding or 6 small meals	Kitten food (high protein)
4–6 months	5–7 lbs	250–300	4–6 small meals	Kitten food (high protein)
7–9 months	7–10 lbs	300–350	3–4 meals	Kitten food (high protein)
10–12 months	10–14 lbs	350–400	3 meals	Kitten food, beginning transition to adult formula

Adult Maine Coon Diet (2–7 Years): Calorie Needs by Weight



Caption: Adult Maine Coons benefit from structured feeding schedules that help maintain their ideal weight while supporting their substantial muscle mass.

Alt text: Image of a Maine Coon cat.

Adult Maine Coons need carefully calibrated nutrition to maintain their impressive physique without gaining excess weight. During these prime years, your Maine Coon's metabolic rate stabilizes, and their nutritional needs shift from supporting growth to maintaining optimal health.

Caloric requirements vary significantly based on weight, activity level, and whether your Maine Coon has been spayed or neutered. Males weigh between 12–18 pounds, while females range from 8–12 pounds, with some exceptional individuals weighing more while remaining healthy.

Adult Maine Coon Daily Feeding Chart (2–7 Years)

Weight	Activity Level	Daily Calories	Wet Food (oz)	Dry Food (cups)
8–10 lbs	Low	280–320	7–8	1/2 – 2/3
10–13 lbs	Average	350–400	9–10	3/4 – 7/8
13–16 lbs	Active	450–500	11–12	1 – 1 1/8
16–20+ lbs	Very Active	550–600	13–14	1 1/4 – 1 1/3

Senior Maine Coon Nutrition (8+ Years): Adjusted Feeding Chart

As Maine Coons enter their senior years around age 8, their nutritional needs change significantly. Their metabolism slows by 20–30%, meaning they need fewer calories to maintain a healthy weight.

Without dietary adjustments, senior Maine Coons easily become overweight, placing additional stress on their joints and organs. Most senior Maine Coons need approximately 50–60 calories per kg of body weight, which is about 20% less than during their prime adult years.

Senior-specific formulas often contain higher levels of easily digestible protein to counteract age-related muscle loss without taxing the kidneys. These formulas feature adjusted phosphorus levels to support kidney function, increased antioxidants for cellular health, and added glucosamine and chondroitin for joint support.

Essential Supplements for Maine Coon Health



Caption: The large size and unique physical characteristics of Maine Coons create specific nutritional demands that sometimes need additional support beyond standard cat food.

Alt text: Image of Maine Coon cats.

Joint Support Supplements

Joint supplements become particularly important for Maine Coons due to their large size and weight, which naturally places more stress on their joints.

Many owners begin supplementation around 2–3 years of age as a preventative measure, especially in cats from bloodlines with known hip dysplasia or joint issues. These supplements work most effectively when started before joint problems become apparent.

Some key joint support nutrients are:

- **Glucosamine (500–1000 mg daily)** – Supports cartilage maintenance and repair
- **Chondroitin sulfate (200–400 mg daily)** – Works with glucosamine to support joint health
- **MSM (250–500 mg daily)** – Helps reduce inflammation and supports connective tissue
- **Green-lipped mussel extract** – Natural source of glycosaminoglycans for joint health
- **CBD** – Supports overall wellness and joint health by acting on your cat's cat's endocannabinoid system

Omega Fatty Acid Supplements

Omega-3 fatty acids play a crucial role in maintaining a Maine Coon's lustrous coat, reducing inflammation, and supporting heart and brain function.

The recommended dosage ranges from 100–300 mg combined EPA and DHA daily, depending on your cat's size and specific needs. Fish oil remains the most common and effective source.

Maine Coons benefit from omega fatty acid supplementation due to their thick, water-resistant double coats that need additional nutritional support to maintain optimal condition. Regular supplementation can reduce shedding, prevent dry skin, and minimize hairball formation, which is a common issue in long-haired breeds.

Taurine Supplementation



Caption: Adequate taurine supplementation may help support heart health in Maine Coons, who are predisposed to certain cardiac conditions.

Alt text: Image of a Maine Coon.

Taurine is an essential amino acid that cats cannot synthesize in sufficient quantities, making dietary sources crucial.

For Maine Coons, adequate taurine is particularly important due to their genetic predisposition to hypertrophic cardiomyopathy (HCM). While quality cat foods contain added taurine, some Maine Coon owners provide additional supplementation as a preventative health measure.

This essential nutrient supports heart muscle function, vision, digestion, and immune system health—all areas where Maine Coons may have breed-specific concerns.

Support Your Maine Coon's Health with Bailey's CBD



Caption: [Bailey's CBD](#) complete cat wellness collection offers natural support that works alongside proper nutrition to promote overall comfort and balance.

Alt text: Bailey's CBD Oil For Cats.

- [CBD Oil for Cats](#) – May help support overall balance and comfort for your gentle giant's daily wellness needs.
- [Calming CBD Cat Chews](#) – Chicken and cheese flavored support for stressful situations like vet visits, grooming, or travel.
- [CBD Pet Shampoo](#) – Perfect for maintaining your Maine Coon's magnificent coat with 300MG CBD plus nourishing ingredients like organic aloe, avocado oil, and colloidal oatmeal.

Here's what makes Bailey's CBD perfect for Maine Coons:

- **Gentle, effective formulations** - All products are designed with sensitive cats in mind.
- **Premium quality** - Single-source USDA organic hemp processed using subcritical CO₂ extraction that omits any harmful solvents to get CBD with consistent quality.
- **Complete safety testing** - Third-party [lab tested](#) for heavy metals and pesticides.
- **Licensed oversight** - Department of Health licensed for your peace of mind.

Just as you provide premium nutrition to support your Maine Coon's substantial frame and extended growth period, our commitment to quality means you can trust our complete wellness approach for your majestic companion.

[Shop Bailey's CBD Now!](#)

Frequently Asked Questions (FAQs)

How much should an 8-month-old Maine Coon kitten eat daily?

An 8-month-old Maine Coon kitten needs approximately 300–350 calories daily, depending on their current weight and activity level. Most kittens this age weigh between 8–10 pounds and should receive about 80–90 calories per kilogram of body weight.

This translates to approximately 3–4 ounces of high-quality wet food plus 1/3 to 1/2 cup of kitten kibble, divided into 3–4 meals throughout the day. The exact amount should be adjusted based on your kitten's growth rate and body condition.

Can Maine Coons eat a raw food diet safely?

Maine Coons can thrive on properly prepared raw diets, which many owners believe better matches their natural evolutionary diet. A balanced raw diet includes 80–85% muscle meat, 5–10% organ meat (half should be liver), and 5–10% edible bone.

However, raw feeding requires careful attention to food safety, nutritional balance, and proper handling. Many veterinarians recommend commercially prepared raw foods that undergo pathogen testing and are formulated to meet nutritional guidelines.

How can I tell if my Maine Coon is allergic to their food?

Food allergies in Maine Coons manifest through skin symptoms like itching, excessive grooming, hair loss, and recurrent ear infections. Gastrointestinal signs may include vomiting, diarrhea, or frequent hairballs.

Some cats develop both skin and digestive symptoms simultaneously. The most common allergens for cats include beef, dairy, fish, chicken, and wheat, though Maine Coons can potentially develop sensitivities to any protein they're repeatedly exposed to over time.

Should I feed my Maine Coon differently than my other cat breeds?

Yes, Maine Coons generally need different feeding approaches compared to smaller cat breeds due to their size, growth pattern, and breed-specific health considerations.

They need more calories per day than average cats, benefit from diets higher in quality protein, and require nutritional support for their joints and heart health.

Also, their extended growth period means they may benefit from kitten formulas for longer than other breeds before transitioning to adult maintenance foods.

How can natural supplements like CBD support my Maine Coon's wellness?

[Bailey's CBD](#) complete cat wellness collection helps support your Maine Coon's overall wellness and comfort. Our CBD Oil for Cats may promote balance through the endocannabinoid system, while our Calming CBD Cat Chews can support calmness during stressful situations. For Maine Coons with their magnificent coats, our CBD Pet Shampoo combines 300MG of CBD with natural ingredients to support healthy skin and fur.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.