

Bengal Cat Diet: Chart, Recipes & Best Supplements

Meta Description: Learn what Bengal cats need in their diet, proper feeding guidelines by life stage, and how natural supplements help support their active lifestyle.



Alt text: Image of a Bengal cat.

Key Takeaways

- Bengal cats need high-protein diets due to their active nature and carnivorous physiology.
- They also do best with minimal carbohydrates to support their digestive health.
- These cats have specific nutrient needs at different life stages—kittens need more calories while seniors require joint support.
- Raw and homemade diet options can work when properly balanced with essential nutrients like taurine.
- [Bailey's CBD Oil for Cats](#) and [Calming CBD Cat Chews](#) help support your Bengal's overall wellness as part of a complete nutrition plan.

Bengal Cat Nutrition Needs: Why They're Different

Bengal cats stand out with their striking appearance, but their wild ancestry creates unique dietary needs that set them apart from regular house cats.

As descendants of Asian leopard cats, Bengals keep a higher activity level and metabolism that calls for specialized nutrition planning. Their diet needs to match their natural evolutionary needs as obligate carnivores while supporting their energetic lifestyle and lean build.

Many Bengal owners don't realize these cats process nutrients differently from other breeds. They need nutrition that works with their digestive system and athletic build. With proper feeding, you'll see better coat quality, steady energy levels, and fewer digestive problems—all signs of a well-fed Bengal.

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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!

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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.
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- **"No More Itchies" Probiotic Chews:** Bacon-flavored soft chews that help maintain healthy skin and digestive balance for pets with seasonal sensitivities.

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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.

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Complete Bengal Cat Diet Chart by Life Stage

Bengal cats have different nutritional requirements as they move through life stages. Kittens need growth-supporting nutrients, adults need maintenance nutrition, and seniors require adjusted formulations to support aging bodies.



Caption: Bengal cats require different nutritional formulations at each life stage.

Alt text: Image of a Bengal Cat.

Kitten Bengal Nutrition (2–12 Months)

Bengal kittens aged 2 to 12 months require a nutrient-rich diet to support their rapid growth and development. Their food should contain 35–50% protein from high-quality animal sources such as chicken, turkey, or rabbit to promote muscle development.

Fat content should be between 18–35%, sourced from poultry fat and fish oil, which aids brain development and provides essential energy. It's important to ensure an appropriate

calcium-to-phosphorus ratio through quality kitten foods for healthy bone growth. Additionally, DHA from fish oil is essential for cognitive development during this critical stage.

Bengal kittens have high energy levels and small stomachs, so they require frequent meals—typically 3 to 4 times daily—to support their rapid growth and active nature. Starting with small, balanced portions helps prevent overeating while ensuring they receive adequate nutrition for development.

As they mature, feeding frequency can gradually decrease to 2 to 3 meals a day, adjusting portion sizes based on activity levels and growth. Establishing a consistent feeding schedule helps maintain healthy digestion and energy throughout the day, promoting a strong, healthy Bengal kitten.

Nutrient	Requirement	Food Sources	Benefits
Protein	35–50% (minimum)	Chicken, turkey, rabbit	Muscle development, growth
Fat	18–35%	Poultry fat, fish oil	Brain development, energy
Calcium/Phosphorus	Proper ratio	Quality kitten foods	Bone development
DHA	Essential amount	Fish oil, quality foods	Cognitive development

Adult Bengal Feeding Guide (1–7 Years)

Adult Bengals need about 20–25 calories per pound of body weight daily. This amounts to roughly 160–250 calories daily for the average adult Bengal, depending on activity level and metabolism.

Unlike regular domestic cats, Bengals maintain high activity levels throughout adulthood, requiring consistent protein intake and sufficient calories to fuel their playful nature. The ideal feeding schedule for adult Bengals consists of 2–3 meals daily rather than free-feeding. This matches their natural hunting patterns and helps prevent obesity while supporting their high metabolism.

Many Bengal owners find that a combination of high-quality wet food supplemented with appropriate components provides optimal nutrition while staying convenient. Regardless of diet type, fresh water should always be available, preferably from a flowing source as Bengals often prefer running water.

When selecting commercial foods for adult Bengals, choose options with named meat sources as the first several ingredients, minimal carbohydrates, and no artificial preservatives or colors. Also, look for foods listing specific proteins like "chicken" or "turkey" rather than generic "meat meals" or by-products.

Senior Bengal Diet Adjustments (8+ Years)

As Bengals reach their senior years, around age 8–10, their nutritional needs shift to accommodate changing metabolism and potential health concerns.

Protein requirements stay high, but caloric density often needs reduction to prevent weight gain as activity naturally decreases. However, unlike many senior cat foods that reduce protein, Bengal seniors still need high-quality protein sources to maintain muscle mass.

Joint support becomes increasingly important in aging Bengals. Adding natural sources of glucosamine, chondroitin, and cannabidiol (CBD) through foods or supplements can help maintain mobility and comfort.

Many Bengal owners also incorporate fish oil supplements rich in EPA and DHA to reduce inflammation and support cognitive function, which becomes particularly valuable as cats age.

Older Bengals may develop dental issues that make eating painful. Transitioning to softer wet foods or lightly cooked diets can help ensure proper nutrition despite dental challenges.

Additionally, kidney function should be monitored in senior Bengals, with phosphorus levels in the diet potentially needing adjustment based on veterinary guidance if early kidney disease develops.

Homemade Bengal Cat Food Recipes



Caption: Homemade diets give Bengal owners complete control over ingredients, but proper nutritional balance requires careful planning and veterinary guidance.

Alt text: Image of a Bengal Cat.

Many Bengal owners choose homemade diets to have complete control over ingredients and quality. While preparing homemade food requires more effort than commercial options, it allows for precise customization to address your individual Bengal's needs.

The key to successful homemade diets is maintaining complete nutritional balance. In fact, these cats require more than 40 essential nutrients in specific proportions.

Before starting any homemade feeding regimen, consult with a veterinary nutritionist to verify your recipes meet all nutritional requirements. Improper formulation can lead to serious deficiencies, particularly in critical nutrients like taurine, calcium, and specific vitamins.

Basic Raw Meat Diet Recipe

- 80–85% muscle meat (chicken, turkey, rabbit, or beef)
- 5–10% organ meat (half must be liver, remainder can include kidney, spleen, or heart)
- 5–10% edible bone (chicken necks, wings, or ground bone)
- 1–2 teaspoons salmon oil (for essential fatty acids)
- 1 egg yolk per pound of meat (optional, for added vitamins)
- Commercial supplement formulated for raw feeding (follow package instructions)

This basic raw diet provides the foundation of nutrition for adult Bengals. The muscle meat delivers essential protein and amino acids, while organ meats supply vital vitamins A, D, E, and B-complex.

Bone content helps proper calcium and phosphorus balance, which is critical for preventing nutritional hyperparathyroidism. The inclusion of salmon oil provides omega-3 fatty acids DHA and EPA, supporting coat health and reducing inflammation.

Prepare this mixture in batches, divide into meal-sized portions, and freeze for convenience while maintaining freshness.

Cooked Chicken & Fish Formula



Caption: Cooked homemade diets offer a middle ground for owners who want control over ingredients but prefer not to handle raw meat.

Alt text: Image of a Bengal Cat.

For those uncomfortable with raw feeding, this cooked recipe provides a balanced alternative while maintaining high protein levels appropriate for Bengals.

Combine 2 pounds of boneless chicken thighs (with skin) and 1 pound of salmon or mackerel with 4 ounces of chicken liver and 2 tablespoons of salmon oil. Cook meats thoroughly but avoid overcooking, which destroys taurine.

After cooling, add 1000mg taurine supplement, 2 teaspoons ground eggshell (calcium source), and a commercial vitamin/mineral supplement designed for homemade cat food.

Process to the desired consistency, portion, and refrigerate up to 3 days or freeze for longer storage.

Essential Supplements for Bengal Cats



Caption: Probiotics work best when introduced gradually, giving your Bengal's digestive system time to adjust to the beneficial bacteria.

Alt text: Image of a Bengal Cat.

Joint Support for Active Bengals

Bengals are naturally athletic cats that place significant demands on their joints throughout their lives. Their tendency for jumping, climbing, and running at high speeds means joint care should be a consideration from kittenhood through senior years.

Proactive joint support can prevent mobility issues later in life and maintain your Bengal's characteristic energetic nature even as they age.

Glucosamine and chondroitin sulfate are two key supplements that may help support joint health in active Bengals. These compounds help maintain cartilage, reduce inflammation, and support the production of synovial fluid that lubricates joints.

At Bailey's CBD, we offer veterinary-formulated [CBD products](#) that may support your Bengal cat's joint health and mobility. Our Department of Health licensed, lab-tested CBD supplements use single-sourced USDA organic hemp to help maintain healthy joints

naturally, promoting comfortable movement and an active lifestyle for your cherished feline companion.

For Bengals under 7 years old without existing joint issues, adding these supplements preventatively at lower doses can be beneficial, particularly for very active individuals.

When to Add Probiotics

Probiotics can be a valuable addition to any Bengal cat's diet, but they become particularly important during times of digestive upset or stress. These beneficial bacteria help maintain a healthy gut microbiome, essential for proper digestion and nutrient absorption.

Consider adding probiotics when your Bengal experiences stress (like moving homes or boarding), after antibiotic treatment, or if you notice soft stools or increased gas.

For Bengals with sensitive digestion or those prone to digestive issues, daily probiotic supplementation may provide benefits. Look for products specifically formulated for cats that contain multiple strains of beneficial bacteria, particularly *Enterococcus faecium* and *Lactobacillus* species.

Support Your Bengal's Active Lifestyle with Bailey's CBD

At [Bailey's CBD](#), our veterinarian-formulated products work with your cat's endocannabinoid system to promote balance and comfort—perfect for active Bengals who put extra demands on their bodies through jumping, climbing, and constant play.

Made with single-source USDA organic hemp, and extracted using our exclusive subcritical CO₂ method at an only lab in Boulder, Colorado, we deliver the pure, potent support your Bengal deserves.

Unlike many CBD companies that operate without oversight, we maintain Department of Health licensing and provide [third-party lab testing](#) results via QR codes on every package. We test for heavy metals and pesticides because your Bengal's safety comes first.



Caption: Whether your Bengal is navigating the high-energy kitten phase, maintaining peak adult performance, or enjoying their distinguished senior years, our complete cat wellness line helps support their journey.

Alt text: Bailey's CBD Oil For Cats.

While proper nutrition forms the foundation of their health, our [complete line of cat products](#) offers natural support that complements your Bengal's high-quality diet.

- [CBD Oil for Cats](#) - With ingredients like USDA organic full spectrum whole plant hemp extract, terpenes, and MCT oil, this feline-specific CBD oil provides precise dosing support for your Bengal cat's high-energy lifestyle and daily wellness needs.
- [Calming CBD Cat Chews](#) - Chicken and cheese flavored chews perfect for managing your Bengal's intense energy during quiet times, reducing overstimulation from their curious nature, vet visits, and helping them settle when their active minds need rest.

- [CBD Pet Shampoo](#) - Specially formulated with 300MG CBD plus skin-nourishing ingredients like organic aloe, avocado oil, and colloidal oatmeal to support your Bengal cat's distinctive spotted coat while promoting healthy skin and managing any sensitivities from their active outdoor adventures.

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

Frequently Asked Questions (FAQs)

How much should I feed my Bengal cat daily?

Adult Bengals need approximately 20–25 calories per pound of body weight daily, which translates to about 1/3 to 1/2 cup of premium dry food or the equivalent in wet food.

Active Bengals may need up to 30% more calories, while less active or older individuals might need 10–15% less. Rather than relying solely on feeding guidelines, monitor your Bengal's body condition regularly, adjusting portions to maintain an ideal weight where ribs can be felt but not seen.

Can Bengal cats eat a vegetarian diet?

No, Bengal cats absolutely cannot thrive on a vegetarian diet. As obligate carnivores with specific amino acid requirements (particularly taurine) that can only be obtained from animal tissues, Bengals need meat-based nutrition.

Attempting to feed a Bengal a vegetarian diet will result in severe deficiencies, potentially leading to heart failure, blindness, and neurological problems.

Are grain-free diets better for Bengal cats?

While Bengals don't require grains, the "grain-free" label alone doesn't guarantee a high-quality diet. Many grain-free foods substitute other carbohydrate sources like potatoes or peas, which provide no nutritional advantage over grains for cats.

The most important consideration is the overall carbohydrate content and protein quality rather than the specific carbohydrate source.

How often should I change my Bengal's water?

Fresh water should be provided at least twice daily for Bengals, with complete bowl washing at each change to prevent bacterial buildup. Bengals often prefer running water, making cat fountains an excellent investment for encouraging proper hydration.

The flowing water appeals to their wild instincts and often increases overall water consumption.

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

[Bailey's CBD Oil for Cats](#) can help support your Bengal's overall wellness by promoting balance through the endocannabinoid system. Our veterinarian-formulated, full-spectrum hemp extract uses subcritical CO₂ extraction and single-source USDA organic hemp from Boulder, Colorado.

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.