

British Shorthair Kitten Diet & Feeding Sheet

A practical feeding guide for your new kitten.

British Shorthairs are a slow-maturing, easily-overweight breed, so getting feeding right early matters. These are general guides — always follow the diet sheet your breeder gives you and your vet's advice for your individual kitten.

Feeding routine by age (guide)

Age	Meals	Notes
8–12 weeks	4 small meals a day	Keep to the breeder's food; change gradually
3–6 months	3 meals a day	Growth stage — feed a quality kitten food
6–12 months	2–3 meals a day	Begin settling into a routine
12 months +	2 meals a day	Move to adult food; watch weight closely

Switching food the safe way

Change food over 7–10 days: start ~75% old / 25% new, then move to half and half, then mostly new, then fully new. A sudden swap upsets a kitten's tummy.

Good habits

- Fresh water always available, away from food bowls
- Wet and dry both fine — quality matters more than format
- Feed to body condition, not just the packet amount
- Weigh weekly (see our Weight & Growth Tracker)
- Treats no more than ~10% of daily intake

Avoid

Cow's milk · dog food · onion, garlic, chocolate, grapes/raisins · too many treats · free-feeding dry food all day (a common cause of British Shorthair obesity).