

Quick Tips: Coconut Caution

Eating too much coconut meat is fattening and can cause liver problems in cats.

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Coconut meat has a high fat content and the fat is quite unusual, being composed mainly of fatty acids that are much shorter in length than those found in meat and most vegetable fats, such as corn. Coconut fat is referred to as medium chain triglycerides or MCT. MCT are actually used therapeutically in humans and some other species because they can be absorbed from the intestine in some disease situations in which regular fats are not absorbed. However, feeding MCT to cats can result in a disease called hepatic lipidosis, a condition in which the liver becomes excessively filled with fat. This disease can be life-threatening for the cat.