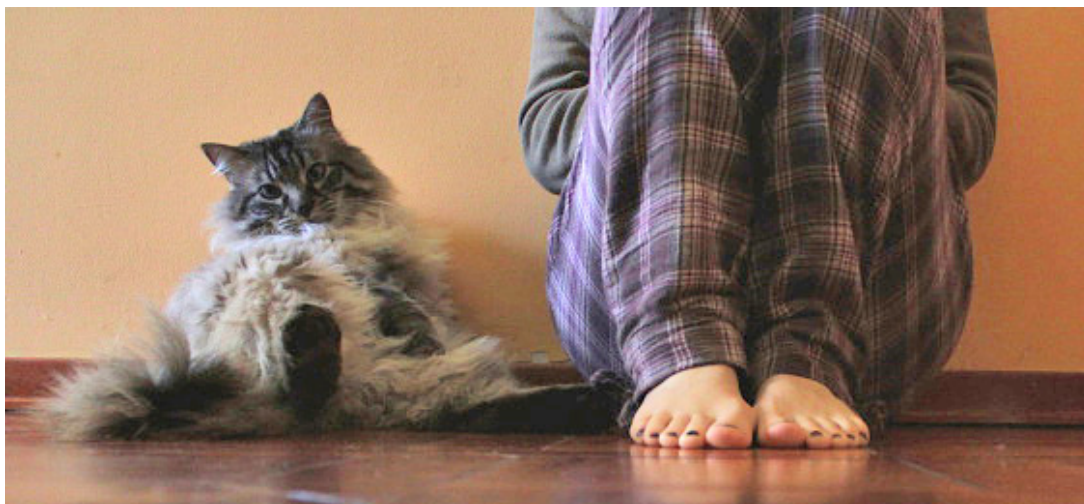


Avoid the 2 a.m. FOODIE CALL

Despite your best efforts to help shed extra weight from your overweight cats, middle of the night hunger can derail diets with begging and persting at 2 a.m. Don't give up on your pet's weight loss regimen; sleep well with these simple tactics to stay on track.



Feed a high protein diet

These tend to provide longer periods of satiety than high-carbohydrate foods. This mimics a cat's native diet, where it might eat eight to 10 mice a day.



Offer bedtime snacks

A high-protein meal or morsel of meat or fish just before bedtime could be the difference between a cat waking up hungry at 6 a.m. instead of 3 a.m.



Use automated feeders

An automatic feeder that can dispense a measured meal four to six times a day, and nourish a feline's 4 a.m. hunger pangs may prevent wake up calls.