

THE CLEAN SIXTEEN™

2026's Highest-Rated Wet Cat Foods for Purity

clean
label
PROJECT®
Clean. Pure. Science.

The Clean Label Project® analyzed 100 of the nation's top-selling cat food products across 62 brands to uncover what traditional nutrition labels miss: hidden contaminants like heavy metals, phthalates, plasticizers, pesticides, and herbicide residues.

After testing for more than 122 environmental and industrial contaminants and toxins, these 16 wet cat foods rose to the top—delivering exceptional purity and safety for your feline family member.

-  **Protein Source Rules:** Nearly 85% of poultry-based cat foods met Clean Label Project's purity standard, compared with just 1 in 4 fish and seafood products—making poultry recipes 3.3x as likely to make the cut.
-  **The Mercury Problem:** Fish-based wet foods carried about 28x more mercury than wet foods made with other proteins. Nearly half of all fish-based products ranked among the highest for mercury—no poultry-based product did.
-  **Packaging Matters:** DEHP, a phthalate linked to hormone disruption, was detected in nearly half of all products tested—and canned and pouched foods carried about 5x more than bagged products.
-  **No Federal Standards:** There are no comprehensive regulations for these contaminants in cat food—and “trace” does not mean “safe.” Independent testing like this is essential for cat owners.

What Makes These Wet Cat Foods Stand Out?



- Lowest levels of heavy metals, phthalates, and other industrial contaminants
- Exceptional performance across all six contaminant panels tested
- Led by clean, poultry-first recipes with simple, transparent ingredient lists
- Proof that everyday grocery brands and premium brands alike can deliver a cleaner bowl

Whether your cat prefers broth, gravy, or pate, these are the best choices for a **cleaner, safer bowl.**



SMALLS



Smooth Bird & Fish Dish Chicken & Salmon Recipe
Fish & Poultry | Broth

APPLAWS



Chicken Breast & Duck in Broth
Poultry | Broth

FRESHPET



Chicken & Beef Pate
Poultry & Beef | Pate

FRISKIES



Salmon Dinner Pate
Fish | Pate

INSTINCT



Original Grain-Free Pate
Poultry | Pate

NULO



Medal Series Chicken & Chicken Liver Recipe in Broth
Poultry | Broth

NULO



Medal Series Chicken, Duck & Pumpkin Recipe in Broth
Poultry | Broth

PURINA



Fancy Feast Grilled Turkey Feast in Gravy
Poultry | Gravy

PURINA



Pro Plan White Meat Chicken & Vegetables Entree
Poultry | Entree

REVEAL



Grain-Free Chicken Breast in Broth
Poultry | Broth

REVEAL



Grain-Free Tuna Fillet in Broth
Fish | Broth

SHEBA



Cuts in Gravy — Roasted Chicken Entree
Poultry | Gravy

TIKI CAT



Chicken & Pumpkin Recipe in Broth
Poultry | Broth

TIKI CAT



Chicken, Pumpkin & Duck Recipe in Broth
Poultry | Broth

TIKI CAT



Chicken, Pumpkin & Lamb Recipe in Broth
Poultry & Lamb | Broth

TIKI CAT



Chicken, Pumpkin & Tuna Recipe in Broth
Poultry & Fish | Broth

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