FOOD & PLANTS

Can Cats Eat Eggs? Cooked Yes, Raw No

Cooked egg with nothing added can be an occasional treat, about a tablespoon at a time, and the white is the leaner part. Raw egg can carry Salmonella and E. coli, the ASPCA warns.

By Catt County Cat Nippers • Reviewed October 28, 2026 • 4 min read • 6 cited sources

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The short answer

Yes, cooked and plain. Eggs give a cat protein and fat, and cats are obligate carnivores, built for a diet of mostly animal protein. But PetMD's veterinarian recommends egg only as an extra on top of a complete diet, never as a cat's main source of protein.

Raw egg is a different matter. It is on the ASPCA's list of foods to keep from pets: it can carry bacteria such as Salmonella and E. coli, harmful to pets and people alike, and it contains an enzyme that can get in the way of a pet absorbing certain vitamins, which can lead to skin and coat problems.

Whites, yolks and shells

Egg white is protein with almost no fat. The yolk is mostly fat, with some protein, so a whole egg or a yolk adds more fat and calories to a cat's diet (PetMD).

Extra fat raises the risk of weight gain, and fatty meals can cause stomach upset and pancreatitis, so PetMD suggests cooked egg white as the better choice.

Shells contain calcium and other minerals, but cats tend not to like them, and minerals should be added to a cat's diet only if your vet says so (PetMD).

Egg at a glance

EGG FOR CATS, WAY BY WAY

Egg	For a cat?	Why
Hard-boiled egg white, chopped	Yes, a small treat	Lean protein with almost no fat (PetMD)
Plain scrambled egg, cooked through	Yes, a small treat	Fine plain; the yolk adds fat and calories (PetMD)
Egg fried or scrambled in butter or oil	Better not	More fat, and fatty meals can upset a cat's stomach or cause pancreatitis (PetMD)
Egg with milk, cheese, salt or seasoning	No	Dairy can upset a cat's stomach, and onion and garlic damage red blood cells (ASPCA)
Raw or runny egg	No	Can carry Salmonella and E. coli, and an enzyme that interferes with vitamins (ASPCA)
Eggshell	Only if your vet says	Add minerals only under a vet's direction (PetMD)
Quiche, omelets and other egg dishes for people	No	Usually made with dairy, salt or onion

PetMD advises cooking eggs for a cat to an internal temperature of 160°F.

This quick sheet is the start of the guide. Still to read: Raw eggs and Salmonella, How to offer egg, Kittens and eggs and 3 more sections, plus the What Cats Can & Can't Eat Chart. Read it all free when you join our pet health emails at cattcountycatnippers.org/articles/can-cats-eat-eggs

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