

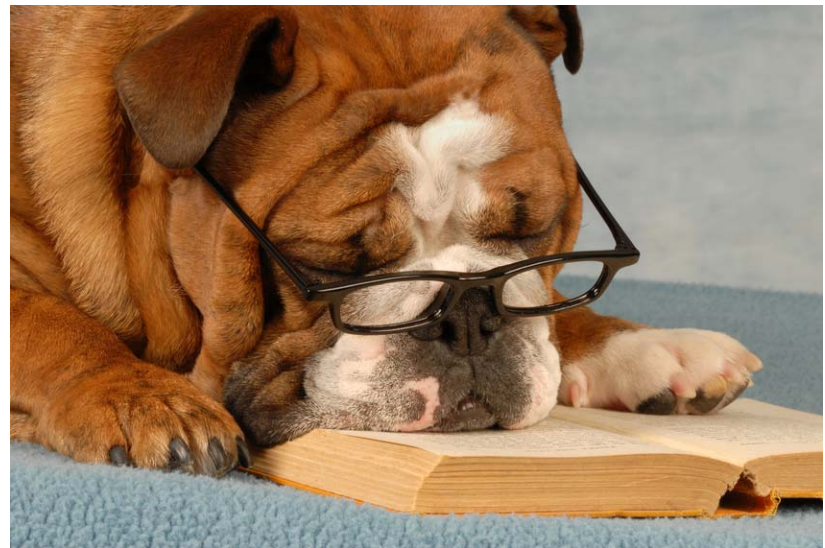
How to feed and achieve a healthy weight

Dogs and Cats










The facts

- ▶ 30–50% of all dogs and cats are overweight or obese
- ▶ Number 1 nutritional disease
- ▶ At 10–15% over ideal weight, detrimental health effects begin



Ideal Weight

Nestlé PURINA
BODY CONDITION SYSTEM

TOO THIN	1	Ribs visible on shorthaired cats; no palpable fat; severe abdominal tuck; lumbar vertebrae and wings of ilia easily palpated.	
	2	Ribs easily visible on shorthaired cats; lumbar vertebrae obvious with minimal muscle mass; pronounced abdominal tuck; no palpable fat.	
	3	Ribs easily palpable with minimal fat covering; lumbar vertebrae obvious; obvious waist behind ribs; minimal abdominal fat.	
	4	Ribs palpable with minimal fat covering; noticeable waist behind ribs; slight abdominal tuck; abdominal fat pad absent.	
IDEAL	5	Well-proportioned; observe waist behind ribs; ribs palpable with slight fat covering; abdominal fat pad minimal.	
TOO HEAVY	6	Ribs palpable with slight excess fat covering; waist and abdominal fat pad distinguishable but not obvious; abdominal tuck absent.	
	7	Ribs not easily palpated with moderate fat covering; waist poorly discernible; obvious rounding of abdomen; moderate abdominal fat pad.	
	8	Ribs not palpable with excess fat covering; waist absent; obvious rounding of abdomen with prominent abdominal fat pad; fat deposits present over lumbar area.	
	9	Ribs not palpable under heavy fat cover; heavy fat deposits over lumbar area, face and limbs; distention of abdomen with no waist; extensive abdominal fat deposits.	

Call 1-800-222-VETS (8387), weekdays, 8:00 a.m. to 4:30 p.m. CT







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- ▶ Ribs cannot be seen, but palpated easily
- ▶ Waist/ tuck
- ▶ Minimal abdominal fat pad

Overweight

- ▶ Ribs difficult to palpate
- ▶ Loss of waist/tuck
- ▶ Excess abdominal fat pad
- ▶ Fat deposits over thorax, tail head, spine

Nestlé PURINA
BODY CONDITION SYSTEM

1	Ribs, lumbar vertebrae, pelvic bones and all bony prominences visible from a distance. No discernible body fat. Obvious lack of muscle mass.	
2	Ribs, lumbar vertebrae and pelvic bones easily visible. No palpable fat. Some evidence of other bony prominences. Minimal loss of muscle mass.	
3	Ribs easily palpated and may be visible with no palpable fat. Tops of lumbar vertebrae visible. Pelvic bones becoming prominent. Obvious waist and abdominal tuck.	
4	Ribs easily palpable, with minimal fat covering. Waist easily noted, viewed from above. Abdominal tuck evident.	
5	Ribs palpable, without excess fat covering. Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed from side.	
6	Ribs palpable with slight excess fat covering. Waist is discernible viewed from above but is not prominent. Abdominal tuck apparent.	
7	Ribs palpable with difficulty, heavy fat cover. Notable fat deposits over lumbar area and base of tail. Waist absent or barely visible. Abdominal tuck may be present.	
8	Ribs not palpable under very heavy fat cover, or palpable only with significant pressure. Heavy fat deposits over lumbar area and base of tail. Waist absent. No abdominal tuck. Obvious abdominal distention may be present.	
9	Massive fat deposits over thorax, spine and base of tail. Waist and abdominal tuck absent. Fat deposits on neck and limbs. Obvious abdominal distention.	

TOO THIN (1-3)
IDEAL (4-5)
TOO HEAVY (6-9)

Nestlé PURINA

Health Risks

- ▶ Osteoarthritis
- ▶ Diabetes
- ▶ Heart disease
- ▶ Respiratory disease
- ▶ Ligament damage
- ▶ High blood pressure
- ▶ Kidney disease
- ▶ Cancer
- ▶ Increases anesthetic risks
- ▶ Decrease life expectancy by 2.5 years



Factors Contributing to Obesity

▶ Non-Controllable

- Age
- Breed
- Sex
- Neuter status



Factors Contributing to Obesity

- ▶ Controllable
 - Overfeeding puppies
 - Free choice feeding
 - Overfeeding highly palatable food
 - Reduced physical activity
 - Types of food



What can you do?

- ▶ Increase physical activity
 - Walks
 - Play fetch
 - Toys
 - Laser lights
- ▶ Feeding schedule
 - Dogs: 2–3 times daily
 - Cats: 2–4 times daily
- ▶ Measure food



What can you do?

- ▶ Decrease or change treats
 - Baby carrots
 - Frozen green beans
 - Low calorie popcorn
- ▶ Find other ways to show affection
 - Brush
 - Walks
 - Play
 - Training
- ▶ Decrease or change food
- ▶ Make sure EVERYONE abides by the rules



Diet Options

- ▶ High quality food
 - Ensure nutritional requirements are met
- ▶ Light or prescription diet food
 - Increase fiber
 - Decrease calories
 - Pet still feels full



Hill's Science Diet Canine

- ▶ Science Diet Adult Original (365 kcal/cup)
- ▶ Science Diet Adult Light (300 kcal/cup)
- ▶ Healthy Advantage (270 kcal/cup)
- ▶ Hill's T/D (254 kcal/cup)
- ▶ Hill's W/D (243 kcal/cup)
 - Weight management diet
- ▶ Hill's R/D (241 kcal/cup)
 - Weight reduction diet
 - Not a long term maintenance diet
- ▶ Prescription Diet Treats



Feline

- ▶ Increased fiber
 - Option's similar to canine diet's
- ▶ Increased protein/decreased carbohydrates
 - True carnivores
 - Eat to meet protein requirements
 - Canned diet with 45–55% crude protein on a dry matter basis



Supplements

- ▶ **Fruitables**
 - Low calorie/high fiber canned supplement
 - Nutrient dense fruits and vegetables
- ▶ **L-Carnitine**
 - 250–500 mg/day
- ▶ **Taurine**
 - 250–500 mg/day



Other things to consider

- ▶ Some diseases can contribute to weight gain
 - Hypothyroidism
 - Blood work
- ▶ Healthy weight loss
 - 0.25–1 pound per week
- ▶ Fatty liver disease in cats



Questions?

