

Obesity & Weight Management

for dogs



used to “grazing” throughout the day, you can figure out your pet’s daily requirements and then offer ½ that amount in the morning and ½ in the evening. If this is the amount that is causing excess weight in your pet then please ask your veterinarian for advice on decreasing the amount offered.

Treats: One of the biggest mistakes that pet owners make is offering their pets too many treats. Jerky treats and milk bones are rather like getting a candy bar with every treat. Instead, try offering healthy alternatives such as baby carrots, snap green beans, ice cubes, apple wedges, plain rice cakes (with no salt or sugar added), or even just 4-5 of their daily allotted kibble per day. You can also make healthy treats by mixing plain canned pumpkin and non-fat plain yogurt in equal portions and freezing them into bite sized snacks! It is important to remember that even too much of a good thing can be bad, so still offer these healthier treats in moderation. **Please stay away from grapes, onions, macadamia nuts, and raisins as they can be toxic.**

The “Green Bean Diet”: Most dogs do enjoy green beans as a treat. As you decrease the amount of kibble that your dog is eating, he or she may act more hungry. You can offer either frozen green beans or no salt added canned green beans along with your pet’s meals. This will help to add filler to your pet’s diet and allow your pet to feel more full without ingesting too many calories. In general, 1 can of green beans is equivalent to approximately 1 cup of dog food. Therefore, if you decrease your pet’s food by ½ cup, then you can offer ½ can of green beans instead.

Selecting a food for your dog has been made easier thanks to recent advancements in nutrition. Pet foods are now

Nutrition is a key factor in the health of dogs, and the nutritional needs of dogs change as they age. Obesity is a common health problem for all dogs and it increases the risk of serious diseases and health problems, such as diabetes, and cardiovascular, respiratory, and musculoskeletal disorders.

Although some medical conditions (especially metabolic diseases like an underactive thyroid gland) can cause obesity, over-feeding generally is the culprit. If you do not adjust or monitor the food intake of your dog, weight gain is likely to result. If your pet is already overweight, a weight loss program should be considered. First, it’s important to have your dog thoroughly evaluated by your veterinarian to identify any medical problems that could be causing weight gain.

Generally, recommendations for weight loss in dogs are very similar to recommendations for people seeking to lose weight. Program steps include:

Portion control: Make sure to follow the guidelines outlined on your pet’s food bag. Always make sure to use an actual dry measuring cup so that you can be sure you are measuring out the food appropriately. If your pet is

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available that have been formulated with fewer calories, more protein, antioxidants, and vitamins to meet the specific nutritional needs of dogs of all activity levels and life stages, as well as diets formulated especially for weight loss.

Exercise:

Increasing exercise to burn more calories will also help your pet to lose weight. Please talk with your veterinarian prior to starting an exercise program for your pet.

Exercise is an important part of any dog's weight management program. A simple walk in the park may be just what your dog needs to help control weight and stay in shape. Exercise increases energy use, promotes more efficient calorie burning, and tones muscles.

Before starting any exercise program with your dog, check with your veterinarian to make sure your plans are suited to your pet's physical condition. Then begin slowly, by walking your dog on a leash for 10 minutes per day. Depending on your dog's condition, you can increase each week until you are up to 30 minutes a day of walking. And don't forget—your dog's exercise program can reap health benefits for you, too!

FIT or FAT?

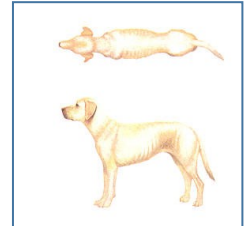
Determining your dog's Body Condition Score. (Scaled 1-9)

If your dog ranks any higher than a 5, please speak with us.

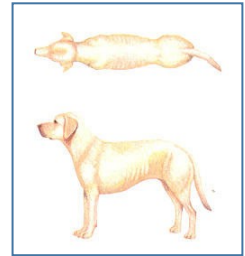
We'll create a proper diet and exercise plan to keep them healthy as long as possible!

TOO THIN!

- 1 Ribs, lumbar vertebrae, pelvic bones and all bony prominences evident from a distance. No discernible body fat. Obvious loss of muscle mass.
- 2 Ribs, lumbar vertebrae and pelvic bones easily visible. No palpable fat. Some evidence of other bony prominence. 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.



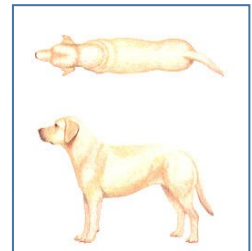
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IDEAL!

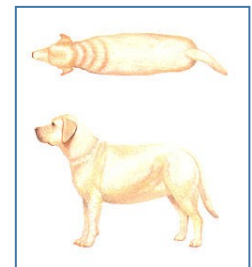
- 4 Ribs easily palpable, with minimal fat covering. Waist easily noted, viewed from above. Abdominal tuck evident.
- 5 Ribs palpable without excess fat covering. Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed.



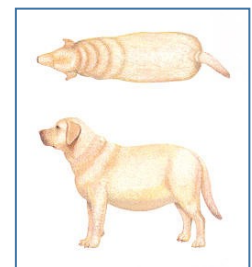
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TOO HEAVY!

- 6 Ribs palpable with slight excess fat covering. Waist is discernible viewed from above but is not prominent. Abdominal tuck is apparent.
- 7 Ribs palpable with difficulty; heavy fat cover. Noticeable 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 distension 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.



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