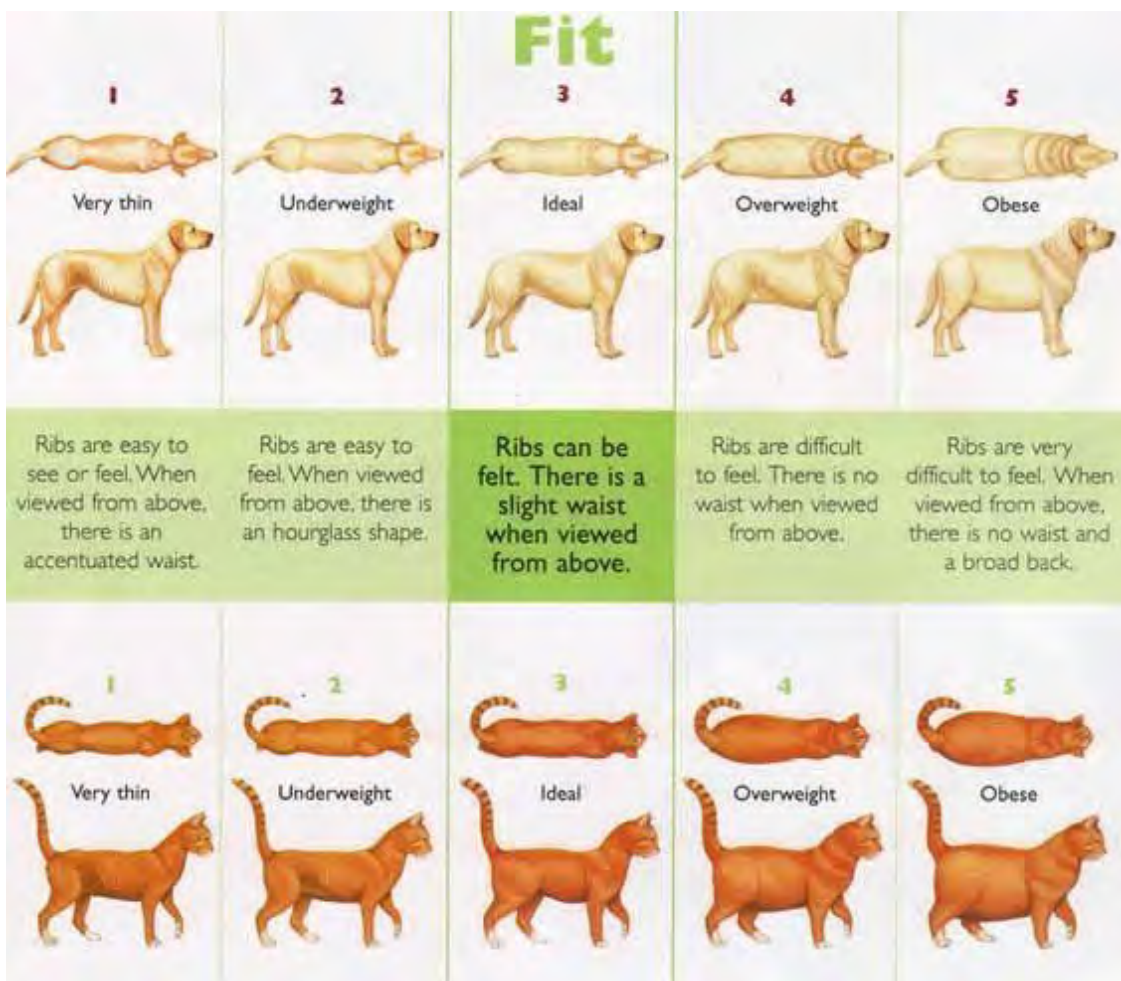


General Guidelines for Helping Pets Lose or Gain Weight

***These are general guidelines for caring for your dog/cat who needs to gain or lose weight. This is not a replacement for seeking consult from a veterinarian. We always recommend speaking to a veterinarian about treating your pet.

Losing weight and getting in shape can not only add not years to your pet's life, but it can also make those extra years more enjoyable. As few as five pounds above the ideal body weight can put your pet at risk for developing some serious medical conditions. In addition, underweight pets may also be at risk for developing health problems and may have less energy. Ideally, you should be able to feel your dog or cat's ribs underneath the skin and feel a layer of fat/muscle over the ribs. When you look at them from above you would see a slight hourglass shape (slight hips). You can refer to the picture below and compare to your own pet:



Whether you think your pet needs to lose weight or needs to gain weight, we recommend a feeding schedule and measurement of the amounts of food given with kitchen measuring cups. You should try not to remove a lot of food too fast if you want your pet to lose weight because this could harm them. Only give them as much food as they can eat in a short time. Don't let them graze. Similarly, you don't want to feed a thinner pet a lot of food too fast either. Over time, you will notice a difference in your dog/cat's weight. Below and to the right are general charts on how much your pet should eat PER DAY. Some people choose to split this total amount of food in to two portions throughout the day.

If you are concerned that your pet needs to gain weight, you can also consider adding wet food to their diet in addition to dry food.

When trying to help your pet lose weight, more frequent walks are helpful as well as any other way to keep your pet active (playing inside, playing with toys, playing fetch, etc). With a few exceptions, always try to avoid sharing human food (hamburgers, pizza, and takeout have too much salt and fat for our pets to handle!). You can even switch your dog's high calorie treats with carrots or blueberries as a healthy option!

Dog's Weight	Cups per Day*
 Up to 10 lbs.	Up to 1
 10 - 20 lbs.	1 - 1½
 20 - 30 lbs.	1½ - 2
 30 - 40 lbs.	2 - 2½
 40 - 60 lbs.	2½ - 3½
 60 - 80 lbs.	3½ - 4¼
 80 - 100 lbs.	4¼ - 5+

* Uses a standard 8 oz measuring cup
 + Add ½ cup for every 10 lbs of body weight over 100 lbs

RECOMMENDED DAILY FEEDING AMOUNTS

DAILY FEEDING GUIDE		
WEIGHT OF CAT	WEIGHT MAINTENANCE	10% CALORIE REDUCTION
5 - 9 lbs (2.3 - 4.1 kg)	1/3 - 3/4 cup (33 - 74 g)	1/4 - 2/3 cup (24 - 66 g)
10 - 12 lbs (4.5 - 6.3 kg)	3/4 - 1-1/4 cups (74 - 124 g)	2/3 - 1 cup (66 - 99 g)

Recommended daily feeding amounts for adult cats with normal activity using a standard 8 oz/250 ml measuring cup which contains approximately 99 g of Purina ONE.