



Upper Bathurst Animal Clinic

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Senior Pet Nutrition: Why It Matters

Supporting Healthy Aging in Dogs and Cats

As pets age, their bodies and nutritional needs change—just like ours. Senior-specific diets are specially formulated to support your pet's aging body, helping them stay active, comfortable, and happy in their golden years.

Why Do Senior Pets Need a Specialized Diet?

Aging pets experience:

- Slower metabolism – requiring fewer calories to prevent weight gain.
- Muscle loss (sarcopenia) – needing high-quality, easily digestible protein to preserve lean body mass.
- Joint stiffness and mobility issues – benefiting from ingredients that support joint health.
- Weakened immune systems – needing antioxidants and nutrients to maintain strong defenses.
- Cognitive changes – supported by nutrients that promote brain health and alertness.

What's Inside a Quality Senior Diet?

Here are key ingredients often included in well-formulated senior diets for both cats and dogs:



High-Quality Protein

- Helps maintain lean muscle mass and body condition
- Easy to digest to reduce strain on aging organs



Controlled Calories & Fat

- Prevents obesity while maintaining energy levels
- Adjusted to match the lower activity levels of senior pets



Glucosamine & Omega-3 Fatty Acids (e.g., EPA, DHA)

- Support joint health and mobility
- Reduce inflammation in aging joints



Prebiotic Fibre & Probiotics

- Promote healthy digestion and regular bowel movements
- Support gut health and nutrient absorption



Antioxidants (Vitamin E, Selenium, etc.)

- Strengthen the immune system
- Protect cells from age-related damage



DHA & Nutrients for Brain Health

- Help maintain cognitive function and alertness
- Promote a more engaged and responsive pet



Essential Vitamins & Minerals

- Support heart, kidney, and eye health
- Balanced to reduce strain on aging organs



How Can I Tell If My Pet Is a Senior?

Most pets are considered seniors by:

- 7 years old for dogs (larger breeds may be considered senior as early as 5-6)
- 7 years old for cats

But aging is individual—some pets need senior care earlier or later depending on their breed, size, and health history.



What You Can Do:

- Talk to your veterinary team about when to transition to a senior diet
- Keep up with regular wellness exams (every 6–12 months)
- Monitor changes in weight, energy, mobility, and appetite



A Lifetime of Health Starts with the Right Nutrition

Feeding a senior-specific formula tailored to your pet's needs can help them feel their best for years to come—because every stage of life deserves care, comfort, and good nutrition.