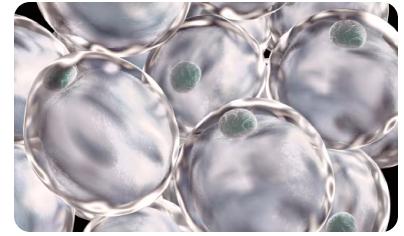


Excess Body Weight

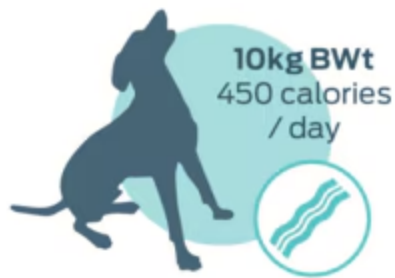
The Role of Diet in Managing Excess Weight



A tailored nutritional approach can help overweight or obese pets lose weight.

Key Messages

- Calorie restriction based on the pet's goal (ideal) weight is key to achieving weight loss, i.e., less calories consumed than used.
- Feeding a commercial weight loss diet offers complete and balanced nutrition while helping a pet lose weight.
 - Commercial weight loss diets provide all the nutrients the pet needs in the right amounts and balance while providing fewer calories.
- Measuring the food can help ensure successful weight management. Weigh scales are the most accurate but measuring cups are also useful.
 - Measuring the food reinforces this is the only food the pet should eat.
 - When feeding dry kibbles, they can be divided into both meals with a portion used as treats.
- Since pets do not have identical maintenance energy requirements, each pet will respond differently to a weight loss diet.
 - Body Condition Score and weight should be monitored so that the amount of food can be adjusted if needed.
- If additional treats are fed, they should not exceed 10% of a pet's daily caloric intake.
 - The quantity of the main meal food should be reduced to account for the treats. Treats can contain a surprising amount of calories.



Small piece of bacon =
10% daily calories



Small piece of cheese =
15% daily calories

- In multi-pet households, overweight pets should be fed separately and should not have access to other pets' bowls.

Additional Resource

Laflamme, D. P. (2006). Understanding and managing obesity in dogs and cats. *Veterinary Clinics of North America: Small Animal Practice*, 36, 1283–1295.

The Purina Institute aims to help put nutrition at the forefront of pet health discussions by providing user-friendly, science-based information that helps pets live longer, healthier lives.