

IS MY PET OVERWEIGHT?

5 Helpful Tips from a Board-Certified Veterinary Nutritionist

Body Condition

Determine your pet's body condition. If you run your hand over your pet's ribs, it should feel no more padded than the back of your hand.

1

Getting Started

If your pet is overweight, count up all the calories they receive per day including food, treats, and chews.

Visit Your Vet

Ask your veterinarian how you should adjust the calories you are giving and ask for a checkup. Obesity can be related to other diseases.

2

Establish a Diet

Your vet will help you select a diet and determine how many calories your pet should get per day to lose weight. Don't forget to factor in treats!

3

Not too Fast!

Aim for a safe rate of weight loss (generally 1-2% of body weight per week). More than that puts them at risk for losing muscle, not fat.

4

Exercise!

If your pet gets an 'ok' after a checkup, try exercise. Being creative will help, especially with cats, use laser toys or spread food throughout the house.

5



If your pet isn't losing weight successfully, or if your pet has other medical problems, consult a board-certified veterinary nutritionist (www.acvn.org)

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Tips provided by board-certified veterinary nutritionist Dr. Deborah Linder, DVM, DAVCN. Visit the Tufts Obesity Clinic for Animals for more information:

<http://vet.tufts.edu/obesity>