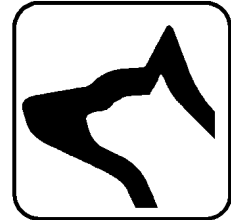


Bucklands Beach Veterinary Hospital

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Client Information Sheet

Weight Watchers for Dogs

Pet's Name _____ Date: ___/___/___ Present Weight: _____ Target Weight: _____

Is your dog overweight?

Would you like to do something about it? If the answer to both questions is "Yes!", or if you are unsure, then please make an appointment for a free assessment and advice on feeding from one of our staff.

We have a set of stand-on animal scales which allows simple and accurate monitoring of changes in body weight.

There is no charge for a "weigh-in",

And no appointment is necessary - just come in and use the scales when it suits you during our office hours. If weight reduction is not occurring it is important to let one of our staff know so that we can reassess the feeding quantities.

We recommend weighing every 2-3 weeks during a weight loss programme.

What causes obesity?

There are some factors that contribute to obesity over which we have little control; such as breed, heredity, sex and age.

However there are some factors that we can control - overfeeding at an early age, exposure to highly palatable foods, lack of physical activity, and pregnancy.

Most obesity is caused simply because a pet eats more calories than he or she needs This means either too much food, too little exercise, or a combination of both. The excess calories, unable to be used, are stored by the body as fat.

Highly palatable commercial pet foods can encourage overeating (the food your pet most likes to eat may not necessarily be the best for him or her!).

Too many snacks or table scraps in addition to the normal diet can be an important cause for some pets. Some of these treats can be very high in calories.

Reduced exercise and boredom can result in a pet not using all the calories they consume. Desexed animals are more prone to obesity through hormonal changes.

Consequences of being overweight

* **Heart Disease (75% increase)**

as the bodyfat level increases so does the amount of work the heart has to do to pump the blood through the circulation. The oxygen demand on muscles to carry this excess weight is also increased which adds to the heart's workload even further.

* **Tumours (50% increase)**

In particular "Lipomas" or fatty tumours

* **Mobility Problems (60% increase)**

Arthritis of the major joints (hips, knees, elbows). Damage to soft tissues such as muscles, ligaments, tendons (knee ligament ruptures are common).

Here are estimates of the amount of food your pet should be fed, and the weekly cost, based on your pet's target weight. These are the two dry commercial weight loss foods we sell. At the bottom of the page is a home made equivalent to the Hills R/d and a feeding guide as an alternative. Note that some pet foods designated "lite" are designed for maintaining weight in dogs with a tendency to become overweight and are not in fact formulated specifically to allow your pet to lose weight.

Eukanuba Restricted Calorie Diet

Target Weight Kg	Food/Day grams	Food/Day cups	Expected Wt Loss/Wk Kg	Cost/Week 2.3 Kg Bag	Cost/Week 6.4 Kg Bag	Cost/Week 12.7 Kg Bag
3	40	0.6	0.06	3.01	\$2.68	\$2.35
5	60	0.9	0.10	4.51	\$4.03	\$3.53
10	90	1.4	0.20	6.77	\$6.04	\$5.29
15	120	1.9	0.30	9.02	\$8.05	\$7.05
20	150	2.3	0.40	11.28	\$10.07	\$8.81
25	170	2.6	0.50	12.78	\$11.41	\$9.99
30	190	3.0	0.60	14.28	\$12.75	\$11.16
35	215	3.3	0.70	16.16	\$14.43	\$12.63
40	235	3.7	0.80	17.67	\$15.77	\$13.81
45	255	4.0	0.90	19.17	\$17.11	\$14.98
50	275	4.3	1.00	20.67	\$18.45	\$16.16
55	290	4.5	1.10	21.80	\$19.46	\$17.04
60	310	4.8	1.20	23.30	\$20.80	\$18.21

Hills R/d Diet

Target Weight Kg	Food/Day grams	Food/Day cups	Cost/Week 4.5 Kg Bag	Cost/Week 13.6 Kg Bag
2	40	0.5	\$3.56	\$2.56
5	65	0.8	\$5.78	\$4.16
10	120	1.5	\$10.68	\$7.68
15	160	2.0	\$14.24	\$10.24
20	200	2.5	\$17.80	\$12.80
25	235	2.9	\$20.91	\$15.03
30	265	3.3	\$23.58	\$16.95
35	290	3.6	\$25.80	\$18.55
40	320	4.0	\$28.47	\$20.47
45	350	4.4	\$31.14	\$22.39
50	375	4.7	\$33.37	\$23.99
55	400	5.0	\$35.59	\$25.59
60	425	5.3	\$37.82	\$27.19

It is important to realise that feeding guides are just that: "guides". Each dog will have a different metabolic rate and level of activity and so if no weight is lost after 2 weeks you will need to reduce the amount by 10%. This should be repeated every 2 weeks until you can see a gradual weight loss occurring.

Home Made Recipe (Equivalent to Hills R/D Diet)

Ingredients

- 1/4 cup lean beef
- 1/2 cup cottage cheese
- 2 cups cooked carrots
- 2 cups cooked green beans
- vitamin/mineral supplement

Instructions

- 1) Cook the beef, drain the fat, then add the other ingredients. This should yield about 0.8kg.
- 2) Feed the quantity per day (shown on the vertical axis of the graph below in kg of food) that is appropriate for your pet's target weight (shown on the horizontal axis of the graph).

