



Weight Loss Recommendations

1. Determine the TOTAL amount of food your pet eats for the entire day.
2. Take out ¼ of the TOTAL intake and divide the remaining amount in half. This is the new amount that your pet will eat for the day.

(You may elect to reserve a small portion of the remaining amount for treats throughout the day.)

3. You can add additional “low calorie” food to the diet to bulk up the food **OR** to use as treats:

- a. Veggies: UNLIMITED AMOUNT
 - i. Green beans (*fresh or frozen*)
 - ii. Baby carrots
- b. Air-popped Popcorn (**NO BUTTER OR SALT**)
 - i. <10 lbs: 1/4 c per day
 - ii. 10-30 lbs: 1/3 c per day
 - iii. 30-50 lbs: 1/2 to 2/3 c per day
 - iv. >50 lbs: 1 c per day
- c. Low sodium broth (chicken, beef, or veggie)
 - i. Mixed in food
- d. Unsweetened canned pumpkin (may mix with low sodium broth and/or mixed with meals if they like it better)
 - i. ≤10 lbs: 2-6 Tablespoons twice daily
 - ii. 10-20 lbs: 4 T to 1/8 c twice daily
 - iii. 20-30 lbs: 6T to 1/4 c twice daily
 - iv. 30-40 lbs: 1/8 c to 1/3 c twice daily
 - v. >50 lbs: 1/4 to 1/2 c twice daily



High cost

High quality



Canned food is generally more filling and satisfying than kibble.



“All Life Stages” refers to puppy/kitten food



Please contact your veterinarian to discuss other nutrition options.

4. Reweigh every 2 weeks and record weight
5. Joint Support Recommendations:
 - a. Nutramax™ *Dasuquin* (glucosamine/chondroitin)
Follow package instructions
 - b. Nutramax™ *Welactin* (omega 3 fatty acid; aka: fish oil)
Follow package instructions