Weight Loss Recommendations

1. Determine the TOTAL amount of food your pet eats for the entire day.

2. Take out \( \frac{1}{4} \) of the TOTAL intake and divide the remaining amount in half. This is the new amount that your pet will eat for the day.

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

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: 6 T 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

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