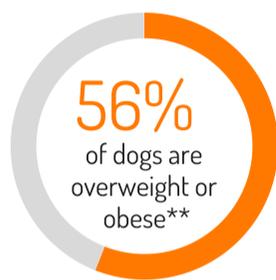




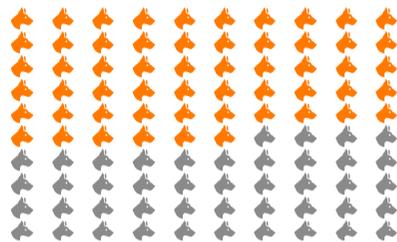
# PREVENT CANINE OBESITY

Keep your dog healthy and happy

## THE NUMBERS



That's 50 million dogs!\*



## THE RISKS OF OBESITY\*\*

- Diabetes
- Kidney issues
- Lower quality of life
- Shorter lifespan
- Cancer
- Bone/joint issues

## IT'S NOT EASY

### "He won't stop begging me!"

Giving into their puppy dog eyes won't stop the begging behavior, it will only encourage it! Your dog will likely appreciate play time, a walk, or another form of love just as much as a snack.

### "It's just a small piece!"

Though you may only give a small piece of cheese or a couple extra treats to your dog, these foods are dense in calories and can add up over time.

### "She deserves a treat!"

Using treats as rewards for training or good behavior can be effective, but shouldn't be overused. Try feeding part of your dog's daily meal as 'treats' throughout the day, or switch to healthy low-calorie treat alternatives.

## THE HAND TRICK

Want to know if your dog is a healthy weight? Feel your dog's ribs and compare them to different parts of your hand to determine if your pet is too thin, too heavy, or just right.

- Knuckles: Too thin
- Upper palm: Too heavy
- Side palm: Obese
- Tops of fingers: Ideal

## COMMON TREAT CALORIES

- 1 OZ CHEESE = 114 CALS
- 1 GREENIE = 91 CALS
- 1 PUP-PERONI = 28 CALS
- 1 MILKBONE = 20 CALS

## ★ HEALTHY ALTERNATIVES ★

- 1/4 CUP BROCCOLI = 8 CALS
- 1/4 CUP GREEN BEANS = 8 CALS
- 1/4 CUP CARROTS = 13 CALS

## CALORIE NEEDS\*\*

Below is a list of how many calories your dog needs based on their weight.

- 10lbs: 200-275 CALS
- 20lbs: 325-400 CALS
- 50lbs: 700-900 CALS
- 70lbs: 900-1050 CALS
- 90lbs: 1100-1350 CALS

\*Estimate. In the U.S.; American Pet Products Association

\*\*Reference: Association for Pet Obesity Prevention

All dogs are different, so check with your veterinarian before starting your dog on a weight loss program.