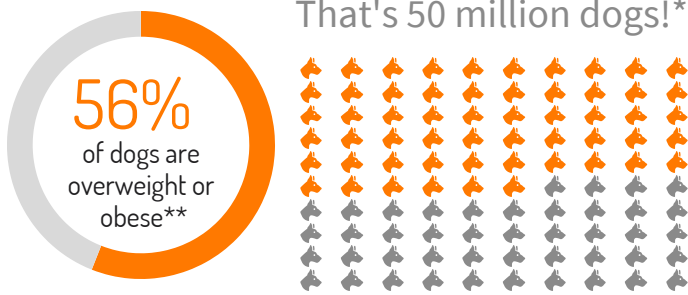




PREVENT PET OBESITY

Keep your pet healthy and happy

THE NUMBERS



THE RISKS OF OBESITY**

- Diabetes
- Shorter lifespan
- Kidney issues
- Cancer
- Lower quality of life
- 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

Tops of fingers: Ideal

Side palm: Obese

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

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

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

**Reference: Association for Pet Obesity Prevention