

# DETERMINE IDEAL WEIGHT IN 2 STEPS

## BFI Risk Chart

The right weight loss nutrition can help reduce the risks associated with high body fat percentage.

As body fat increases, so does the risk for:

- Shortened life expectancy
- Diabetes mellitus
- Reduced mobility
- Arthritis
- Increased physical injury
- Respiratory disease
- Hepatic Lipidosis
- Kidney disease
- Cancer
- Bladder stones

### STEP 1

Establish the cat's current body fat percentage by selecting the body shape and description that best matches theirs.

See reverse side for Step 2.

	UNDERWEIGHT	IDEAL WEIGHT	OVERWEIGHT	OBESE			
		Low Risk	Moderate Risk	High Risk	Serious Risk	Severe Risk	Extreme Risk
<b>BODY CONDITION SCORE (BCS)</b>	≤3	4-5	6-7	8-9	9	—*	—*
Reference: Laflamme DP. Development and validation of a body condition score system for cats: A clinical tool. <i>Feline Practice</i> . 1997;25(5/6):13-18.							
<b>BODY FAT INDEX (BFI)</b>	—**	20	30	40	50	60	70
Reference: Witzel, AL, et al. Use of a novel morphometric method and body fat index system for estimation of body composition in overweight and obese cats. <i>J Am Vet Med Assoc</i> . 2014;244(11):1279-1284.							
<b>BODY FAT PERCENTAGE</b>	<16%	16–25%	26–35%	36–45%	46–55%	56–65%	>65%
		<b>Head &amp; Neck</b> Prominent distinction between head & shoulder Loose scruff No scruff fat <b>Ribs</b> Prominent Very easy to palpate <b>Abdomen</b> Loose abdominal skin Easy to palpate abdominal contents <b>Tail Base</b> Prominent bony structure Easy to palpate Minimal fat cover <b>Shape From the Side</b> Moderate to slight abdominal tuck <b>Shape From Above</b> Marked hourglass	<b>Head &amp; Neck</b> Clear distinction between head & shoulder Loose scruff Slight scruff fat <b>Ribs</b> Not prominent Easy to palpate <b>Abdomen</b> Loose abdominal skin with minimal fat Easy to palpate abdominal contents <b>Tail Base</b> Slightly to minimally prominent bony structure Palpable Slight fat cover <b>Shape From the Side</b> No abdominal tuck <b>Shape From Above</b> Slight hourglass / lumbar waist	<b>Head &amp; Neck</b> Clear to slight distinction between head & shoulder Loose to snug scruff Slight to moderate scruff fat <b>Ribs</b> Not prominent Palpable <b>Abdomen</b> Obvious skin fold with moderate fat Easy to palpate abdominal contents <b>Tail Base</b> Minimally prominent bony structure Palpable Slight to moderate fat cover <b>Shape From the Side</b> Slight abdominal bulge <b>Shape From Above</b> Lumbar waist	<b>Head &amp; Neck</b> Minimal distinction between head & shoulder Loose to snug scruff Moderate scruff fat <b>Ribs</b> Not prominent Difficult to palpate <b>Abdomen</b> Heavy fat pad Difficult to palpate abdominal contents <b>Tail Base</b> Poorly defined bony structure Difficult to palpate Moderate to thick fat cover <b>Shape From the Side</b> Moderate abdominal bulge <b>Shape From Above</b> Broadened back	<b>Head &amp; Neck</b> Poor to no distinction between head & shoulder Snug to tight scruff Very thick scruff fat <b>Ribs</b> Not prominent Extremely difficult to impossible to palpate <b>Abdomen</b> Very heavy fat pad; indistinct from abdominal fat Impossible to palpate abdominal contents <b>Tail Base</b> Bony structure not prominent Very difficult to palpate Very thick fat cover <b>Shape From the Side</b> Severe abdominal bulge <b>Shape From Above</b> Severely broadened back	<b>Head &amp; Neck</b> No distinction between head & shoulder Tight scruff Very thick scruff fat <b>Ribs</b> Not prominent Impossible to palpate <b>Abdomen</b> Extremely heavy fat pad; indistinct from abdominal fat. Impossible to palpate abdominal contents <b>Tail Base</b> Bony structure not prominent Extremely difficult to palpate Extremely thick fat cover <b>Shape From the Side</b> Very severe abdominal bulge <b>Shape From Above</b> Extremely broadened back

\*The relationship between BCS and Body Fat >45% has not been validated.

\*\*Body Fat Index has not been validated for underweight pets.

## STEP 2

Using the cat's current weight and their established body fat percentage from Step 1, now determine their ideal weight.

Current Weight	IDEAL BODY WEIGHT [LB]					
	Body Fat % <b>20</b>	Body Fat % <b>30</b>	Body Fat % <b>40</b>	Body Fat % <b>50</b>	Body Fat % <b>60</b>	Body Fat % <b>70</b>
8	8	7.0	6.0	5.0	4.0	3.0
9	9	7.9	6.8	5.6	4.5	3.4
10	10	8.8	7.5	6.3	5.0	3.8
11	11	9.6	8.3	6.9	5.5	4.1
12	12	10.5	9.0	7.5	6.0	4.5
13	13	11.4	9.8	8.1	6.5	4.9
14	14	12.3	10.5	8.8	7.0	5.3
15	15	13.1	11.3	9.4	7.5	5.6
16	16	14.0	12.0	10.0	8.0	6.0
17	17	14.9	12.8	10.6	8.5	6.4
18	18	15.8	13.5	11.3	9.0	6.8
19	19	16.6	14.3	11.9	9.5	7.1
20	20	17.5	15.0	12.5	10.0	7.5
21	21	18.4	15.8	13.1	10.5	7.9
22	22	19.3	16.5	13.8	11.0	8.3
23	23	20.1	17.3	14.4	11.5	8.6
24	24	21.0	18.0	15.0	12.0	9.0
25	25	21.9	18.8	15.6	12.5	9.4
26	26	22.8	19.5	16.3	13.0	9.8
27	27	23.6	20.3	16.9	13.5	10.1
28	28	24.5	21.0	17.5	14.0	10.5
29	29	25.4	21.8	18.1	14.5	10.9
30	30	26.3	22.5	18.8	15.0	11.3
31	31	27.1	23.3	19.4	15.5	11.6
32	32	28.0	24.0	20.0	16.0	12.0
33	33	28.9	24.8	20.6	16.5	12.4
34	34	29.8	25.5	21.3	17.0	12.8
35	35	30.6	26.3	21.9	17.5	13.1

Make a specific nutritional recommendation for your patient using Hill's Quick Reco tool.

