

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:

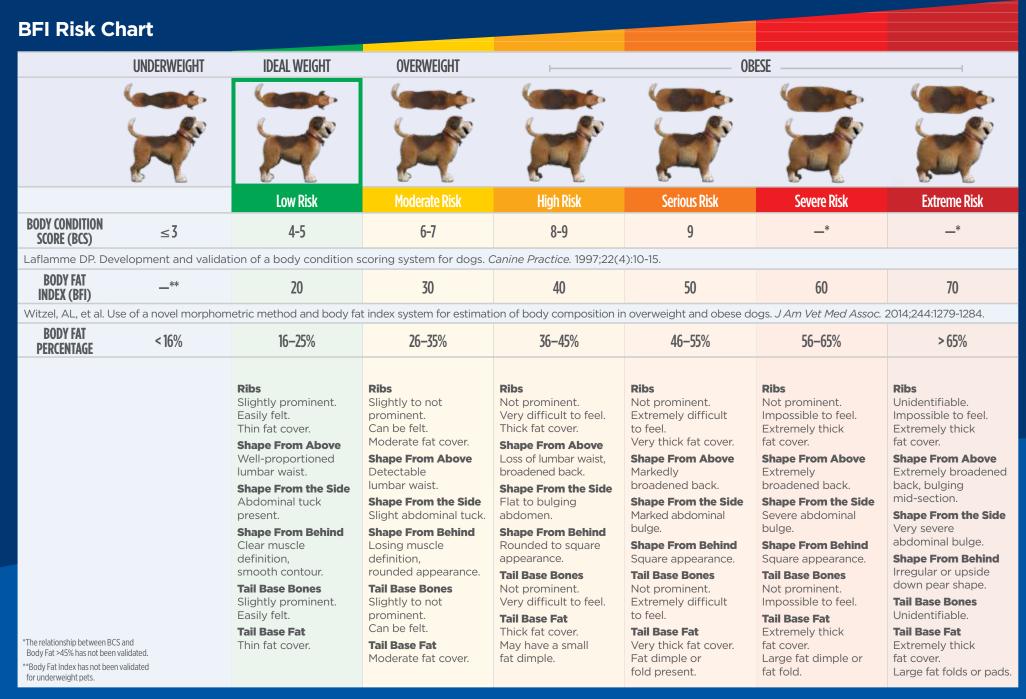
- Shortened life expectancy
- Diabetes mellitus
- Reduced mobility
- Arthritis
- Increased physical injury
- Respiratory disease
- Kidney disease
- Cancer

STEP 1

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

See reverse side for Step 2.

DETERMINE IDEAL WEIGHT IN 2 STEPS



STEP 2
Using the dog's current
weight and their established
body fat percentage from
Step 1, now determine their

ideal weight.

	IDEAL BODY WEIGHT [LB]					
Current Weight	Body Fat %	Body Fat %	Body Fat %	Body Fat %	Body Fat %	Body Fat %
	20	30	40	50	60	70
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
20	20	17.5	15.0	12.5	10.0	7.5
25	25	21.9	18.8	15.6	12.5	9.4
30	30	26.3	22.5	18.8	15.0	11.3
35	35	30.6	26.3	21.9	17.5	13.1
40	40	35.0	30.0	25.0	20.0	15.0
45	45	39.4	33.8	28.1	22.5	16.9
50	50	43.8	37.5	31.3	25.0	18.8
55	55	48.1	41.3	34.4	27.5	20.6
60	60	52.5	45.0	37.5	30.0	22.5
65	65	56.9	48.8	40.6	32.5	24.4
70	70	61.3	52.5	43.8	35.0	26.3
75	75	65.6	56.3	46.9	37.5	28.1
80	80	70.0	60.0	50.0	40.0	30.0
85	85	74.4	63.8	53.1	42.5	31.9
90	90	78.8	67.5	56.3	45.0	33.8
95	95	83.1	71.3	59.4	47.5	35.6
100	100	87.5	75.0	62.5	50.0	37.5
105	105	91.9	78.8	65.6	52.5	39.4
110	110	96.3	82.5	68.8	55.0	41.3
115	115	100.6	86.3	71.9	57.5	43.1
120	120	105.0	90.0	75.0	60.0	45.0
130	130	113.8	97.5	81.3	65.0	48.8
140	140	122.5	105.0	87.5	70.0	52.5
150	150	131.3	112.5	93.8	75.0	56.3
160	160	140.0	120.0	100.0	80.0	60.0

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





