# Tip Sheet

## Calculating a Pet's Caloric Intake for Weight Management

Calculate the resting energy requirement (RER) using the pet's estimated ideal weight, then feed a percentage of that amount. Although there is no established standard reduction, feeding 80% of ideal-weight RER is effective and well tolerated.

Calculate the daily RER for ideal body weight in kilograms (BWkg) using one of the following equations:

a.) RER in kcal/day = 70 × (ideal BWkg)$^{0.75}$. This equation can be used for patients of any weight.

b.) RER in kcal/day = 30 × (ideal BWkg) + 70. This formula is less accurate as the previous one. It will overestimate large and underestimate small patients' caloric needs. Use it only for patients weighing 2–25 kg (6–60 lb).

### RER (in kcal) for Various Body Weights (in kg)*

| Ideal body weight | RER | Ideal body weight | RER | Ideal body weight | RER | Ideal body weight | RER |
|---|---|---|---|---|---|---|---|
| 1 | 70 | 16 | 560 | 31 | 920 | 46 | 1,236 |
| 2 | 118 | 17 | 586 | 32 | 942 | 47 | 1,257 |
| 3 | 160 | 18 | 612 | 33 | 964 | 48 | 1,277 |
| 4 | 198 | 19 | 637 | 34 | 986 | 49 | 1,296 |
| 5 | 234 | 20 | 662 | 35 | 1,007 | 50 | 1,316 |
| 6 | 268 | 21 | 687 | 36 | 1,029 | 51 | 1,336 |
| 7 | 301 | 22 | 711 | 37 | 1,050 | 52 | 1,356 |
| 8 | 333 | 23 | 735 | 38 | 1,071 | 53 | 1,375 |
| 9 | 364 | 24 | 759 | 39 | 1,092 | 54 | 1,394 |
| 10 | 394 | 25 | 783 | 40 | 1,113 | 55 | 1,414 |
| 11 | 423 | 26 | 806 | 41 | 1,134 | 56 | 1,433 |
| 12 | 451 | 27 | 829 | 42 | 1,155 | 57 | 1,452 |
| 13 | 479 | 28 | 852 | 43 | 1,175 | 58 | 1,471 |
| 14 | 507 | 29 | 875 | 44 | 1,196 | 59 | 1,490 |
| 15 | 534 | 30 | 897 | 45 | 1,216 | 60 | 1,509 |

*RER in kcal/day = 70 × (ideal body weight in kg)$^{0.75}$
RER, resting energy requirement