

# Canine Obesity Management Sheet

## Obesity Management Calculation Sheet



### 1. Calculate resting energy requirement (RER)

$$\text{RER} = 70(\text{BW}_{\text{kg}}^{0.75}) \rightarrow 70(\text{ } \text{kg}^{0.75}) = \text{ } \text{kcal/d}$$

### 2. Calculate maintenance energy requirement (MER)

*Adult dogs*

MER (intact adult):  $1.8 \times \text{RER} = \text{ } \text{kcal/d}$

MER (neutered adult):  $1.6 \times \text{RER} = \text{ } \text{kcal/d}$

### 3. Calculate obesity management energy requirement (OM)

*Adult dogs* OM:  $60\%(\text{MER}) = \text{ } \text{kcal/d}^*$

### 4. Choose a weight loss diet

Name of dry diet  $\text{ } \text{kcal/cup} = \text{ } \text{cup(s)/day}$  (divide into 2 meals)

Name of canned diet  $\text{ } \text{kcal/can} = \text{ } \text{can(s)/day}$  (divide into 2 meals)

### 5. Treats (limit to < 10% of total kcal intake/d)

Name of treat  $\text{ } \text{kcal/treat} = \text{ } \text{treats allowed/day}$

### 6. Rate of weight loss

1% of body weight per week:  $\text{ } \text{pounds to lose per week}$  (Please weigh your pet once every 2 weeks.)

### 7. Exercise is strongly encouraged

- The most successful weight loss programs combine caloric restriction with exercise.
- Start out any exercise program for your pet *slowly*.

### 8. How can you tell when the pet has achieved an optimal weight?

- You should be able to *feel ribs* but not see them when pet is standing.
- Pet should have an *hourglass figure* when viewed from top.<sup>†</sup>
- Your veterinarian can also help you determine when your pet has reached an optimal weight.

\* Keep in mind that these are starting levels for kilocalorie intake. They may require modification throughout weight loss program. Some pets may require fewer kilocalories than calculated here.

<sup>†</sup> If pet has thick hair coat, it is important to rely on hands-on assessment of pet, not visual assessment.

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