



HERMITAGE

Veterinary Hospital

SHARING THE CARE

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Name:

Today's Weight (kg):

Recommended Diet:

Calories Per Cup:

Total Calories Per Day:

Amount to Feed:

To calculate your **dog's** Calorie requirements:

$$(\text{weight in kg})^{0.75} \times 70 = \text{kcal/day for maintenance(RER)}$$

RER = Resting Energy Requirements

Growth (up to 4 months of age) = RER x 3

Growth (4-8 months) = RER x 2

Large Breed Puppy (8-12 months) = RER x 1.8

Intact Adult Dog = RER x 1.8

Neutered/Spayed Adult = RER x 1.6

Obese Prone = RER x 1.2

Weight Loss = RER x 1

Weight Loss (on weight loss diet) = RER of ideal weight

Light Working Adult = RER x 2

MER / Kcal per 8 oz cup of food = total cups of food per day

Divide this amount into multiple meals (2-3) per day to help encourage healthy eating habits. Remember, that it is the total daily calorie intake for your dog! This calorie value includes all meals, treats, human food, or any other foods they may ingest throughout the day.

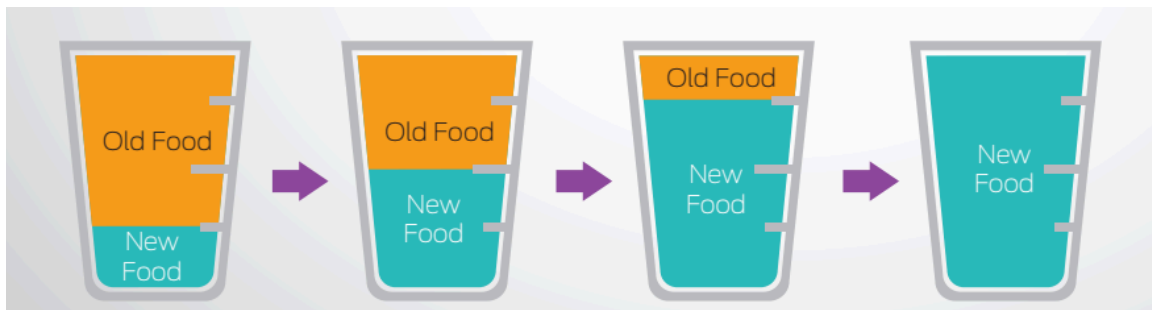
Total Weight Lost: _____ **Reweigh in one month**

Fresh Food Treats

Carrots (one medium size)	21 Kcal
Cauliflower (1/4 cup)	6 Kcal
Cucumber (1/4 cup)	5 Kcal
Green Beans (1/4 cup)	9 Kcal
Green Peppers (1 medium size)	14 Kcal
Melon (1/4 cup)	12 Kcal
Zucchini (1/4 cup)	5 Kcal

Switching food over slowly is ideal to avoid any gastrointestinal upset. Follow this 2 week diet transition schedule to help ease your pet into their new food:

1. From days 1-4: 75% old food with 25% new food
2. From days 5-8: 50% old food with 50% new food
3. From days 9-13: 25% old food with 75% new food
4. From days 14 on: 100% new diet



Exercise is Important!

Without adequate and consistent exercise as part of weight loss program some dogs may fail to lose weight, even if they are on a low calorie diet. Increasing playtime and walks can help shed pounds and build muscle.

Steps to Success:

- Measure food accurately with a measuring cup or gram scale
- No table scraps
- No high calorie treats
- Regular exercise
- Regular weight ins to ensure your pet is losing weight at a proper rate

Exercise:

- Fetch and chase games
- Daily walks
- Tricks for treats or meals
- Treat dispensing toys

If you have any questions or concerns please contact the clinic at (780) 476-7558