

## HEALTHY FOOD GUIDELINES FOR YOUR PET

**More than half of the pets in America are overweight, and many of them are severely obese.**

The extra pounds your pet is carrying can make him very sick and even shorten his life. Because of obesity, your pet may develop diabetes, arthritis and many other chronic health issues that cause pain and disease, or require taking medications. That will make your pet more uncomfortable and make it harder for you to afford his care.

It could even make it impossible for you to care for your pet, as you may need to give injections and pills regularly. Your pet may refuse medications, or you may not be able to do it.

Pet food is expensive.

You may be paying a lot of extra money to overfeed your pet, or burdening Phinney's Friends with unnecessary purchases. Of course you don't want your pet to lead a less healthy life.

**Act now! Start a new chapter in your pet's life!**

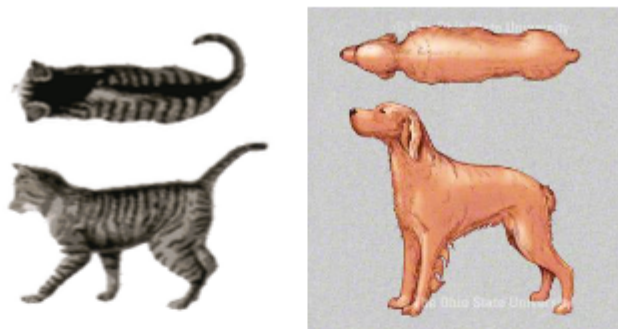
### 1. Don't let yourself be fooled by the looks

Many of us believe we know, and we actually don't. We see so many overweight pets nowadays that we look at a healthy pet and think she is too thin. Then we look at an obese pet and think she is fine. Yes, it's more common to see a heavy animal than a healthy one!

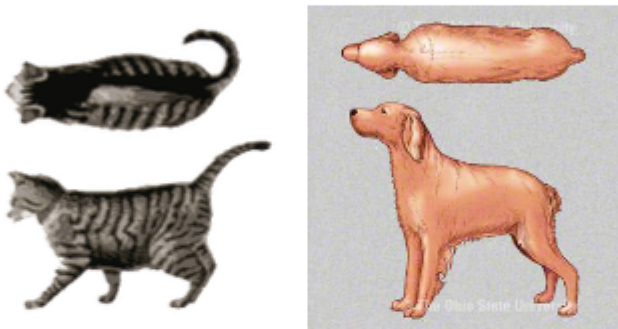
### 2. Take a close look at your pet

Now that you know you shouldn't be fooled by what you see everyday, take a good look at your pet. You should be able to see your pet's waist tuck in just behind the ribs, but not see the ribs easily. The following pictures show the ideal, healthy shape of a dog and a cat.

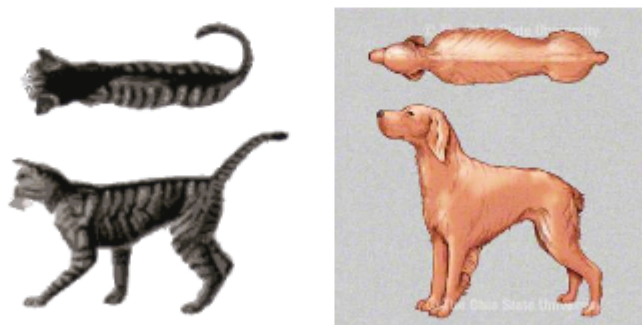
**Ideal, healthy shape:**



And here is how they look when they are **overweight**:



And here are a dog and a cat who are **too thin**:



### 3. Gently feel the side of your pet's body

When you touch your pet, the ribs shouldn't show a lot, but you should be able to feel them easily. That's a normal, healthy weight. If you can't feel the ribs easily, your pet is too heavy.

## 4. Check the amount you are feeding

Get the bags and cans of food you are feeding your pet and take a look at the feeding chart. Compare it to your pet's weight.

Don't know your pet's weight? Call your vet clinic and find out. They always weigh your pet unless you get a house call visit.

The following charts show the recommended amount of calories to feed your pet, and the caloric content in cups or cans of common dog and cat foods.

DOGS		Weight in pounds											
		5	10	15	20	30	40	50	60	70	80	90	100
<i>Recommended calories (kcal) per day</i>	Overweight	140	240	320	400	550	680	800	920	1030	1140	1250	1350
	Inactive (short walk daily only)	170	280	380	480	650	800	950	1100	1220	1350	1480	1600
	Active (2 or more long walks per day)	190	330	440	550	750	920	1100	1250	1400	1560	1700	1840
	Puppy <4 months	390	650	890	1100	1500	1840	2200	2500	2800	3100	3400	3680
	Puppy 4 to 6 months	260	440	590	730	1000	1230	1460	1670	1880	2070	2260	2450

CATS		Weight in pounds						
		2	5	10	12	15	17	20
<i>Recommended calories (kcal) per day</i>	Overweight	n/a	n/a	n/a	250	300	330	370
	Inactive Sedentary	90	180	300	350	420	460	520
	Active Playful	110	210	350	400	480	530	600
	Kitten	160	330	n/a	n/a	n/a	n/a	n/a

**Note: only large breed cats are healthy at higher weights, of 15 to 20 lbs.**

Average Caloric Content of Common Pet Foods		
<b>Dogs</b>	Purina Alpo Chophouse	395 kcal/can (13.2 oz)
	Rachel Ray Nutrish Dry	329 kcal/cup
	Hill's Science Diet Adult Advanced Fitness	363 kcal/cup
	Hill's Prescription I/D Dry	358 kcal/cup
	Hill's Prescription I/D Canned	369 kcal/can (13 oz)
<b>Cats</b>	Meow Mix Dry	360 kcal/cup
	Fancy Feast Canned	180 kcal/can (5.5 oz)
	Friskies Pate Canned	74 kcal/can (3 oz)
	Hill's Prescription C/D Dry	351 kcal/cup
	Hill's Prescription C/D Canned	163 kcal/can (5.5 oz)
	Royal Canin SO Dry	284 kcal/cup
	Royal Canin SO Canned	142 kcal/can (5.8 oz)
	Hill's Prescription W/D Dry	280 kcal/cup
	Hill's Prescription W/D Canned	127 kcal/can (5.5 oz)

**Now, do you feel you have a better idea if your pet is a healthy weight?**

**If you need help, leave us a message to Phinney's at 617.979.8705. We may be able to help you tackle this problem.**