

## Labrador weight and feeding

Let's go over labrador puppy weight as growing puppies and adults. The puppies will likely be an average weight of their parent of the same sex when they grow up. Now with that statement comes all the exceptions if you don't feed like I do or there may be other factors. My puppies go home eating about 2 1/2 - 3 cups per day 8 weeks old. All foods are different and have different kcal per cup so asking how many cups is not accurate way to assess what one person is feeding compared to the other. You have to taking onto account extra treat calories and exercise/activity. As they grow you need to increase this amount for their growth spurts and activity. Growth spurts happen between 4 to 7 months of age and then start slowing until maturity around 2 years old. Just think of human kids, your 5 year old will eat less food than you 12 year old. You don't feed your kid the same about of food as a toddler as you do as a pre teen or teenager. As for medical decisions your veterinarian should be part of your decision but not part of your feeding decision unless its for medical reasons. The reason I say this is because most veterinarians only have about a few weeks of nutrition in their classes. Every breed is different and within every breed there are differences. The labrador is an example of this difference with in the breed. The "field or American" labrador is a difference structure than the "bench or english" labrador. What most veterinarians see is the field labrador which is taller, lanky, skinny tail, and single coat. This is why most of them will say you "English" puppy looks fat or heavy because they have more bone and coat than the field labradors. With an English labrador you must put your hands on them and feel the muscle tone underneath that double coat or take a good look at them when they are getting a bath or coming out of the water. You must increase the food as the puppy get older and go through their growth spurts and take into account the exercise they may be getting. The instruction on the bag are a suggestion as a guideline which the amount increases as the puppy gets older according to the feeding guideline on the bag.

Please feed a high quality food while the puppy is growing. Also remember to increase the food during the growth spurts. This can be up to 5 cups daily during growth spurts. Follow the feeding guideline on the bag. If you want to cut cost with dog food please do so after the puppy is done growing at about 2 years old. Your puppy will gain about 2 pounds a week and increase as they get older. As a general rule your puppy should be about 40 pounds at 4 months, 50 pounds at 5 months, 60 pounds at 6 months and then start leveling off depending on the sex of your puppy. The males will be bigger than the females. My females tend to be anywhere from 70 to 80 pounds and my males are 80 to 90 pounds. This is just an average on what I see but your puppy will vary depending on how you feed it and it's exercise activity as it is growing up.

Remember that dogs mature much faster than humans and reach their maturity at around 2 years old but still fill out more between 2-3 years old. If you spay or neuter before the growth plates close at about 15-18 months of age, you will have a leaner lankier labrador because growth is fueled by hormones such as testosterone and estrogen. When you spay or neuter you take away this hormones.

With this being said, don't get hung up on how much your puppy weighs compared to littermate. All of us feed and exercise our dogs differently and listened to different people for advice, so all littermate will grow to their potential differently. The main thing is to love you labrador to the best of your ability and treat them like family.

We feed Purina Pro Plan foods. I feed the puppies Purina Pro Plan Puppy. I feed my adults Purina Pro Plan Performance 30/20 All Life Stages.