

# Weight Loss in Dogs



## How do I help my dog lose weight?

Weight loss should be accomplished slowly-over 6 months to a year. Light diets from pet stores usually have about 15% less calories than regular diets. If your dog is on a regular diet, try feeding the same amount of light diet and then monitor the weight. Often you will need to further decrease the amount of food they are getting. Do it slowly. Diets that creep up on you are more likely to be successful. Remember, dieting is not a race. You only have to cross the finish line.

## What should I feed my dog?

My favourite diet for weight loss is Hill's Metabolic Advanced diet. This diet is unique because it activates the genes in the body that regulate metabolism. Measuring your dog's head, chest and legs will allow us to gauge the amount of food you should give. Any sudden changes in diet can cause intestinal upset's. Wean your dog onto the diet over the space of 10 days by adding small handfuls of the new food into your dog's dish,

**"Obesity is the most common health problem we see in dogs. It shortens their life and increases the risk for health problems. In a healthy dog you should be able to feel the ribs and see a waist."**

