Understanding your dog’s WEIGHT MANAGEMENT
Lean dogs live longer.

In addition, research from PURINA® has proven that dogs fed to a lean body condition (by reducing calorie intake and assessing body condition from early puppyhood throughout life) were considerably healthier and lived up to two years longer than their littermates. There are, therefore, huge benefits to your dog of keeping slim for both good health and long life.

Labrador dogs lived on average 1.8 years longer and remained healthier when slim.

Why is weight management so important?

A large proportion of human beings are now overweight or obese and the numbers keep rising. At the same time our pet dogs are also becoming increasingly overweight or obese – with around 1 in 3 European dogs affected. This is a major health concern for our canine companions.

There are many serious consequences for dogs of being overweight or obese – and many great health benefits of shedding the extra kilos! As with humans, overweight dogs have a marked increase in risk of the following:

- Decreased immune function
- Breathing difficulties
- Reduced lifespan
- Surgical risks
- Decreased immune function
- Breathing difficulties
- Reduced lifespan
- Surgical risks

Why is my dog overweight?

Many are surprised to learn that on average around 1/3 of all middle-aged dogs in Europe are thought to be overweight. While some breeds are more likely to gain weight than others, additional factors are also involved:

- Overeating (meal portions too large, too many treats and snacks)
- Feeding high fat diets
- Lack of exercise
- Hormone imbalance
What are the signs of weight gain?

Weight gain is usually gradual and subtle, but can easily be checked each time you visit your veterinary surgeon (or you can weigh your dog regularly at home). The signs of being overweight include:

- Not easily feeling the ribs when you run your hand over your dog's chest.
- Not having an obvious waist.
- Reduced ability to exercise.
- Reduced spontaneous physical activity.

Elements of an ideal body condition include the following:

1. The outline of your dog's ribs can be felt (and seen if they have short fur).
2. Your dog's waist is visible when viewed from above.
3. Your dog's abdomen is tucked up when viewed from the side.

How can you help your dog achieve an ideal body condition?

The two ways of ensuring successful weight loss for your dog are:

- Carefully controlling your dog's diet and calorie intake.
- Increasing the amount of exercise.

Food is important.

PURINA® PRO PLAN® VETERINARY DIETS OM Obesity Management is the ideal diet for your dog, both to help them lose weight and to help them maintain a healthy weight after successful weight loss. This diet is specially formulated to supply all the nutrients your dog needs, whilst also containing highly palatable ingredients and adjusted levels of all nutrients to ensure safe weight loss.

Benefits of feeding Canine OM Obesity Management to your dog:

- **High protein**
  To help promote loss of body fat while maintaining lean muscles during weight loss.

- **Low calorie**
  Reduced levels of fat to help cut the number of calories consumed.

- **Glucose control**
  Increased fibre to help balance blood sugar levels throughout the day, reducing hunger pangs and helping your dog feel fuller for longer.
For successful weight loss, it is essential to follow your vet's guidelines and:

- Feed only the recommended quantity of food. Make sure the food is measured (ideally weighed) each day to ensure you are feeding the correct amount.
- If you want to give any treats, ideally use kibble taken from the daily ration, or alternatively reduce the daily ration by an appropriate amount.
- The aim will be to lose weight gradually (for example just 1-2% weight loss per week) – this is safer for your dog and more likely to result in long-lasting weight loss.

Exercise plays a part too. A brisk 20-minute walk twice a day helps burn energy and work off excess weight. Exercise should be increased gradually, especially if your dog has joint, heart or lung disease. Ask your vet for specific advice about exercising your dog.

**Maintaining a healthy weight.**

Once your dog has reached their optimum weight, they can continue to enjoy Canine OM Obesity Management, with an adjustment to the feeding guidelines, or you can offer foods from our maintenance diet range, such as PRO PLAN® ALL SIZES ADULT Light/Sterilised with OPTIWEIGHT.

**PURINA®: a name you can trust.**

With Canine OM Obesity Management, you can be sure you are providing your dog with optimum nutrition while helping to manage their weight. PURINA® PRO PLAN® VETERINARY DIETS are backed by strong science, and the latest nutritional findings are applied to bring you some of the most innovative and effective formulas.

**Feeding guidelines for Canine OM Obesity Management.**

Use only as directed by your vet. The suggested daily intake for weight loss is based on your dog’s current weight, and a desired weight loss of 2% body weight per week. Daily food intake should be adjusted every four weeks based on your dog’s current weight, and the amount fed may also need to be adjusted according to their individual needs.

A new diet is a big change for your dog and they may need a while to adjust, but feeding a weight management diet is a good way to help them to lose weight. Provide fresh water in a clean container daily.

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**FEEDING RECOMMENDATIONS FOR ADULT WEIGHT LOSS:**

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<th>Body weight (kg)</th>
<th>Daily feeding quantities (adult weight loss)</th>
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<td>Dry Only (g/day)</td>
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<td>Wet Only (can/day)</td>
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For each additional 5 kg of body weight, feed an additional 20 g of dry food or ¼ of can per day for weight loss.

**FEEDING RECOMMENDATIONS FOR ADULT MAINTENANCE:**

<table>
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<th>Body weight (kg)</th>
<th>Daily feeding quantities (adult maintenance)</th>
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<td>Dry Only (g/day)</td>
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For each additional 5 kg of body weight, feed an additional 40 g of dry food or ½ of can per day for weight maintenance.
For more information about PURINA® PRO PLAN® Veterinary Diets, contact your local sales representative or visit www.purina-proplan.co.uk/veterinarydiets

Ask the Experts
UK: 0800 212 161 IE: 1800 509 368 8am – 6pm, Monday to Friday
Nestlé Purina PetCare (UK) Ltd., 1 City Place, Gatwick, RH6 0PA

Please note that all indications for PURINA® PRO PLAN® Veterinary Diets mentioned in this leaflet are for the dietary support of dogs with the listed conditions and do not preclude appropriate medical management. The veterinary diets should be used under veterinary supervision. ®Reg. Trademark of Société des Produits Nestlé S.A.