

Obesity is an extremely common problem in pets and, as with humans, is detrimental to the health of a dog. Obesity shortens a dog's life and makes them more likely to develop disease

**Increased risk for dogs overweight:**

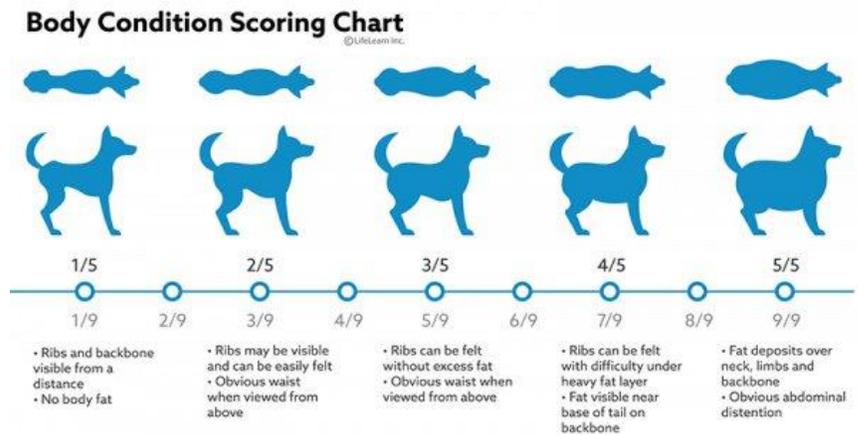
- cancers of all types
- diabetes
- heart disease
- high blood pressure
- arthritis earlier in life
- bladder stones

**Identify the reason for the extra weight**

We cannot assume that your dog is overweight due to overfeeding.

Diseases can cause weight gain and it is important to eliminate medical cause

before moving onto a change in life style. Obesity may be an **indicator of diseases** such as hypothyroidism (an underactive thyroid gland) or Cushing's disease (overactive adrenal glands). Only your vet can test and diagnosis these diseases.



**Obesity due to current diet**

The very first step in dealing with an overweight dog is to recognize and acknowledge that there is a problem. Then you move onto to a life style change that will include exercise and a weight management diet that you as the pet owner need to follow. The goal is to reduce calorie intake correctly and increase your dog's physical activity.

YES	NO
- Apples	- Alcohol
- Bananas	- Avocado
- Blueberries	- Caffeine
- Cantaloupe	- Chocolate
- Carrots	- Coffee
- Cheese (in moderation)	- Fat Trimmings
- Chicken	- Garlic
- Eggs	- Gum
- Green Beans	- Grapes
- Honey	- Macadamia Nuts
- Kiwi	- Milk
- Mango	- Mushrooms
- Oatmeal	- Pits and Seeds from fruit
- Peaches	- Potato skins and raw potatoes
- Peanut Butter	- Raisins
- Pears	- Rhubarb
- Pineapple	- Salty Foods (in large amounts)
- Potatoes (cooked skins removed)	- Tea
- Pumpkin	- Walnuts
- Rice	- Xylitol
- Sweet Potato	- Yeast and Dough
- Yogurt	

Proud Dog Mom

**Adjusting Meal Time**

It is **not** appropriate to simply **reduce the volume of food** you feed your dog. This will cause malnourishment over time and organ damage. It is important to feed a nutritional product that is lower in calories, yet maintains an appropriate nutrient balance. Most dog brands now carry a line of weight management food. We recommend dry kibble over canned food. Also important is providing the right portion of food two to three times a day. One meal a day puts the body in starvation mood.

Humans find themselves displaying love to their dog by giving them extra food, treats, and human food (higher in calories and fat than pet food) which is actually shortening their lives with us. Not all human foods are bad for dogs but you need to know what is healthy and what is not. The healthy foods make great snacks for in between meals or replacement for treats that will keep your dog's stomach feeling content. Think healthy treats such as fresh or frozen fruits and vegetables. Also look for Low Sugar products. *See chart.*

**Exercise**

Many pet owners hope a run in the yard however this this is not enough exercise to keep him healthy. Dogs require our participation and interaction. Some dogs love to swim, others prefer to fetch, and some breeds do best with a physical job. For many dogs, however, a simple

daily walk is all that is required for them to stay at their ideal body weight.