



# DETERMINE IDEAL WEIGHT IN 2 STEPS

## BFI Risk Chart

The right weight loss nutrition can help reduce the risks associated with high body fat percentage.

As body fat increases, so does the risk for:

- Shortened life expectancy
- Diabetes mellitus
- Reduced mobility
- Arthritis
- Increased physical injury
- Respiratory disease
- Kidney disease
- Cancer

### STEP 1

Establish the dog's current body fat percentage by selecting the body shape and description that best matches theirs.

See reverse side for Step 2.

	UNDERWEIGHT	IDEAL WEIGHT	OVERWEIGHT	OBESE			
		Low Risk	Moderate Risk	High Risk	Serious Risk	Severe Risk	Extreme Risk
<b>BODY CONDITION SCORE (BCS)</b>	≤3	4-5	6-7	8-9	9	—*	—*
Laflamme DP. Development and validation of a body condition scoring system for dogs. <i>Canine Practice</i> . 1997;22(4):10-15.							
<b>BODY FAT INDEX (BFI)</b>	—**	20	30	40	50	60	70
Witzel, AL, et al. Use of a novel morphometric method and body fat index system for estimation of body composition in overweight and obese dogs. <i>J Am Vet Med Assoc</i> . 2014;244:1279-1284.							
<b>BODY FAT PERCENTAGE</b>	<16%	16–25%	26–35%	36–45%	46–55%	56–65%	>65%
		<b>Ribs</b> Slightly prominent. Easily felt. Thin fat cover. <b>Shape From Above</b> Well-proportioned lumbar waist. <b>Shape From the Side</b> Abdominal tuck present. <b>Shape From Behind</b> Clear muscle definition, smooth contour. <b>Tail Base Bones</b> Slightly prominent. Easily felt. <b>Tail Base Fat</b> Thin fat cover.	<b>Ribs</b> Slightly to not prominent. Can be felt. Moderate fat cover. <b>Shape From Above</b> Detectable lumbar waist. <b>Shape From the Side</b> Slight abdominal tuck. <b>Shape From Behind</b> Losing muscle definition, rounded appearance. <b>Tail Base Bones</b> Slightly to not prominent. Can be felt. <b>Tail Base Fat</b> Moderate fat cover.	<b>Ribs</b> Not prominent. Very difficult to feel. Thick fat cover. <b>Shape From Above</b> Loss of lumbar waist, broadened back. <b>Shape From the Side</b> Flat to bulging abdomen. <b>Shape From Behind</b> Rounded to square appearance. <b>Tail Base Bones</b> Not prominent. Very difficult to feel. <b>Tail Base Fat</b> Thick fat cover. May have a small fat dimple.	<b>Ribs</b> Not prominent. Extremely difficult to feel. Very thick fat cover. <b>Shape From Above</b> Markedly broadened back. <b>Shape From the Side</b> Marked abdominal bulge. <b>Shape From Behind</b> Square appearance. <b>Tail Base Bones</b> Not prominent. Extremely difficult to feel. <b>Tail Base Fat</b> Very thick fat cover. Fat dimple or fold present.	<b>Ribs</b> Not prominent. Impossible to feel. Extremely thick fat cover. <b>Shape From Above</b> Extremely broadened back. <b>Shape From the Side</b> Severe abdominal bulge. <b>Shape From Behind</b> Square appearance. <b>Tail Base Bones</b> Not prominent. Impossible to feel. <b>Tail Base Fat</b> Extremely thick fat cover. Large fat dimple or fat fold.	<b>Ribs</b> Unidentifiable. Impossible to feel. Extremely thick fat cover. <b>Shape From Above</b> Extremely broadened back, bulging mid-section. <b>Shape From the Side</b> Very severe abdominal bulge. <b>Shape From Behind</b> Irregular or upside down pear shape. <b>Tail Base Bones</b> Unidentifiable. <b>Tail Base Fat</b> Extremely thick fat cover. Large fat folds or pads.

\*The relationship between BCS and Body Fat >45% has not been validated.

\*\*Body Fat Index has not been validated for underweight pets.

## STEP 2

Using the dog's current weight and their established body fat percentage from Step 1, now determine their ideal weight.

Current Weight	IDEAL BODY WEIGHT [LB]					
	Body Fat % <b>20</b>	Body Fat % <b>30</b>	Body Fat % <b>40</b>	Body Fat % <b>50</b>	Body Fat % <b>60</b>	Body Fat % <b>70</b>
10	10	8.8	7.5	6.3	5.0	3.8
11	11	9.6	8.3	6.9	5.5	4.1
12	12	10.5	9.0	7.5	6.0	4.5
13	13	11.4	9.8	8.1	6.5	4.9
14	14	12.3	10.5	8.8	7.0	5.3
15	15	13.1	11.3	9.4	7.5	5.6
20	20	17.5	15.0	12.5	10.0	7.5
25	25	21.9	18.8	15.6	12.5	9.4
30	30	26.3	22.5	18.8	15.0	11.3
35	35	30.6	26.3	21.9	17.5	13.1
40	40	35.0	30.0	25.0	20.0	15.0
45	45	39.4	33.8	28.1	22.5	16.9
50	50	43.8	37.5	31.3	25.0	18.8
55	55	48.1	41.3	34.4	27.5	20.6
60	60	52.5	45.0	37.5	30.0	22.5
65	65	56.9	48.8	40.6	32.5	24.4
70	70	61.3	52.5	43.8	35.0	26.3
75	75	65.6	56.3	46.9	37.5	28.1
80	80	70.0	60.0	50.0	40.0	30.0
85	85	74.4	63.8	53.1	42.5	31.9
90	90	78.8	67.5	56.3	45.0	33.8
95	95	83.1	71.3	59.4	47.5	35.6
100	100	87.5	75.0	62.5	50.0	37.5
105	105	91.9	78.8	65.6	52.5	39.4
110	110	96.3	82.5	68.8	55.0	41.3
115	115	100.6	86.3	71.9	57.5	43.1
120	120	105.0	90.0	75.0	60.0	45.0
130	130	113.8	97.5	81.3	65.0	48.8
140	140	122.5	105.0	87.5	70.0	52.5
150	150	131.3	112.5	93.8	75.0	56.3
160	160	140.0	120.0	100.0	80.0	60.0

Make a specific nutritional recommendation for your patient using Hill's Quick Reco tool.

