

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:

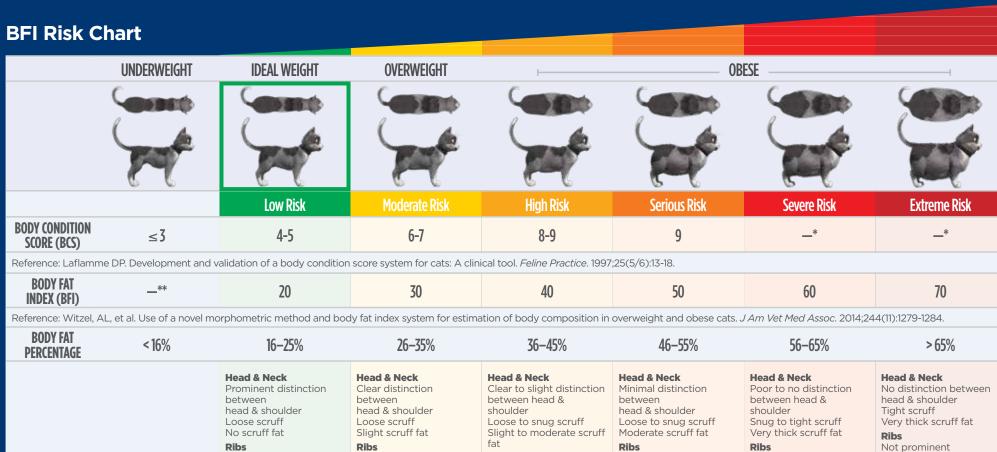
- Shortened life expectancy
- Diabetes mellitus
- Reduced mobility
- Arthritis
- Increased physical injury
- Respiratory disease
- Hepatic Lipidosis
- Kidney disease
- Cancer
- Bladder stones

STEP 1

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

See reverse side for Step 2.

DETERMINE IDEAL WEIGHT IN 2 STEPS



Prominent Very easy to palpate

Abdomen

Loose abdominal skin Easy to palpate abdominal contents

Tail Base

Prominent bony structure Easy to palpate Minimal fat cover

Shape From the Side

Moderate to slight abdominal tuck

Shape From Above Marked hourglass

Not prominent Easy to palpate

Abdomen

Loose abdominal skin with minimal fat Easy to palpate abdominal contents

Tail Base

Slightly to minimally prominent bony structure Palpable Slight fat cover

Shape From the Side No abdominal tuck

Shape From Above Slight hourglass / lumbar waist

Ribs

Not prominent Palpable

Abdomen

Obvious skin fold with moderate fat Easy to palpate abdominal contents

Tail Base

Minimally prominent bony structure Palpable Slight to moderate fat cover

Shape From the Side Slight abdominal bulge

Shape From Above Lumbar waist

Not prominent Difficult to palpate

Abdomen

Heavy fat pad Difficult to palpate abdominal contents

Tail Base

Poorly defined bony structure Difficult to palpate Moderate to thick fat cover

Shape From the Side

Moderate abdominal bulge

Shape From Above Broadened back

Not prominent Extremely difficult to impossible to palpate

Abdomen

Very heavy fat pad; indistinct from abdominal fat Impossible to palpate abdominal contents

Tail Base

Bony structure not prominent Very difficult to palpate Very thick fat cover

Shape From the Side Severe abdominal bulge

Shape From Above Severely broadened back

Impossible to palpate

Abdomen

Extremely heavy fat pad; indistinct from abdominal fat. Impossible to palpate abdominal contents

Tail Base

Bony structure not prominent Extremely difficult to palpate Extremely thick fat cover

Shape From the Side

Very severe abdominal bulge

Shape From Above

Extremely broadened back

for underweight pets.

STEP 2
Using the cat's current
weight and their established
body fat percentage from
Step 1, now determine their
ideal weight.

	IDEAL BODY WEIGHT [LB]					
Current	Body Fat %	Body Fat %	Body Fat %	Body Fat %	Body Fat %	Body Fat %
Weight	20	30	40	50	60	70
8	8	7.0	6.0	5.0	4.0	3.0
9	9	7.9	6.8	5.6	4.5	3.4
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
16	16	14.0	12.0	10.0	8.0	6.0
17	17	14.9	12.8	10.6	8.5	6.4
18	18	15.8	13.5	11.3	9.0	6.8
19	19	16.6	14.3	11.9	9.5	7.1
20	20	17.5	15.0	12.5	10.0	7.5
21	21	18.4	15.8	13.1	10.5	7.9
22	22	19.3	16.5	13.8	11.0	8.3
23	23	20.1	17.3	14.4	11.5	8.6
24	24	21.0	18.0	15.0	12.0	9.0
25	25	21.9	18.8	15.6	12.5	9.4
26	26	22.8	19.5	16.3	13.0	9.8
27	27	23.6	20.3	16.9	13.5	10.1
28	28	24.5	21.0	17.5	14.0	10.5
29	29	25.4	21.8	18.1	14.5	10.9
30	30	26.3	22.5	18.8	15.0	11.3
31	31	27.1	23.3	19.4	15.5	11.6
32	32	28.0	24.0	20.0	16.0	12.0
33	33	28.9	24.8	20.6	16.5	12.4
34	34	29.8	25.5	21.3	17.0	12.8
35	35	30.6	26.3	21.9	17.5	13.1

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





