



Transforming Lives



Over 50% of pets are overweight!

**ASK US IF YOUR PET IS
AT THEIR IDEAL WEIGHT.**

HOW TO TREAT YOUR PET IN A HEALTHY WAY

PET OBESITY IS A BIG PROBLEM

That's why it's so important to find smart ways to treat your pet. If you, like many pet parents, like to treat your pet with human food to show your love, here are some choices to do that in the best way possible and some toxic foods to avoid.



90% of pet parents with an overweight pet don't realize it²

Feeding and treating our pets is one of the ways that we as pet parents love to show our love and establish an emotional bond. But too much treating can also lead to weight problems for our pet that we might not even notice at first.

TREAT YOUR PET with Hill's Prescription Diet Metabolic Treats

Prescription Diet Metabolic Treats:^{*}
38 kcal / treat for dogs
1 kcal / treat for cats



*Specially formulated to accompany your pet's Hill's Prescription Diet Metabolic food and are compatible with all weight loss diets; though higher in calories, these treats have the same synergistic blend of ingredients as the food and support healthy weight loss.

OTHER HEALTHY TREAT OPTIONS

Overall, treats are not to account for more than 10% of daily calories including food. Ask your vet about the maximum daily amount of treats you can feed your pet.

Besides just **Hill's Prescription Diet Metabolic Treats**, these healthy options are a great way to treat your pet with human food on occasion.



FRUITS

Apple slices (core and seeds removed): ~5 kcal / slice
Blueberries: < 2 kcal / berry
Banana slices: ~15 kcal / slice
Cucumbers: < 2 kcal / slice



VEGGIES

Green beans: < 2 kcal / bean
Baby carrots: 4 kcal / carrot
Broccoli florets: <2 kcal / floret
Fresh, shelled peas: ~2 kcal / pea



SAVORY

Boiled, skinless, chicken breast, plain, no bone: 26 kcal / 1/8 cup

SPECIAL TREATS

Okay to give on special occasions, but not often

Regular-sized dental treat: ~90 kcal / treat

Medium biscuit dog treat: ~40 kcal / treat



FOODS TO AVOID

Grapes, raisins
Artificial sweeteners (especially xylitol)
Macadamia nuts
Salty snacks
Chocolate
Avocado
Cherries
Onions, garlic



EXTRA STEPS FOR WEIGHT LOSS SUCCESS

With Hill's Prescription Diet weight products

Keep tabs on treats

Extra treats can lead to extra pounds. Just a few ounces of cheese could be a whole meal's calories!

Get your move on

Turn exercise into fun by taking your dog for a walk or playing with your cat.

Treats don't have to be food

Spoil your pet with a new toy, snuggles and games.



FEED THE LOVE LOSE THE WEIGHT

GET TOOLS TO HELP YOUR PET'S WEIGHT LOSS

And watch Moto's & Poochini's stories at [EndPetObesity.com](https://www.EndPetObesity.com)



*Toll PW, Yamka RM, Schoenherr WD, et al. Obesity. In: Hand MS, Thatcher CD, Remillard RL, et al., eds. *Small Animal Clinical Nutrition*. 5th ed. Topeka, KS: Mark Morris Institute; 2010:501-542.
*2018 Pet Obesity Study. *Association for Pet Obesity Prevention*. *Veterinarian-supervised feeding study with 351 client-owned pets; 314 pets completed after 67 days. Data on file.
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