



Transforming Lives



# FEED THE LOVE LOSE THE WEIGHT

Millions of pets have lost weight with Hill's

HOW TO TREAT YOUR PET IN A HEALTHY WAY

## PET OBESITY IS A BIG PROBLEM

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.

**90% of pet parents with an overweight pet don't realize it<sup>1</sup>**



**50% of pets are overweight<sup>2</sup>**

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.

## TREAT YOUR PET with Hill's Prescription Diet Metabolic

Prescription Diet Metabolic Treats:\*  
38 cal / treat

Prescription Diet Metabolic Wet,  
Warm gently in microwave  
and repeat until treat is firm.  
Allow to cool before feeding:\*\*  
50 cal / "treat"

For reference, 1 calorie = 1 kcal



\*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. \*\*These treats come from your pet's portioned amount of food for the day; oregano can be added for extra flavor.

## OTHER HEALTHY TREAT OPTIONS

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 cal / slice  
Blueberries: < 2 cal / berry  
Banana slices: ~15 cal / slice  
Cucumbers: < 2 cal / slice



### VEGGIES

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



### SAVORY

Broth popsicles/ice cubes  
(veggie, beef, chicken): < 10 / popsicle

### SPECIAL TREATS

*Okay to give on special occasions, but not often*  
Regular-sized dental treat: ~90 cal / treat  
6" rawhide: ~100 cal / treat  
Medium biscuit dog treat: ~40 cal/ treat



### TOXIC FOODS TO AVOID

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



Overall, treats are not to account for more than 10% of daily calories including food.

# 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 1 oz of cheese is a whole meal's calories!

## Get your move on

Turn exercise in 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.



## GET TOOLS TO HELP YOUR PET'S WEIGHT LOSS

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

<sup>2</sup>2018 Pet Obesity Study. *Association for Pet Obesity Prevention*.

<sup>7</sup>Toll PW, Yamka RM, Schoenher 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.

<sup>8</sup>Veterinarian-supervised feeding study with 351 client-owned pets; 314 pets completed after 67 days. Data on file. Hill's Pet Nutrition, Inc. The Hill's Transforming Lives logo, the Hill's Prescription Diet logo, the S+OX SHIELD logo, Hill's, Prescription Diet, Metabolic, and c/d Multicare Stress + Metabolic are trademarks of Hill's Pet Nutrition, Inc. PD7387

