



HOW TO TELL IF YOUR PET IS OVERWEIGHT

1 LOOK

Check which of these body shapes best matches your pet using the Body Condition Scoring (BCS) chart:

VERY THIN	BCS 1-2	
	BCS 3	
IDEAL WEIGHT	BCS 4-5	
	BCS 6	
OVERWEIGHT	BCS 7-9	

2 FEEL

- Severely defined ribs and waist—your pet might be very thin
- Easily visible ribs and waist—your pet might be thin
- Ribs easily felt, but not seen; obvious waist—your pet might be an ideal weight
- Ribs not easily seen or felt; waist barely visible—your pet might be overweight
- Cannot feel ribs; waist absent—your pet might be obese

3 WEIGH

With your pet's current body weight and body condition score, your veterinarian can determine your pet's ideal body condition and nutritional needs.

If your pet's body condition score falls between 6-9, talk to your vet about weight loss solutions.

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Royal Canin USA, Inc.
500 Fountain Lakes Blvd., Suite 100, St. Charles, MO 63301
1-800-592-6687 - www.royalcanin.com



A HEALTHY WEIGHT STARTS WITH HEALTHY HABITS



OUR PETS ARE GAINING TOO MUCH WEIGHT

1 in every 2 cats and dogs is considered overweight or obese.¹⁻³ If your pet falls into this category, they're not alone. However, if your pet is overweight, it can be detrimental to his or her health.

Did you know?

A pet that is overweight or obese may be at increased risk for many diseases, such as degenerative joint disease, endocrine disorders and respiratory problems.

Why does it matter?

Achieving or maintaining a healthy weight for your pet is important, because it can help delay the onset of long-term diseases and may even lead to a longer life.^{4,5}

A large study⁶⁻⁸ has shown that cats and dogs that start losing weight can show improved activity levels within 4 weeks. They may even experience a better quality of life.

This booklet is designed to help you work with your veterinarian to make sure your pet is at a healthy weight.

References:

1. Murphy M. Obesity treatment. Environment and behavior modification, Vet Clin North Am Small Anim Pract. 2016;46:883-898. **2.** Rohlf VI et al. Dog obesity: Can dog caregivers (owners) feeding and exercise intentions and behaviors be predicted from attitudes. J Appl Anim Welfare Sci. 2010;13(3):213-236. **3.** McGreevy PD et al. Prevalence of obesity in dogs examined by Australian veterinary practices and the risk factors involved. Vet Rec. 2005;156(22):695-702. **4.** Salt C et al. Association between life span and body condition in neutered client-owned dogs. J Vet Intern Med 2019;33:89-99. **5.** Teng KT et al. Strong associations of 9-point body condition scoring with survival and lifespan in cats. J Feline Med Surg 2018;20:1110-1118. **6.** Flanagan J et al. Success of a weight loss plan for overweight dogs: the results of an international weight loss study. PLoS One 2017;12(9):e0184199. **7.** Hours MA et al. Factors affecting weight loss in client owned cats and dogs: data from an international weight loss study. Proc of 16th Annual AAVN Clinical Nutrition and Research Symposium; Denver (USA); June 8, 2016. **8.** Flanagan J et al. An international multi-centre cohort study of weight loss in overweight cats: Differences in outcome in different geographical locations. PLoS One. 2018;13(7):e0200414

7 TIPS FOR A HEALTHY WEIGHT



CONSULT YOUR VET

about getting your pet back to an ideal weight.



PRIORITIZE HEALTHY ACTIVITY

to help reduce the risks of obesity, such as respiratory problems and endocrine disorders.



KEEP TRACK OF YOUR PET'S WEIGHT

by using a scale and assessing body condition.



CHANGE HOW YOU RESPOND TO BEGGING

by using mixture of attention and activity as a reward.



MONITOR YOUR PET'S BODY CONDITION

to help you assess and manage changes. Consult your vet for further details.



MEASURE HEALTHY PORTIONS

with a standard measuring cup or gram scale to ensure accuracy.



FEED TAILORED NUTRITION—

ROYAL CANIN® SATIETY™ SUPPORT diets help satisfy pets between meals and promotes safe weight management. Talk to your veterinarian about which diet is best.

HELP MANAGE WEIGHT AND CONTROL BEGGING

WITH ROYAL CANIN® SATIETY™ SUPPORT FORMULAS



Helps your pet feel full and satisfied with a blend of natural fibers



Supports bones and joints under stress with targeted nutrients



Helps ensure healthy weight loss with complete and balanced nutrition



WITH SATIETY™ SUPPORT DIETS, PETS HAVE MORE ENERGY...

You could see increased energy levels in your pet after only 2 weeks⁶⁻⁸

...AND ENJOY LIFE MORE.

After just 4 weeks, you may notice your pet experiencing a better quality of life⁶⁻⁸

FELINE WEIGHT MANAGEMENT FORMULAS:

- SATIETY™ SUPPORT WEIGHT MANAGEMENT DRY
- SATIETY™ SUPPORT WEIGHT MANAGEMENT WET *Loaf in Sauce* and *Thin Slices in Gravy*
- SATIETY™ SUPPORT + HYDROLYZED PROTEIN DRY
- SATIETY™ FELINE TREATS

CANINE WEIGHT MANAGEMENT FORMULAS:

- SATIETY™ SUPPORT WEIGHT MANAGEMENT DRY
- SATIETY™ SUPPORT WEIGHT MANAGEMENT WET *Loaf in Sauce*
- SATIETY™ SUPPORT WEIGHT MANAGEMENT SMALL DOG DRY
- SATIETY™ SUPPORT + HYDROLYZED PROTEIN DRY
- SATIETY™ CANINE TREATS

FOR CATS & DOGS WITH BLOOD GLUCOSE CONCERNS:

- GLYCOBALANCE™ DRY
- GLYCOBALANCE™ FELINE WET *Thin Slices in Gravy*
- GLYCOBALANCE™ CANINE WET *Loaf in Sauce*



Talk to your vet about ROYAL CANIN® SATIETY™ SUPPORT for weight loss and weight management.

WHO WE ARE

We are Royal Canin—a pet food brand that is obsessed about the knowledge and health of individual cats and dogs. Founded in 1968 by veterinarian Dr. Jean Cathary, with over five decades of research and scientific discovery, we are determined to bring out the best health that resides in each and every pet.

WHAT SETS US APART

Once we identify a real need, nothing will stop us from developing nutritional solutions that will enhance medical treatment and address the specific needs of individual cats and dogs. Through partnerships with veterinarians, we strive to learn everything we can about pet health and how our formulas work with different breeds, sizes, lifestyles and therapeutic conditions. Stringent testing and quality control of raw materials and finished product allow us to continually provide precise nutritional solutions for pets across a host of medical conditions.