



# HEALTHY WEIGHT



# A HEALTHY WEIGHT STARTS WITH HEALTHY HABITS

Keeping your dog in shape is critically important to their quality of life. Dogs with excess weight may have a reduced life span, reduced long-term health, and an increased cost associated with their care.<sup>1,2,3</sup> A healthy weight will help your dog to be active and energetic every day.

So how do you keep your dog at a healthy weight? It is easier than it may seem. It starts by adopting the healthy habits below:



## HEALTHY ACTIVITY

Walking, running, swimming, and play sessions are excellent ways to increase physical activity and enhance the human-animal bond.



## HEALTHY SHAPE

When you don't have access to a scale, you can assess their body condition to determine if your dog is in ideal shape.

The Knuckle Test allows you to quickly assess the body condition of your dog (more info on page 6).



## HEALTHY PORTIONS

Did you know that using a measuring cup to ration out your pet's food can result in overestimating by as much as 80%?<sup>4</sup>

Using a gram scale to weigh your dog's food is the most accurate feeding method.



## REGULAR CHECKUPS

Talk to your veterinary team about getting your dog back to their optimal weight and a healthy, active lifestyle.



## HEALTHY MEALTIME

ROYAL CANIN® SATIETY SUPPORT WEIGHT MANAGEMENT formulas are clinically proven, with a 97% likelihood of weight loss.<sup>5</sup>



## HEALTHY REWARDS

Begging doesn't always mean your dog is looking for food or treats. Instead, try rewarding them with a mixture of attention and activity.

<sup>1</sup> Salt C *et al.* Association between life span and body condition in neutered client-owned dogs. *J Vet Intern Med* 2019; 33(1):89-99. doi:10.1111/jvim.15367.

<sup>2</sup> German AJ *et al.* Obesity, its associated disorders and the role of inflammatory adipokines in companion animals *Vet J* 2010; 185(1): 4-9. doi:10.1016/j.tvjl.2010.04.004.

<sup>3</sup> Bomberg E *et al.* The financial costs, behaviour and psychology of obesity: a one health analysis. *J Comp Path* 2017; 156(4):310-325. doi: 10.1016/j.jcpa.2017.03.007.

<sup>4</sup> German AJ *et al.* Imprecision when using measuring cups to weigh out extruded dry kibble food. *J Anim Physiol Anim Nutr* 2010; 95(3): 368-373. <https://doi.org/10.1111/j.1439-0396.2010.01063.x>.

<sup>5</sup> 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.

# ROYAL CANIN® TAILORED NUTRITION

Royal Canin® is proud to offer your dog a complete range of weight management diets that will help reduce begging and help your pet achieve their optimal weight.



## BENEFITS OF FEEDING YOUR DOG A ROYAL CANIN® SATIETY SUPPORT FORMULA:

- ✓ A 97% likelihood of weight loss!<sup>1</sup>
- ✓ 20x less likely to experience rebound weight gain<sup>2</sup>
- ✓ Clinically proven to reduce begging behaviours<sup>1</sup>
- ✓ Safe and effective for adult maintenance, especially for dogs exhibiting begging behaviours
- ✓ Provides complete and balanced nutrition for your dog



COMPLEMENT YOUR PET'S WEIGHT  
MANAGEMENT FORMULA WITH SATIETY TREATS

### WEIGHT MANAGEMENT

SATIETY SUPPORT  
WEIGHT MANAGEMENT



SATIETY SUPPORT  
WEIGHT MANAGEMENT  
SMALL DOG



### WEIGHT MANAGEMENT + JOINT HEALTH

ADVANCED MOBILITY  
SUPPORT + SATIETY



### WEIGHT MANAGEMENT + FOOD ALLERGIES

SATIETY +  
HYDROLYZED PROTEIN



### WEIGHT MANAGEMENT + URINARY HEALTH

URINARY SO + SATIETY



### DIABETES

DIABETIC



DRY

CANNED

<sup>1</sup> 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. doi: 10.1371/journal.pone.0184199.

<sup>2</sup> German AJ et al. Long-term follow-up after weight management in obese dogs: the role of diet in preventing regain. *Vet J* 2012; 192(1):65-70. doi: 10.1016/j.tvjl.2011.04.001.

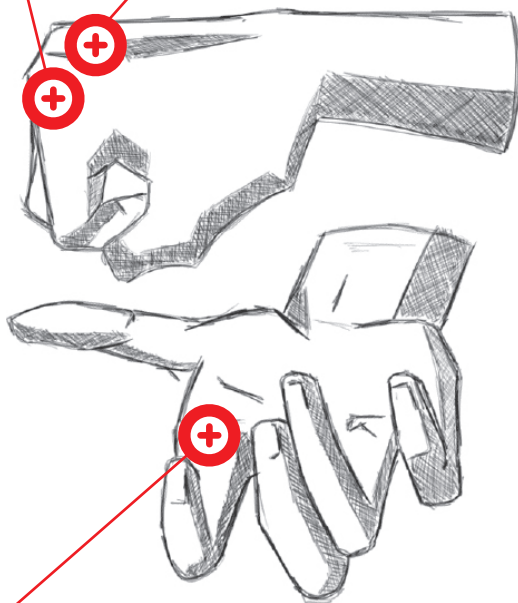
# THE KNUCKLE TEST

## A HANDY WAY TO ASSESS YOUR DOG'S WEIGHT

Start by running your hands across your pet's ribs.

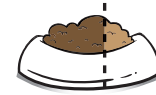
If your pet's ribs feel like your knuckles, he or she is too thin.

If your pet's ribs feel like the back of your hand, he or she is in ideal shape.



If your pet's ribs feel like your palm-side knuckles or plumper, he or she is overweight.

# TRANSITIONING YOUR PET TO A NEW FOOD



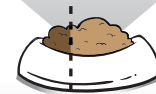
**DAYS 1 + 2**

75% current food  
25% **new** food



**DAYS 3 + 4**

50% current food  
50% **new** food



**DAYS 5 + 6**

25% current food  
75% **new** food



**DAY 7**

100% **new** food

## WE RECOMMEND AT LEAST A SEVEN-DAY TRANSITION WHEN STARTING A NEW DIET.

Dogs may reject a new food if it is not introduced slowly by transitioning over a period of 7 – 10 days. To effectively transition your pet to a new formula, we suggest slowly mixing the new food in with the existing food in gradually increasing amounts.

# A 97% LIKELIHOOD OF WEIGHT LOSS!<sup>1</sup>

A HEALTHY WEIGHT STARTS WITH HEALTHY HABITS.



## USEFUL TIPS ON HOW TO MAXIMIZE SUCCESS

### LIFESTYLE

- ✓ **Visit your vet** for regular weigh-ins and checkups
- ✓ **Use a gram scale** to weigh out your dog's portions
- ✓ **Safely increase the activity level of your dog.** Find out more from your veterinary team
- ✓ **Feed smaller, more frequent meals**

### NUTRITION



**CONTINUE FEEDING THE DIET RECOMMENDED BY YOUR VET**



**FEED CANNED FOOD TO INCREASE WATER INTAKE**



Find out more about weight management nutrition for overweight dogs at [www.royalcanin.com](http://www.royalcanin.com)

<sup>1</sup> 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.