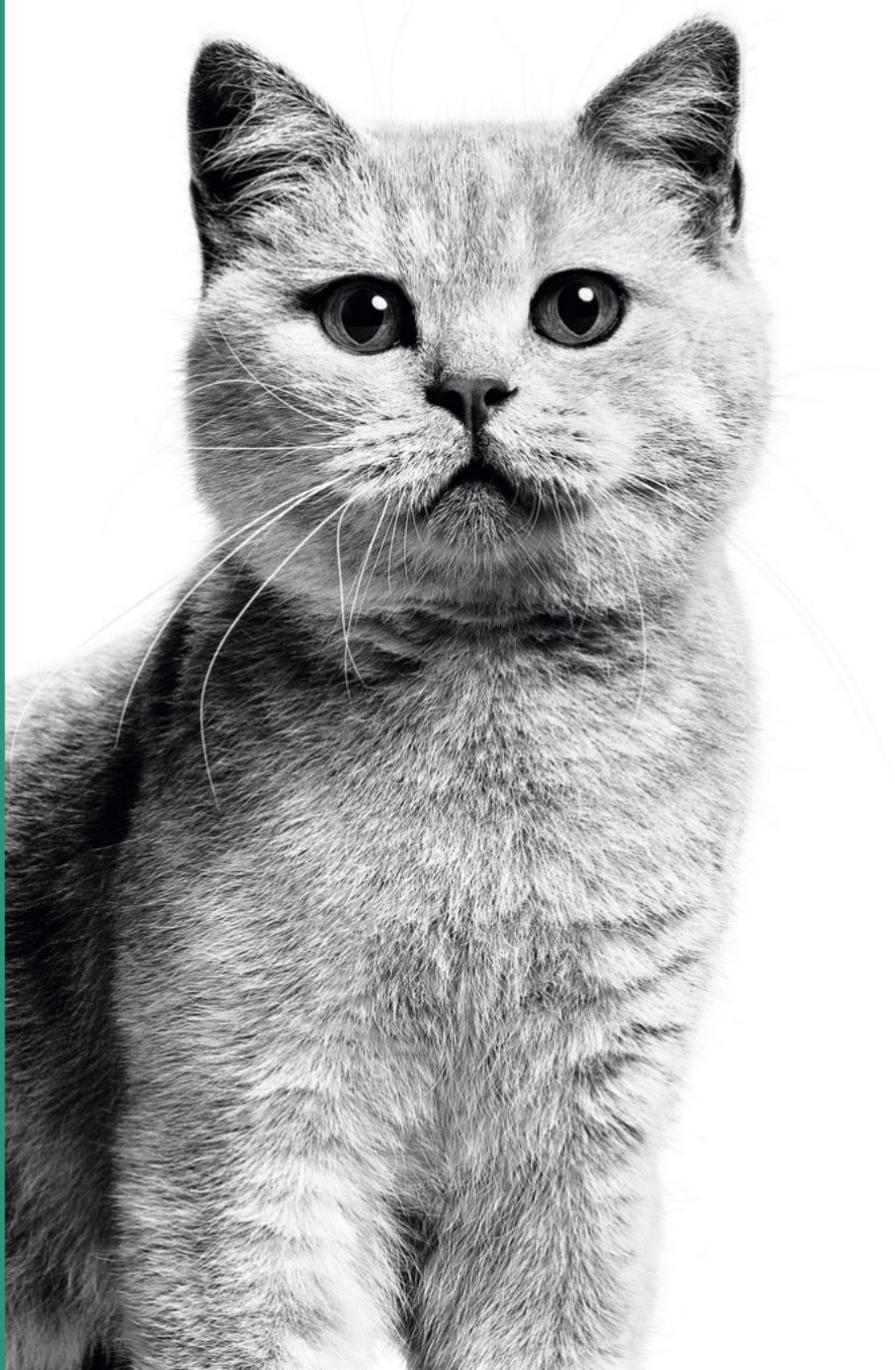




# HEALTHY WEIGHT



# A HEALTHY WEIGHT STARTS WITH HEALTHY HABITS

Managing your cat's weight is critically important to their quality of life. Cats 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>

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



## HEALTHY ACTIVITY

The best way to stimulate physical activity in cats is by enriching their home environment.



## HEALTHY SHAPE

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

The Knuckle Test allows you to quickly assess the body condition of your cat (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 cat's food is the most accurate feeding method.

Additionally, in multi-cat households, it is important to feed pets separately to ensure they each receive their own precisely measured amounts of food.



## REGULAR CHECKUPS

Talk to your veterinary team about getting your cat 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 cat is looking for food or treats. Instead, try rewarding them with attention and activity.

<sup>1</sup> Teng KT, McGreevy PD, Toribio JL, Raubenheimer D, Kendall K, Dhand NK. Strong associations of nine-point body condition scoring with survival and lifespan in cats. *J Feline Med Surg*. 2018 Dec;20(12):1110-1118.

<sup>2</sup> Scarlett JM and Donoghue S. Obesity in cats: Prevalence and prognosis. *Vet Clin Nutr* 1996.

<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 kibbled 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.* An international multi-centre cohort study of weight loss in overweight cats: Differences in outcome in different geographical locations. *PLoS One* 2018; 13(7): 1- e0200414. <https://doi.org/10.1371/journal.pone.0200414>.

# ROYAL CANIN® TAILORED NUTRITION

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



## WEIGHT MANAGEMENT

SATIETY SUPPORT WEIGHT MANAGEMENT



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

- ✓ A 97% likelihood of weight loss!<sup>1</sup>
- ✓ Clinically proven to reduce begging behaviours<sup>1</sup>
- ✓ Safe and effective for adult maintenance, especially for cats exhibiting begging behaviours
- ✓ Provides complete and balanced nutrition for your cat



COMPLEMENT YOUR PET'S WEIGHT  
MANAGEMENT FORMULA WITH SATIETY TREATS

## WEIGHT LOSS + URINARY HEALTH

URINARY SO + SATIETY  
URINARY SO + SATIETY + CALM



## DIABETES

DIABETIC



DRY

CANNED

<sup>1</sup> 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): 1: e0200414. <https://doi.org/10.1371/journal.pone.0200414>.

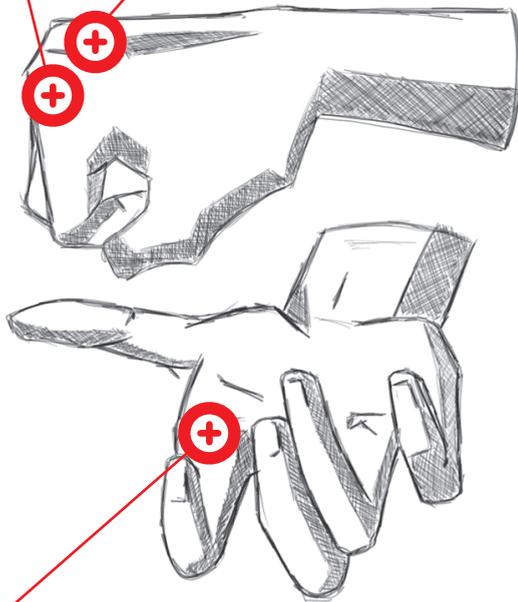
# THE KNUCKLE TEST

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

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

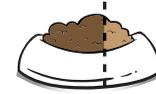
If your pet's ribs feel like your knuckles, he or she is too thin.

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



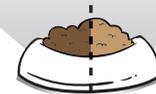
If your pet's ribs feel like your palm-side knuckles or plumper, he or she is overweight.

# 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.

Cats 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
- ✓ **Feed smaller**, more frequent meals
- ✓ **Increase the environmental enrichment for your cat**  
Find out more from your veterinary team
- ✓ **Consider a microchip feeder** in multi-cat households
- ✓ **Use a gram scale** to weigh out your cat's portions

### 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 cats at [www.royalcanin.com](http://www.royalcanin.com)

<sup>1</sup> 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): 1. e0200414. <https://doi.org/10.1371/journal.pone.0200414>.