

VBSPCA

PET OBESITY

MANAGING WEIGHT ISSUES

According to the Association for Pet Obesity Prevention, more than half of all dogs and cats are overweight or obese. Just like humans, extra weight on your pet can make them more susceptible to health problems such as diabetes, heart disease, liver disease, joint pain, and more.

Manage Meals: Serve your pet a few small, scheduled meals each day instead of allowing them to “free feed”. Free feeding is leaving an unlimited amount of food out for your pet to eat at their leisure. By following daily feeding guidelines provided by your veterinarian and/or listed on the food’s packaging, you will ensure your furry friend eats the proper amount of food.

Encourage Exercise: This could include taking your dog for regular walks or getting the laser pointer out for your cat to chase around the house. Be sure to pick an activity that your pet enjoys, and increase the amount of activity as needed.

Swap Snacks: Treats can be a great tool to reward your pet during training or provide enrichment throughout the day, but they should not make up more than 10% of their total diet. While there are a lot of great treats for dogs and cats on the market, you can also swap out the ones you buy at the store for healthy options you may already have at home.

Healthy Snacks

Dogs: Carrots, green beans, apple slices, blueberries

Cats: Peas, frozen corn, catnip, cat grass

For Both: Cooked lean meats or fish



Being mindful of your pet’s diet and exercise habits will go a long way towards keeping them healthy. For more tips visit vbspca.com/pet-care-resources.