Obesity Management Calculation Sheet

1. **Calculate resting energy requirement (RER)**
   
   \[ \text{RER} = 70(BW_{\text{kg}}^{0.75}) \rightarrow 70(\text{_____ kg}^{0.75}) = \text{______ kcal/d} \]

2. **Calculate maintenance energy requirement (MER)**
   
   *Adult dogs*
   
   MER (intact adult): \( 1.8 \times \text{RER} = \text{______ kcal/d} \)
   
   MER (neutered adult): \( 1.6 \times \text{RER} = \text{______ kcal/d} \)

3. **Calculate obesity management energy requirement (OM)**
   
   *Adult dogs*
   
   OM: \( 60\% \times \text{MER} = \text{______ kcal/d}^* \)

4. **Choose a weight loss diet**
   
   *Name of dry diet* ________________ \( ____ \text{ kcal/cup} = \text{______ cup(s)/day (divide into 2 meals)} \)
   
   *Name of canned diet* ________________ \( ____ \text{ kcal/can} = \text{______ can(s)/day (divide into 2 meals)} \)

5. **Treats (limit to < 10% of total kcal intake/d)**
   
   *Name of treat* ________________ \( ____ \text{ kcal/treat} = \text{treats allowed/day} \)

6. **Rate of weight loss**
   
   1% of body weight per week: \( ____ \) pounds to lose per week *(Please weigh your pet once every 2 weeks.)*

7. **Exercise is strongly encouraged**
   
   - The most successful weight loss programs combine caloric restriction with exercise.
   - Start out any exercise program for your pet *slowly.*

8. **How can you tell when the pet has achieved an optimal weight?**
   
   - You should be able to *feel ribs* but not see them when pet is standing.
   - Pet should have an *hourglass figure* when viewed from top.\(^\dagger\)
   - Your veterinarian can also help you determine when your pet has reached an optimal weight.

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\(^*\) Keep in mind that these are starting levels for kilocalorie intake. They may require modification throughout weight loss program. Some pets may require fewer kilocalories than calculated here.

\(^\dagger\) If pet has thick hair coat, it is important to rely on hands-on assessment of pet, not visual assessment.

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