

So You Have a Pudgy Pup

by Bobbie Binns

So your pup is not as active as he used to be and he seems to be a bit wider in the beam but that just means that he is well loved.... doesn't it? Actually, it does not. A well loved dog is one that is of appropriate weight for his body type and as active as his general health and age will allow. When a dog is too heavy it shortens his life span, keeps him from living life to the fullest and is very hard on his joints. Before starting any weight loss plan always have your vet check poochie out and make sure there is no underlying health problem that needs to be addressed. Please do NOT let your vet talk you into an RX diet food. Diet foods are loaded with carbs and fillers which is the last thing you want. Just a great quality all stages or adult food is what you want to use. So if your dog is already on a great quality food that is what we want to continue. If you are not sure about what makes a great food you can go to <http://www.dogfoodadvisor.com> and make your selections from one of the four or five star foods they recommend.

You need to decide where you want to take the dog for the weigh ins. Either your vet or one of the large pet stores such as Petsmart or Petco will weigh your dog for you. Where ever you choose you need to continue to weigh on the same scale and get an accurate weight in 0.0 lb, Your bathroom scale won't do. You will need to get a weight every 2 weeks and record those weights in a little notebook. Because you will be adjusting his food volume according to these weigh ins. If you wish, I can set him up in our fat camp and we will help you track his progress,, send you weigh in reminders and assist you in adjusting his food.

You will need to carefully measure his food so you can either invest in a set of dry measure cups or a kitchen scale. If you can't get a scale and want to use the dry measure cups you will need to scoop the food and rake a knife across the top to level it off much as you would if you were measuring flour. I personally prefer using a kitchen scale...it is much easier and more accurate.

Getting started: You need to start with the dog's current volume of food....and carefully measure that. Now remove 10% of that volume and this will be your starting point. Every two weeks you will have the dog weighed and if he has lost weight you will continue feeding this same amount. If the dog has not lost weight you will then need to remove another 10%.

This is not a crash diet...it is a safe and gradual reduction of volume and this method works. If you are one who only feeds Poochie once a day you will need to change that. Dieting dogs need to be fed at least twice a day so divide the daily volume into 2 meals. That will help to boost their metabolism and also helps them feel more satisfied.

Treats tend to be one of the biggest problems...too many, too large and of the wrong kind. No dog needs more than 2-3 tiny treats a day...remember they are TREATS not meals. A treat should be no larger than the size of a nickle and preferably be healthy.

Healthy treats:

A piece or two of premium kibble (a different flavor from the one he is eating is preferable)

A slice of cucumber

A baby carrot (if the dog does not have skin issues...carrots are high in sugar)

A thin slice of summer squash or zucchini.

A bit of a boiled egg (cut the boiled egg in quarters and then give half of one of those pieces)

Some helpful hints:

1. Many find it is easier to measure out two weeks worth of food at a time and put each day's allowance in a zip lock baggy. Keeps you from having to do it each time you feed. If you don't have a scale you will need to measure and count kibbles :-).
2. You can add water to the kibble when you serve it. This will give the dog added hydration as well as making them feel more sated and will help slow down a gobble.2.
3. If you are training a dog and need to be using training treats or have family members who insist on frequent treats you can pour their daily food allowance in a pretty bowl on your kitchen counter. You first take out a portion for their breakfast and then you let the family know that anything Poochie is given during the day must come out of this bowl and if they give too many treats there won't be anything left for his dinner. :-).

Exercise...start some gentle exercise by walking your pup. Just a short and easy walk to begin...as he loses you can slowly increase the time you walk. If you are unable to walk him...get him moving in other ways. Throw a ball, play a game, anything that will get him moving. When one of ours first came to us she was grossly overweight and could not handle the daily walks so I used to pull her down from her favorite spot on the couch many times a day...she would immediately leap back up but it takes energy to jump :-). Get creative.

Goal: you are shooting for a 0.5 lb loss every two weeks or 1 lb a month. Your pup did not gain this weight over night and he is not going to lose it overnight. This is a lifetime change...once he reaches his goal you cannot go back to what you were feeding.

Other information that may help with your goal of weight reduction [click here.](#)

The Dog Food Project is a good link for further information on quality foods.

[The Dog Food Project.com](http://TheDogFoodProject.com)

Here is a link for the calorie content of popular pet foods. NOT THAT WE RECOMMEND ALL THESE FOODS FOR YOUR CAIRN. Be sure that the food decide to feed is at least a four or five star food on www.dogfoodadvisor.com

PopularDogFoodCalorieContents.com

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