

# Dog Size-0-Meter

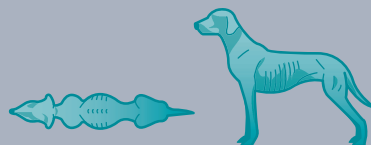


Size-0-Meter Score:

Characteristics:

## 1 Very Thin

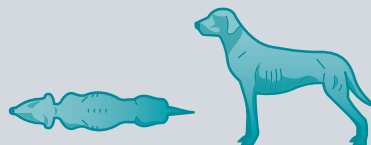
More than 20% below ideal body weight



- Ribs, spine and hip bones are very easily seen (in short haired pets)
- Obvious loss of muscle bulk
- No fat can be felt under the skin

## 2 Thin

Between 10-20% below ideal body weight



- Ribs, spine and hip bones easily seen
- Obvious waist and abdominal tuck
- Very little fat can be felt under the skin



## 3 Ideal



- Ribs, spine and hip bones easily felt
- Visible waist with an abdominal tuck
- A small amount of fat can be felt

## 4 Overweight

10-15% above ideal body weight



- Ribs, spine and hip bones are hard to feel
- Waist barely visible with a broad back
- Layer of fat on belly and at base of tail

## 5 Obese

More than 15% above ideal body weight



- Ribs, spine and hip bones extremely difficult to feel under a thick layer of fat
- No waist can be seen and belly may droop significantly
- Heavy fat pads on lower back and at the base of the tail

- Your pet is a healthy weight
- Seek advice about your pet's weight
- Seek advice as your pet could be at risk

### Please note

There are some cases where the natural shape of a dog may mean this simple system doesn't translate as easily. For example, Whippets and Greyhounds tend to have lean physiques while a Staffie will have a broader shape. A Bichon Frisé will have a nice fluffy coat for you to contend with. If you need help using this chart, please take it to your vet or pet care professional for advice.

Derived from BCSC validated by: Keely, et al. Effects of diet restriction on life span and age related changes in dogs. JAVMA 2002.

Laflamme DP. Development and validation of a body condition score system for dogs. Canine Practice. July/August 1997, 22:10-15

Mawby D, Bartges JW, Moyers, T et al. Comparison of body fat estimates by dual-energy x-ray absorptiometry and deuterium oxide dilution in client owned dogs.





## Check out our top 5 tips for feeding your dog.

- 1 Clean, fresh water should always be available
- 2 Read the feeding guidelines on the pet food packet. Use these as a starting point but you may need to adapt the amount fed depending on your dog's age and how active he/she is.
- 3 Monitor your dog's weight and body condition regularly – use our Dog Size-O-Meter to check your pet's size and shape. When you are happy with their body condition, then note their weight.
- 4 Be careful when feeding treats; these are extra calories that need to be taken into consideration at mealtimes.
- 5 Treating with human foods should be avoided – they are often too high in calories for pets. Did you know that 1 cookie for a medium sized breed of dog provides a similar calorie level as 2 cookies for a person?

Remember to make the most of advice on weight management offered by many vet practices and pet care professionals.



# Dog Size-O-Meter

Results:

Your Dog is score  
Very Thin 1

Your pet is very likely to be underweight. Your pet may have a naturally lean physique but we recommend you speak to your local vet to rule out any underlying medical reasons such as an overactive thyroid gland. If your pet is healthy but otherwise underweight, your vet is likely to advise some dietary and lifestyle changes.

Your Dog is score  
Thin 2

Your pet is thin and potentially underweight. Your pet may have a naturally lean physique but we recommend you speak to your local vet for a health check up. If your pet is healthy but otherwise underweight, your vet may advise some dietary and lifestyle changes.

Your Dog is score  
Ideal 3

Congratulations your pet is in ideal body condition! This is great news, as research has shown that pets at their ideal body condition can live up to two years longer. To keep your dog in perfect shape, monitor its weight and body condition on a regular basis (eg. reduced exercise, recent surgery, extra treats, or even factors such as stress) can result in weight change.

Your Dog is score  
Overweight 4

Your pet is potentially overweight. Being overweight is unhealthy for pets as it can lead to a shortened life-span, heart disease, arthritis and diabetes. Speak to your local vet for advice and a thorough health check-up. The vet will look for any underlying health issues, a change of diet and lifestyle is likely to be suggested. Many vet practices run free weight management consultations, ask about these services when you ring to book an appointment.

Your Dog is score  
Obese 5

Your pet is likely to be obese and this can have serious medical implications. Being overweight is unhealthy for pets as it can lead to a shortened life-span, heart disease, arthritis and diabetes. Speak to your local vet for advice and a thorough health check-up. The vet will look for any underlying medical reasons as to why your pet may be too heavy. If there are no underlying health issues, a weight loss programme will probably be individually developed for your pet and should include diet and lifestyle changes.

For more information on the Dog Size-O-Meter and tips on how to prevent weight gain visit [www.pfma.org.uk](http://www.pfma.org.uk). In addition to providing useful tips on how to keep your pet healthy and happy, a team of veterinary nutrition experts are on hand to answer your pet nutrition questions in the 'Ask the Expert' section.