



# BODY CONDITION SYSTEM

## ADULT

Feeding to ideal body condition provides real, long-term health benefits, and the chart below should be used to monitor your dog's body condition. Since every dog is different, modify your feeding amounts as needed to help your dog reach ideal body condition.



### Underfed Dog

Ribs are highly visible. Increase the amount you are feeding. After 2 or 3 weeks, compare again. Adjust until dog exhibits ideal body condition.



### Ideal Body Condition

Can feel and see outline of ribs. Dog has a waist when viewed from above. Belly is tucked up when viewed from the side. Maintain current feeding regimen.



### Overfed Dog

Dog has no waist when viewed from above. Belly is rounded when viewed from the side. Decrease amount you are feeding. After 2 or 3 weeks, compare again. Adjust as necessary.

### BENEFITS OF MAINTAINING IDEAL BODY CONDITION:

- Promotes a leaner, longer, healthier life
- Reduces potential for developing weight-related health conditions
- Reduces a dog's percentage of body fat for better health
- Helps maintain healthy blood sugar levels
- Helps maintain healthy blood pressure and heart rate



The Body Condition System was developed and tested at the Purina Pet Care Center, and has been documented in the following publications: Laflamme, DP. Body Condition Scoring and Weight Maintenance. *Proc N Am Vet Conf* Jan 16-21, 1993, Orlando FL, pp 290-291. Laflamme DP, Kealy RD, Schmidt DA. Estimation of Body Fat by Body Condition Score. *J Vet Int Med* 1994; 8:154. Laflamme DP, Kuhlman G, Lawler DF, Kealy RD, Schmidt DA. Obesity Management in Dogs. *J Vet Clin Nutr* 1994; 1:59-65.