

DETERMINE IDEAL WEIGHT IN 2 STEPS

BFI Risk Chart

The right weight loss nutrition can help reduce the risks associated with high body fat percentage.

As body fat increases, so does the risk for:

- Shortened life expectancy
- Diabetes mellitus
- Reduced mobility
- Arthritis
- Increased physical injury
- Respiratory disease
- Hepatic lipidosis
- Kidney disease
- Cancer
- Bladder stones

STEP 1

Establish the cat’s current body fat percentage by selecting the body shape and description that best matches theirs.

See reverse side for Step 2.

	UNDERWEIGHT	IDEAL WEIGHT	OVERWEIGHT	OBESE			
							
		Low Risk	Moderate Risk	High Risk	Serious Risk	Severe Risk	
BODY CONDITION SCORE (BCS)	≤3	4-5	6-7	8-9	9	—*	
Reference: Laflamme DP. Development and validation of a body condition score system for cats: A clinical tool. <i>Feline Practice</i> . 1997;25(5/6):13-18.							
BODY FAT INDEX (BFI)	—**	20	30	40	50	60	
Reference: Witzel, AL, et al. Use of a novel morphometric method and body fat index system for estimation of body composition in overweight and obese cats. <i>J Am Vet Med Assoc</i> . 2014;244(11):1279-1284.							
BODY FAT PERCENTAGE	<16%	16–25%	26–35%	36–45%	46–55%	56–65%	
		Head & Neck Prominent distinction between head & shoulder. Loose scruff. No scruff fat. Ribs Prominent. Very easy to palpate. Abdomen Loose abdominal skin. Easy to palpate abdominal contents. Tail Base Prominent bony structure. Easy to palpate. Minimal fat cover. Shape From the Side Moderate to slight abdominal tuck. Shape From Above Marked hourglass.	Head & Neck Clear distinction between head & shoulder. Loose scruff. Slight scruff fat. Ribs Not prominent. Easy to palpate. Abdomen Loose abdominal skin with minimal fat. Easy to palpate abdominal contents. Tail Base Slightly to minimally prominent bony structure. Palpable. Slight fat cover. Shape From the Side No abdominal tuck. Shape From Above Slight hourglass / lumbar waist.	Head & Neck Clear to slight distinction between head & shoulder. Loose to snug scruff. Slight to moderate scruff fat. Ribs Not prominent. Palpable. Abdomen Obvious skin fold with moderate fat. Easy to palpate abdominal contents. Tail Base Minimally prominent bony structure. Palpable. Slight to moderate fat cover. Shape From the Side Slight abdominal bulge. Shape From Above Lumbar waist.	Head & Neck Minimal distinction between head & shoulder. Loose to snug scruff. Moderate scruff fat. Ribs Not prominent. Difficult to palpate. Abdomen Heavy fat pad. Difficult to palpate abdominal contents. Tail Base Poorly defined bony structure. Difficult to palpate. Moderate to thick fat cover. Shape From the Side Moderate abdominal bulge. Shape From Above Broadened back.	Head & Neck Poor to no distinction between head & shoulder. Snug to tight scruff. Very thick scruff fat. Ribs Not prominent. Extremely difficult to impossible to palpate. Abdomen Very heavy fat pad; indistinct from abdominal fat. Impossible to palpate abdominal contents. Tail Base Bony structure not prominent. Very difficult to palpate. Very thick fat cover. Shape From the Side Severe abdominal bulge. Shape From Above Severely broadened back.	Head & Neck No distinction between head & shoulder. Tight scruff. Very thick scruff fat. Ribs Not prominent. Impossible to palpate. Abdomen Extremely heavy fat pad; indistinct from abdominal fat. Impossible to palpate abdominal contents. Tail Base Bony structure not prominent. Extremely difficult to palpate. Extremely thick fat cover. Shape From the Side Very severe abdominal bulge. Shape From Above Extremely broadened back.

*The relationship between BCS and Body Fat >45% has not been validated.

**Body Fat Index has not been validated for underweight pets.

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STEP 2

Using the cat’s current weight and their established body fat percentage from Step 1, now determine their ideal weight.

Current Weight LB (KG)	IDEAL BODY WEIGHT [LB (KG)]					
	Body Fat % 20	Body Fat % 30	Body Fat % 40	Body Fat % 50	Body Fat % 60	Body Fat % 70
8 (3.6)	8 (3.6)	7.0 (3.2)	6.0 (2.7)	5.0 (2.3)	4.0 (1.8)	3.0 (1.4)
9 (4.1)	9 (4.1)	7.9 (3.6)	6.8 (3.1)	5.6 (2.5)	4.5 (2.0)	3.4 (1.5)
10 (4.5)	10 (4.5)	8.8 (4.0)	7.5 (3.4)	6.3 (2.9)	5.0 (2.3)	3.8 (1.7)
11 (5.0)	11 (5.0)	9.6 (4.4)	8.3 (3.8)	6.9 (3.1)	5.5 (2.5)	4.1 (1.9)
12 (5.4)	12 (5.4)	10.5 (4.8)	9.0 (4.1)	7.5 (3.4)	6.0 (2.7)	4.5 (2.0)
13 (5.9)	13 (5.9)	11.4 (5.2)	9.8 (4.4)	8.1 (3.7)	6.5 (2.9)	4.9 (2.2)
14 (6.4)	14 (6.4)	12.3 (5.6)	10.5 (4.8)	8.8 (4.0)	7.0 (3.2)	5.3 (2.4)
15 (6.8)	15 (6.8)	13.1 (5.9)	11.3 (5.1)	9.4 (4.3)	7.5 (3.4)	5.6 (2.5)
16 (7.3)	16 (7.3)	14.0 (6.4)	12.0 (5.4)	10.0 (4.5)	8.0 (3.6)	6.0 (2.7)
17 (7.7)	17 (7.7)	14.9 (6.8)	12.8 (5.8)	10.6 (4.8)	8.5 (3.9)	6.4 (2.9)
18 (8.2)	18 (8.2)	15.8 (7.2)	13.5 (6.1)	11.3 (5.1)	9.0 (4.1)	6.8 (3.1)
19 (8.6)	19 (8.6)	16.6 (7.5)	14.3 (6.5)	11.9 (5.4)	9.5 (4.3)	7.1 (3.2)
20 (9.1)	20 (9.1)	17.5 (7.9)	15.0 (6.8)	12.5 (5.7)	10.0 (4.5)	7.5 (3.4)
21 (9.5)	21 (9.5)	18.4 (8.3)	15.8 (7.2)	13.1 (5.9)	10.5 (4.8)	7.9 (3.6)
22 (10.0)	22 (10.0)	19.3 (8.8)	16.5 (7.5)	13.8 (6.3)	11.0 (5.9)	8.3 (3.8)
23 (10.4)	23 (10.4)	20.1 (9.1)	17.3 (7.8)	14.4 (6.5)	11.5 (5.2)	8.6 (3.9)
24 (10.9)	24 (10.9)	21.0 (9.5)	18.0 (8.2)	15.0 (6.8)	12.0 (5.4)	9.0 (4.1)
25 (11.3)	25 (11.3)	21.9 (9.9)	18.8 (8.5)	15.6 (7.1)	12.5 (5.7)	9.4 (4.3)
26 (11.8)	26 (11.8)	22.8 (10.3)	19.5 (8.8)	16.3 (7.4)	13.0 (5.9)	9.8 (4.4)
27 (12.2)	27 (12.2)	23.6 (10.7)	20.3 (9.2)	16.9 (7.7)	13.5 (6.1)	10.1 (4.6)
28 (12.7)	28 (12.7)	24.5 (11.1)	21.0 (9.5)	17.5 (7.9)	14.0 (6.4)	10.5 (4.8)
29 (13.2)	29 (13.2)	25.4 (11.5)	21.8 (9.9)	18.1 (8.2)	14.5 (6.6)	10.9 (4.9)
30 (13.6)	30 (13.6)	26.3 (11.9)	22.5 (10.2)	18.8 (8.5)	15.0 (6.8)	11.3 (5.1)
31 (14.1)	31 (14.1)	27.1 (12.3)	23.3 (10.6)	19.4 (8.8)	15.5 (7.0)	11.6 (5.3)
32 (14.5)	32 (14.5)	28.0 (12.7)	24.0 (10.9)	20.0 (9.1)	16.0 (7.3)	12.0 (5.4)
33 (15.0)	33 (15.0)	28.9 (13.1)	24.8 (11.2)	20.6 (9.3)	16.5 (7.5)	12.4 (5.6)
34 (15.4)	34 (15.4)	29.8 (13.5)	25.5 (11.6)	21.3 (9.7)	17.0 (7.7)	12.8 (5.8)
35 (15.9)	35 (15.9)	30.6 (13.9)	26.3 (11.9)	21.9 (9.9)	17.5 (7.9)	13.1 (5.9)

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BODY FAT PERCENTAGE	<16%	16–25%	26–35%	36–45%	46–55%	56–65%	
		Ribs Slightly prominent. Easily felt. Thin fat cover. Shape From Above Well-proportioned lumbar waist. Shape From the Side Abdominal tuck present. Shape From Behind Clear muscle definition, smooth contour. Tail Base Bones Slightly prominent. Easily felt. Tail Base Fat Thin fat cover.	Ribs Slightly to not prominent. Can be felt. Moderate fat cover. Shape From Above Detectable lumbar waist. Shape From the Side Slight abdominal tuck. Shape From Behind Losing muscle definition, rounded appearance. Tail Base Bones Slightly to not prominent. Can be felt. Tail Base Fat Moderate fat cover.	Ribs Not prominent. Very difficult to feel. Thick fat cover. Shape From Above Loss of lumbar waist, broadened back. Shape From the Side Flat to bulging abdomen. Shape From Behind Rounded to square appearance. Tail Base Bones Not prominent. Very difficult to feel. Tail Base Fat Thick fat cover. May have a small fat dimple.	Ribs Not prominent. Extremely difficult to feel. Very thick fat cover. Shape From Above Markedly broadened back. Shape From the Side Marked abdominal bulge. Shape From Behind Square appearance. Tail Base Bones Not prominent. Extremely difficult to feel. Tail Base Fat Very thick fat cover. Fat dimple or fold present.	Ribs Not prominent. Impossible to feel. Extremely thick fat cover. Shape From Above Extremely broadened back. Shape From the Side Severe abdominal bulge. Shape From Behind Square appearance. Tail Base Bones Not prominent. Impossible to feel. Tail Base Fat Extremely thick fat cover. Large fat dimple or fat fold.	Ribs Unidentifiable. Impossible to feel. Extremely thick fat cover. Shape From Above Extremely broadened back, bulging mid-section. Shape From the Side Very severe abdominal bulge. Shape From Behind Irregular or upside down pear shape. Tail Base Bones Unidentifiable. Tail Base Fat Extremely thick fat cover. Large fat folds or pads.

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Current Weight LB (KG)	IDEAL BODY WEIGHT [LB (KG)]					
	Body Fat % 20	Body Fat % 30	Body Fat % 40	Body Fat % 50	Body Fat % 60	Body Fat % 70
10 (4.5)	10 (4.5)	8.8 (4.0)	7.5 (3.4)	6.3 (2.9)	5.0 (2.3)	3.8 (1.7)
11 (5.0)	11 (5.0)	9.6 (4.4)	8.3 (3.8)	6.9 (3.1)	5.5 (2.5)	4.1 (1.9)
12 (5.4)	12 (5.4)	10.5 (4.8)	9.0 (4.1)	7.5 (3.4)	6.0 (2.7)	4.5 (2.0)
13 (5.9)	13 (5.9)	11.4 (5.2)	9.8 (4.4)	8.1 (3.7)	6.5 (2.9)	4.9 (2.2)
14 (6.4)	14 (6.4)	12.3 (5.6)	10.5 (4.8)	8.8 (4.0)	7.0 (3.2)	5.3 (2.4)
15 (6.8)	15 (6.8)	13.1 (5.9)	11.3 (5.1)	9.4 (4.3)	7.5 (3.4)	5.6 (2.5)
20 (9.1)	20 (9.1)	17.5 (7.9)	15.0 (6.8)	12.5 (5.7)	10.0 (4.5)	7.5 (3.4)
25 (11.3)	25 (11.3)	21.9 (9.9)	18.8 (8.5)	15.6 (7.1)	12.5 (5.7)	9.4 (4.3)
30 (13.6)	30 (13.6)	26.3 (11.9)	22.5 (10.2)	18.8 (8.5)	15.0 (6.8)	11.3 (5.1)
35 (15.9)	35 (15.9)	30.6 (13.9)	26.3 (11.9)	21.9 (9.9)	17.5 (7.9)	13.1 (5.9)
40 (18.1)	40 (18.1)	35.0 (15.9)	30.0 (13.6)	25.0 (11.3)	20.0 (9.1)	15.0 (6.8)
45 (20.4)	45 (20.4)	39.4 (7.9)	33.8 (15.3)	28.1 (12.7)	22.5 (10.2)	16.9 (7.7)
50 (22.7)	50 (22.7)	43.8 (19.9)	37.5 (17.0)	31.3 (14.2)	25.0 (11.3)	18.8 (8.5)
55 (24.9)	55 (24.9)	48.1 (21.8)	41.3 (18.7)	34.4 (15.6)	27.5 (12.5)	20.6 (9.3)
60 (27.2)	60 (27.2)	52.5 (23.8)	45.0 (20.4)	37.5 (17.0)	30.0 (13.6)	22.5 (10.2)
65 (29.5)	65 (29.5)	56.9 (25.8)	48.8 (22.1)	40.6 (18.4)	32.5 (14.7)	24.4 (11.1)
70 (31.8)	70 (31.8)	61.3 (27.8)	52.5 (23.8)	43.8 (19.9)	35.0 (15.9)	26.3 (11.9)
75 (34.0)	75 (34.0)	65.6 (29.8)	56.3 (25.5)	46.9 (21.3)	37.5 (17.0)	28.1 (12.7)
80 (36.3)	80 (36.3)	70.0 (31.8)	60.0 (27.2)	50.0 (22.7)	40.0 (18.1)	30.0 (13.6)
85 (38.6)	85 (38.6)	74.4 (33.8)	63.8 (28.9)	53.1 (24.1)	42.5 (19.3)	31.9 (14.5)
90 (40.8)	90 (40.8)	78.8 (35.7)	67.5 (30.6)	56.3 (25.5)	45.0 (20.4)	33.8 (15.3)
95 (43.1)	95 (43.1)	83.1 (37.7)	71.3 (32.3)	59.4 (26.9)	47.5 (21.5)	35.6 (16.1)
100 (45.4)	100 (45.4)	87.5 (39.7)	75.0 (34.0)	62.5 (28.3)	50.0 (22.7)	37.5 (17.0)
105 (47.6)	105 (47.6)	91.9 (41.7)	78.8 (35.7)	65.6 (29.8)	52.5 (23.8)	39.4 (17.9)
110 (49.9)	110 (49.9)	96.3 (43.7)	82.5 (37.4)	68.8 (31.2)	55.0 (24.9)	41.3 (18.7)
115 (52.2)	115 (52.2)	100.6 (45.6)	86.3 (39.1)	71.9 (32.6)	57.5 (26.1)	43.1 (19.5)
120 (54.4)	120 (54.4)	105.0 (47.6)	90.0 (40.8)	75.0 (34.0)	60.0 (27.2)	45.0 (20.4)
130 (59.0)	130 (59.0)	113.8 (51.6)	97.5 (44.2)	81.3 (36.9)	65.0 (29.5)	48.8 (22.1)
140 (63.5)	140 (63.5)	122.5 (55.6)	105.0 (47.6)	87.5 (39.7)	70.0 (31.8)	52.5 (23.8)
150 (68.0)	150 (68.0)	131.3 (59.6)	112.5 (51.0)	93.8 (42.5)	75.0 (34.0)	56.3 (25.5)
160 (72.6)	160 (72.6)	140.0 (63.5)	120.0 (54.4)	100.0 (45.4)	80.0 (36.3)	60.0 (27.2)

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