



HILL'S
HEALTHY WEIGHT
PROTOCOL

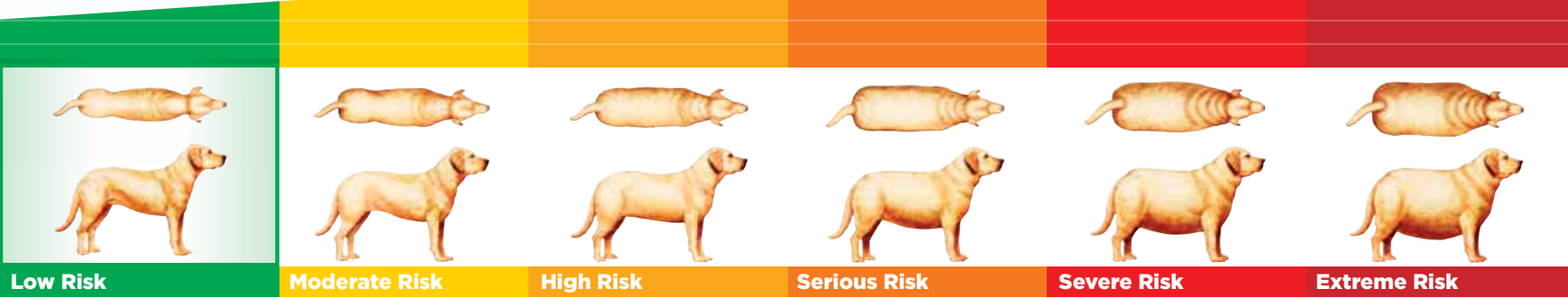
Is your dog
at increased risk?

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
- Kidney disease
- Cancer

BFI Risk Chart



20

16-25% Body Fat

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.

30

26-35% Body Fat

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.

40

36-45% Body Fat

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.

50

46-55% Body Fat

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.

60

56-65% Body Fat

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.

70

66-75% Body Fat

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.

Developed and validated in partnership with
veterinarians at the University of Tennessee.

THE UNIVERSITY of
TENNESSEE

2 steps to determine ideal weight

Ideal body weight
is calculated using
current weight and
body fat percentage.

STEP 1

Determine the pet’s body
fat percentage with the
images and descriptors on
the reverse side.

STEP 2

Establish ideal weight
using this chart.

Visit HWP.HillsVet.ca for
additional clinic resources
and to create custom feeding
plans for your patients.

Current Weight (kg)	IDEAL BODY WEIGHT [KG]					
	Body Fat % 20	Body Fat % 30	Body Fat % 40	Body Fat % 50	Body Fat % 60	Body Fat % 70
4	4.0	3.5	3.0	2.5	2.0	1.5
5	5.0	4.4	3.8	3.1	2.5	1.9
6	6.0	5.3	4.5	3.8	3.0	2.3
7	7.0	6.1	5.3	4.4	3.5	2.6
8	8.0	7.0	6.0	5.0	4.0	3.0
9	9.0	7.9	6.8	5.6	4.5	3.4
10	10.0	8.8	7.5	6.3	5.0	3.8
12	12.0	10.5	9.0	7.5	6.0	4.5
14	14.0	12.3	10.5	8.8	7.0	5.3
16	16.0	14.0	12.0	10.0	8.0	6.0
18	18.0	15.8	13.5	11.3	9.0	6.8
20	20.0	17.5	15.0	12.5	10.0	7.5
22	22.0	19.3	16.5	13.8	11.0	8.3
24	24.0	21.0	18.0	15.0	12.0	9.0
26	26.0	22.8	19.5	16.3	13.0	9.8
28	28.0	24.5	21.0	17.5	14.0	10.5
30	30.0	26.3	22.5	18.8	15.0	11.3
33	33.0	28.9	24.8	20.6	16.5	12.4
36	36.0	31.5	27.0	22.5	18.0	13.5
39	39.0	34.1	29.3	24.4	19.5	14.6
42	42.0	36.8	31.5	26.3	21.0	15.8
45	45.0	39.4	33.8	28.1	22.5	16.9
48	48.0	42.0	36.0	30.0	24.0	18.0
51	51.0	44.6	38.3	31.9	25.5	19.1
55	55.0	48.1	41.3	34.4	27.5	20.6
59	59.0	51.6	44.3	36.9	29.5	22.1
63	63.0	55.1	47.3	39.4	31.5	23.6
67	67.0	58.6	50.3	41.9	33.5	25.1
71	71.0	62.1	53.3	44.4	35.5	26.6
75	75.0	65.6	56.3	46.9	37.5	28.1
79	79.0	69.1	59.3	49.4	39.5	29.6

Make a
specific nutritional
recommendation
to help this
patient achieve an
ideal weight.





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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

BFI Risk Chart



20 16-25% Body Fat	30 26-35% Body Fat	40 36-45% Body Fat	50 46-55% Body Fat	60 56-65% Body Fat	70 66-75% Body Fat
Face Minimal fat cover. Prominent bony structures. Head & Neck Prominent distinction between head & shoulder. Loose scruff. No scruff fat. Sternum Prominent. Very easy to palpate. Minimal pectoral fat. Scapula Prominent. Very easy to palpate. 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.	Face Slight fat cover. Defined bony structures. Head & Neck Clear distinction between head & shoulder. Loose scruff. Slight scruff fat. Sternum Defined, slightly prominent. Easy to palpate. Slight to moderate pectoral fat. Scapula Defined, slightly prominent. Easy/very easy to palpate. 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.	Face Slight to moderate fat cover. Defined to slight bony structures. Head & Neck Clear to slight distinction between head & shoulder. Loose to snug scruff. Slight to moderate scruff fat. Sternum Minimally prominent. Palpable. Moderate pectoral fat. Scapula Slightly prominent. Easy to palpate. 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.	Face Moderate fat cover. Slight to minimal bony structures. Head & Neck Minimal distinction between head & shoulder. Loose to snug scruff. Moderate scruff fat. Sternum Poorly defined. Difficult to palpate. Thick pectoral fat. Scapula Minimally to not prominent. Palpable. 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.	Face Thick fat cover. Minimal to no bony structures. Head & Neck Poor to no distinction between head & shoulder. Snug to tight scruff. Very thick scruff fat. Sternum Not prominent. Extremely difficult to palpate. Extremely thick pectoral fat. Scapula Not prominent. Difficult to palpate. 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. Extremely difficult to palpate. Extremely thick fat cover. Shape From the Side Very severe abdominal bulge. Shape From Above Severely broadened back.	Face Very thick fat cover. No bony structures. Head & Neck No distinction between head & shoulder. Tight scruff. Very thick scruff fat. Sternum Not prominent. Impossible to palpate. Extreme pectoral fat. Scapula Not prominent. Impossible to palpate. 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.

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4.5	4.5	3.9	3.4	2.8	2.3	1.7
5	5.0	4.4	3.8	3.1	2.5	1.9
5.5	5.5	4.8	4.1	3.4	2.8	2.1
6	6.0	5.3	4.5	3.8	3.0	2.3
6.5	6.5	5.7	4.9	4.1	3.3	2.4
7	7.0	6.1	5.3	4.4	3.5	2.6
7.5	7.5	6.6	5.6	4.7	3.8	2.8
8	8.0	7.0	6.0	5.0	4.0	3.0
8.5	8.5	7.4	6.4	5.3	4.3	3.2
9	9.0	7.9	6.8	5.6	4.5	3.4
9.5	9.5	8.3	7.1	5.9	4.8	3.6
10	10.0	8.8	7.5	6.3	5.0	3.8
10.5	10.5	9.2	7.9	6.6	5.3	3.9
11	11.0	9.6	8.3	6.9	5.5	4.1
11.5	11.5	10.1	8.6	7.2	5.8	4.3
12	12.0	10.5	9.0	7.5	6.0	4.5
12.5	12.5	10.9	9.4	7.8	6.3	4.7
13	13.0	11.4	9.8	8.1	6.5	4.9
13.5	13.5	11.8	10.1	8.4	6.8	5.1
14	14.0	12.3	10.5	8.8	7.0	5.3
14.5	14.5	12.7	10.9	9.1	7.3	5.4
15	15.0	13.1	11.3	9.4	7.5	5.6
15.5	15.5	13.6	11.6	9.7	7.8	5.8
16	16.0	14.0	12.0	10.0	8.0	6.0
16.5	16.5	14.4	12.4	10.3	8.3	6.2

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recommendation
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