

NUTRITION REFERENCE SHEET

ENERGY REQUIREMENTS

$$RER = 70 (BW_{kg})^{0.75}$$

$$MER = RER \times \text{Life Stage Factor}$$

Life Stage Factors		
	CATS	DOGS
Intact	1.4-1.6	1.8
Neutered/Spayed	1.2-1.4	1.4-1.6
Obese Prone	1.0	1.0-1.2
Weight Loss	0.8	0.8-1.0
Active	1.8-2.5	2.0-8.0
Senior	1.0-1.4	1.2-1.6
Pregnancy	1.6-2.0	2.0-3.5
Lactation	2.0-6.0	4.0-8.0
Growth <50% Adult BW	3.0	3.0
Growth 50-70% Adult BW	2.5	2.0-2.5
Growth > 70% Adult BW	2.0	1.8-2.0

NUTRITION REFERENCE – WEIGHT LOSS

$$\text{Ideal Body Weight} = (\text{Current Body Weight} \times \text{Current \% lean}^*) \div 0.8^{**}$$

*(1-BFI%) **(80% lean is ideal body composition)

IDEAL RATE OF WEIGHT LOSS

Dogs: 1-2% body weight per week

Cats: 0.5-1% body weight per week

RATE OF WEIGHT LOSS

Amt lost ÷ previous weight = % weight lost % weight lost ÷ # of weeks = rate lost per week

BODY CONDITION SCORING AND BODY FAT INDEX

BCS	4/9	5/9	6/9	7/9	8/9	9/9	10/9	11/9	12/9
BFI	15%	20%	25%	30%	35%	40%	45-55%	55-65%	>65%

TO BOOK AN APPOINTMENT WITH DR. MANACKI CONTACT THE VEC AT 416-920-2002