



HILL'S HEALTHY WEIGHT PROTOCOL

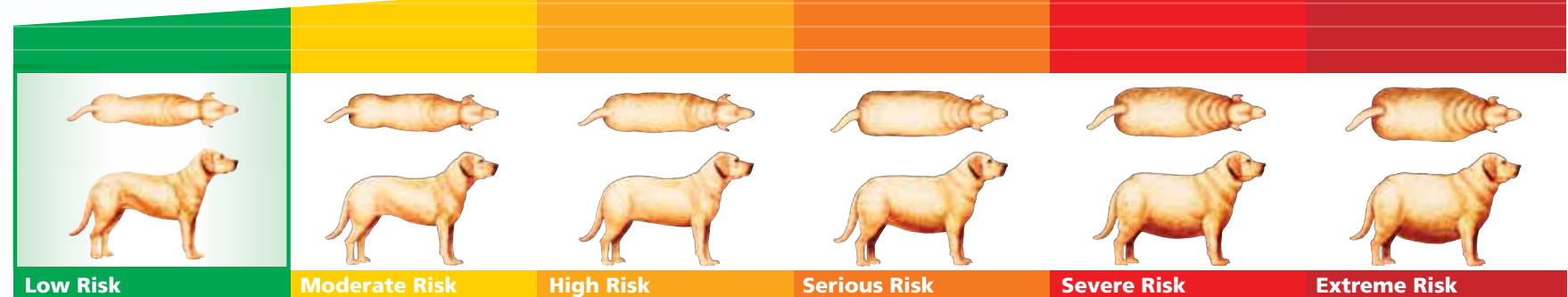
Is your dog
at increased risk?

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

15-25% 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

25-35% 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

35-45% 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

45-55% 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

55-65% 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

65-75% 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 **UT**



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.

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

Current Weight	IDEAL BODY WEIGHT [LBS]					
	Body Fat % 20	Body Fat % 30	Body Fat % 40	Body Fat % 50	Body Fat % 60	Body Fat % 70
10	10	8.8	7.5	6.3	5.0	3.8
11	11	9.6	8.3	6.9	5.5	4.1
12	12	10.5	9.0	7.5	6.0	4.5
13	13	11.4	9.8	8.1	6.5	4.9
14	14	12.3	10.5	8.8	7.0	5.3
15	15	13.1	11.3	9.4	7.5	5.6
20	20	17.5	15.0	12.5	10.0	7.5
25	25	21.9	18.8	15.6	12.5	9.4
30	30	26.3	22.5	18.8	15.0	11.3
35	35	30.6	26.3	21.9	17.5	13.1
40	40	35.0	30.0	25.0	20.0	15.0
45	45	39.4	33.8	28.1	22.5	16.9
50	50	43.8	37.5	31.3	25.0	18.8
55	55	48.1	41.3	34.4	27.5	20.6
60	60	52.5	45.0	37.5	30.0	22.5
65	65	56.9	48.8	40.6	32.5	24.4
70	70	61.3	52.5	43.8	35.0	26.3
75	75	65.6	56.3	46.9	37.5	28.1
80	80	70.0	60.0	50.0	40.0	30.0
85	85	74.4	63.8	53.1	42.5	31.9
90	90	78.8	67.5	56.3	45.0	33.8
95	95	83.1	71.3	59.4	47.5	35.6
100	100	87.5	75.0	62.5	50.0	37.5
105	105	91.9	78.8	65.6	52.5	39.4
110	110	96.3	82.5	68.8	55.0	41.3
115	115	100.6	86.3	71.9	57.5	43.1
120	120	105.0	90.0	75.0	60.0	45.0
130	130	113.8	97.5	81.3	65.0	48.8
140	140	122.5	105.0	87.5	70.0	52.5
150	150	131.3	112.5	93.8	75.0	56.3
160	160	140.0	120.0	100.0	80.0	60.0

