



HILL'S HEALTHY WEIGHT PROTOCOL

Is your cat
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
- Hepatic Lipidosis
- Kidney disease
- Cancer
- Bladder stones

BFI Risk Chart



20 16-25% 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

30 26-35% Body Fat

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

40 36-45% Body Fat

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

50 46-55% Body Fat

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

60 56-65% Body Fat

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
Very difficult to palpate
Very thick fat cover

Shape From the Side
Severe abdominal bulge

Shape From Above
Severely broadened back

70 65% Body Fat

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

Developed and validated in partnership with veterinarians at 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.

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
8	8	7.0	6.0	5.0	4.0	3.0
9	9	7.9	6.8	5.6	4.5	3.4
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
16	16	14.0	12.0	10.0	8.0	6.0
17	17	14.9	12.8	10.6	8.5	6.4
18	18	15.8	13.5	11.3	9.0	6.8
19	19	16.6	14.3	11.9	9.5	7.1
20	20	17.5	15.0	12.5	10.0	7.5
21	21	18.4	15.8	13.1	10.5	7.9
22	22	19.3	16.5	13.8	11.0	8.3
23	23	20.1	17.3	14.4	11.5	8.6
24	24	21.0	18.0	15.0	12.0	9.0
25	25	21.9	18.8	15.6	12.5	9.4
26	26	22.8	19.5	16.3	13.0	9.8
27	27	23.6	20.3	16.9	13.5	10.1
28	28	24.5	21.0	17.5	14.0	10.5
29	29	25.4	21.8	18.1	14.5	10.9
30	30	26.3	22.5	18.8	15.0	11.3
31	31	27.1	23.3	19.4	15.5	11.6
32	32	28.0	24.0	20.0	16.0	12.0
33	33	28.9	24.8	20.6	16.5	12.4
34	34	29.8	25.5	21.3	17.0	12.8
35	35	30.6	26.3	21.9	17.5	13.1



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