



## 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 % <b>20</b>	Body Fat % <b>30</b>	Body Fat % <b>40</b>	Body Fat % <b>50</b>	Body Fat % <b>60</b>	Body Fat % <b>70</b>
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

