Feeding your pet
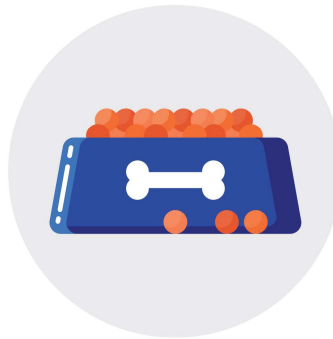
Pets need a good diet, given in the proper amounts, on a regular feeding schedule.
They often also appreciate a few healthy treats.

What's a good diet?

Not all pet foods are created equal. Choose a diet that gives your pet the vitamins and nutrients they need for health. Some tips:

- Choose a species-appropriate diet (that is, don't feed cat food to your dog, or vice versa)
- Select a food designed for your pet's life stage (puppy, adult, senior)
- While your pet is growing, they need a diet formulated to support their specific breed needs and projected adult size (for example, large-breed puppies must be fed a large-breed puppy food to help prevent joint disease)
- Look for a pet food brand that offers options specifically formulated for your pet's breed or activity level
- If you need recommendation, your veterinary team is always there to help

Yummy healthy treats

- Treats should be less than 10% of your pet's daily calories
- Ask your veterinary team for advice on the right treats for your pet
- Pets shouldn't eat human food— it's typically high in fat and calories, and may even be toxic to your pet
- Request a one-on-one pet nutrition advice session at your next appointment
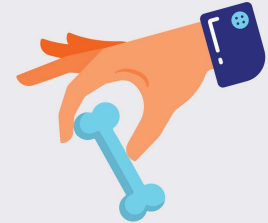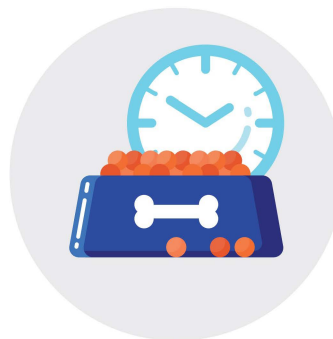
How much do I feed them?

Ask your veterinary team how many total daily kilocalories your pet needs, then look at the kilocalories per cup on your pet food label. This will tell you how many cups of that food your pet should receive a day. Don't feed the whole amount at once. Instead, split it up into several smaller meals throughout the day.

▶ Use a measuring cup or gram scale to avoid overfeeding your pet.

Set a schedule

Free-feeding pets leads to overeating and obesity. Instead, dogs should receive a portion of their daily total in 2 or 3 meals, fed at the same time every day. Remove any uneaten portions after about 20 minutes to help your dog learn to eat, not graze. Cats, on the other hand, naturally eat many small meals each day, so you can give them each day's amount and let them eat at will.

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