

JustFoodforDogs®



How To Tell If Your Dog Is Overweight

Can Your Pup Benefit From Losing a Few Pounds?



JustFoodForDogs developed this guide to serve as a reference. Please speak to your veterinarian before making significant changes to your dog's diet or lifestyle.

Dog Body Composition

The Body Condition Score (BCS) is used by veterinarians to assess your dog's body fat, similarly to the Body Mass Index (BMI) in humans. The score is determined by the 5-Point Scale. Use the steps below to assess your dog's BCS.



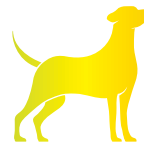
Underweight
<15% body fat

Visible ribs, spine, and pelvic bones



Ideal Weight
16–25% body fat

Ribs easily palpable, pronounced waist



Overweight
26–40% body fat

Ribs hard to feel, visible fat layer



Obese
>40% body fat

With rolls of fat and large abdomen

The 5-Point Scale

This scale ranges from very thin (1/5) to obese (5/5). A dog's score is reported as a fraction (e.g., 3/5) to indicate the score and the scale used, ensuring consistent evaluation across different assessments.

Using the Body Condition Score Chart at Home






First, look at your dog's rib cage. Rib coverage can help you identify an overweight dog. If you hold your hand with your palm down and feel your knuckles with the flat part of your fingers on the other hand, that's how the top of your dog's ribs should feel right behind their shoulder blade.

If you can't feel your dog's ribs because they are covered with tissue, that's a good indicator that your dog is overweight. While this is not a surefire method of determining your dog's weight, it can be a good way to check between formal weigh-ins.

Scores are determined through visual assessment and palpation, considering factors like rib visibility, muscle mass, and the presence of a waistline.



The 5-Point Scale

Scale		What To Look For	Condition
1/5		Visible ribs, spine, and pelvic bones	Very Thin
2/5		Visible ribs, spine, and pelvic bones	Underweight
3/5		Ribs easily palpable, pronounced waist	Ideal Weight
4/5		Ribs hard to feel, visible fat layer	Overweight
5/5		With rolls of fat and large abdomen	Obese

What is my dog's ideal weight?

Once you and your veterinarian determine your dog's BCS, the next step is creating a plan to help your dog achieve a healthy weight if they are not in the ideal range.

Key recommendations include:

- Managing portion sizes
- Choosing a specialized diet
- Increasing physical activity

Monitoring weight changes and maintaining communication with a veterinarian are crucial for achieving and sustaining a healthy weight.

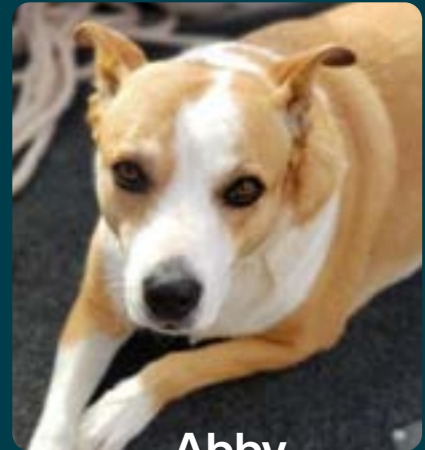
Why do some dogs never feel full?

While diet is a crucial part of weight loss for dogs, there's more to it than the number of calories they consume. If your dog typically eats traditional kibble or canned food, they're likely missing the nutritional profile needed to feel full and energized.

Kibble manufacturing exposes ingredients to extreme temperatures and multiple forms of food processing. Combined with questionable ingredients to start, this further depletes the nutritional value of the food. The result?

Many dogs feel hungry even after a large bowl of kibble.





Abby

Age 8

Eats Fish & Sweet
Potato Recipe

“ Abby lost 8lbs in less than a month after starting JFFD Fish & Sweet Potato. Abby’s weight was affecting her hips, which was affecting her walks and her day to day life. After switching to JFFD and using the Joint Care Plus supplement, she went from acting like a senior dog to acting like a puppy again! I can tell she’s so much happier too. Her coat is smooth as butter and she doesn’t shed like she used too.”

Nate C.

JustFoodForDogs Customer





How To Help Your Dog Achieve A Healthy Weight

(Without Constant Hunger)

JustFoodForDogs is the #1 vet recommended fresh dog food for a reason: We've spent the last 10 years perfecting our recipes with feeding trials and studies to make sure your dog eats the very best food at every meal. Each recipe is carefully formulated to be a complete and balanced meal. That means every bowl of our food is packed with the quality proteins, vitamins, and minerals your dog needs.

Your dog will not only look forward to the amazing flavors and think it's a treat but they'll also feel full after eating. This approach will help your dog achieve a healthy weight without constant hunger.

The JustFoodForDogs team of veterinary nutritionists created a special [Healthy Weight Variety Pack](#) to help dogs with this exact problem.

Our two best recipes for healthy weight are Fish & Sweet Potato and Venison & Squash. The proteins in these two recipes are lower in calories, so your dog gets to eat more food and is less likely to feel deprived. Even adding just 20-30% on top of your dog's existing food will help them on their journey.

Get 50% off!

Right now you can try our Healthy Weight bundle for 50% off with your first autoship order.

Redeem Now



~~\$92.99~~

Try a 7-pack for just

\$46.50