RECOMMENDED
DAILY PORTIONS

Calories range from the resting energy requirement (aka "couch potato") to the metabolic need for an active adult dog. Adjust portions to account for activity level, health goals, and any supplemental feeding (e.g treats).

DOG (LB) IDEAL WEIGHT	COUCH POTATO (OZ/DAY)	WONDER DOG (OZ/DAY)
up to 5	4	6
10	6	9
15	8	12
20	10	16
25	12	18
30	13	21
40	16	26
50	19	31
60	22	36
70	25	40
80	28	44
100	32	52
120	37	60

GOODNESS GRACIOUS®

How Many Calories Does Your Dog Need?

Those quizzes are everywhere. Fill in some blanks about your dog – like how Silly_ he is – and out spurts a food portion.

Problem is, those calculators can underestimate by A LOT.

Your dog gets undernourished and you end up needing more food than you budgeted.

Here's how veterinarians determine caloric needs...

The Formula Veterinarians Use

$$70 \times X^{3/4} \times Y$$

X= the IDEAL weight of your dog in kg
Y accounts for your dog's metabolic needs or goals

Dog's Ideal Weight Pounds	KG	Resting Energy Requirement "RER" $(70*X^{3/4})$	Weight Loss (Y=1.2)	Adult Maintenance Geriatric (Y=1.4)	Adult Maintenance Spayed/Neutered (Y=1.6)	Adult Maintenance In-Tact (Y=1.8)
5	2.3	129	155	181	207	233
10	4.5	218	261	305	348	392
15	6.8	295	354	413	472	531
20	9.1	366	439	512	585	659
25	11.3	433	519	606	692	779
30	13.6	496	595	694	794	893
35	15.9	557	668	780	891	1002
40	18.1	615	738	861	985	1108
45	20.4	672	807	941	1076	1210
50	22.7	727	873	1018	1164	1309
55	24.9	781	938	1093	1250	1407
60	27.2	834	1001	1168	1335	1501
65	29.5	886	1063	1240	1417	1594
70	31.8	936	1124	1310	1498	1685
75	34.0	986	1183	1380	1578	1775
80	36.3	1035	1242	1449	1656	1863
90	40.8	1131	1357	1583	1809	2035
100	45.4	1223	1468	1712	1958	2202
110	49.9	1314	1577	1840	2103	2365
120	54.4	1403	1683	1964	2244	2525

EXAMPLES

A 40 LB spayed dog at her ideal weight would need 985 calories

A 100 LB overweight dog who should weight 80 LBs would need 1242 calories

Resting Energy Requirements $(70*X^{3/4})$ are the calories needed for basic life functions (respiration, digestion, heart and brain functions). RER is multiplied by Y to reflect life needs. Puppies have Y = 2 or 3. Active / working dogs have a Y = 2 to 8.

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