

# RECOMMENDED DAILY PORTIONS

Calorie calculations are for a spayed / neutered adult dog. Reduce calories of Ideal Weight by 25% for weight loss.

**DOG (LB)  
IDEAL WEIGHT**      **CALORIES  
REQUIRED**      **OZ / DAY**

5 - 10

207 - 350

6 - 9

10 - 20

350 - 585

9 - 16

20 - 30

585 - 795

16 - 21

30 - 40

795 - 985

21 - 26

40 - 50

985 - 1165

26 - 31

50 - 60

1165 - 1336

31 - 36

60 - 70

1336 - 1500

36 - 40

70 - 80

1500 - 1659

40 - 44

80 - 90

1659 - 1812

44 - 48

90 - 100

1812 - 1961

48 - 52

100 - 110

1961 - 2106

52 - 56

110 - 120

2106 - 2248

56 - 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...

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

X= the IDEAL weight of your dog in kg

Y accounts for your dog's metabolic needs or goals

| Dog's Ideal Weight |      | Resting Energy Requirement   | <u>Adult Maintenance</u> |                   |                         |                 |
|--------------------|------|------------------------------|--------------------------|-------------------|-------------------------|-----------------|
| Pounds             | KG   | "RER" (70*X <sup>3/4</sup> ) | Weight Loss (Y=1.2)      | Geriatric (Y=1.4) | Spayed/Neutered (Y=1.6) | 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<sup>3/4</sup>) 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.

The Formula Veterinarians Use

GoodnessGraciousCo.com