



Just like humans, an animal's diet directly affects its overall health and well-being. Allowing a pet to overeat, or to consume the wrong foods, may lead to a wide variety of ailments including obesity, diabetes and arthritis.

PROPER NUTRITION

Although we think of our pets as family members, they shouldn't be allowed to eat like us. Maintaining a proper diet will help keep your pet at a healthy weight. Be sure not to overfeed, and that you are providing a diet tailored to your pet's breed, age, weight and medical history.

COMMON FOODS TO AVOID

Think twice about feeding your pet table scraps. Common foods such as **chocolate, grapes, raisins, onions and garlic** could be dangerous to an animal. Some non-food items like lily plants and antifreeze are also toxic to pets. Check with your veterinarian if your pet has ingested anything questionable.

DID YOU KNOW?

Over 50% of dogs and cats in the U.S. are obese or overweight.



GROWTH DIET

Growing puppies and kittens need more nutrient-dense food than adults. Ask your veterinarian which food is right for this stage of life. Cats switch to an adult diet right after being spayed or neutered, no matter what the age, to decrease the likelihood of obesity and related conditions.

ADULT DIET

Selecting an adult dog or cat food that will keep your pet healthy and energetic starts with knowing your pet's lifestyle. Does your dog weigh just the right amount and go for long walks daily? Or is it a lap dog that loves nothing more than to snooze the day away? Talk to your veterinarian about these issues to help guide you in choosing the best food for your pet.

SENIOR DIET

Your senior dog or cat may need fewer calories, less fat, and more fiber as he or she ages. Many older pets can continue eating the food they always have – just a little less to compensate for not being as active. Check with your veterinarian which food and amount is best for your pet.

Every pet ages differently. Your veterinarian can help you determine the best diet for your pet's needs.