If your pet is overweight, or you notice a weight gain or loss, talk to your vet. There may be a health issue which needs treatment or a special diet.*

If you choose to treat your pet, do it occasionally. Adjust meals accordingly to help control calorie intake. Avoid human food and table scraps.

Weigh food portions with an accurate kitchen scale. Estimating food amount by volume is subject to error.

Follow the product’s feeding guide, as a starting point. Adjustment may be needed depending on your pet’s age, neuter status, breed and lifestyle.

Find the product that’s suitable for your pet. Ask your veterinary professional for tips and read more on the label or online.

Weigh your pet regularly, and check their body condition using our fun Pet Size-O-Meters. Ideally, you should be able to feel their ribs with very light finger pressure.

Ensure an active lifestyle with lots of walks and playtime. This has mutual health benefits for you and your pet.

Weigh your pet, and check their body condition using our fun Pet Size-O-Meters. Ideally, you should be able to feel their ribs with very light finger pressure.

*Weight management and 'Light' products, designed to have a lower energy content compared to the normal range, are available to assist weight loss and/or maintenance.

For references and more information please visit our website www.pfma.org.uk.