



Hill's Body Fat Index (BFI) Risk Chart for Dogs

3 steps to determine ideal weight

- 1** Weigh the pet
- 2** Determine the pet's BFI risk category using images and descriptors below
- 3** Establish ideal weight using current weight & the risk category on the table below

20	30	40	50	60	70
16-25% body fat	26-35% body fat	36-45% body fat	46-55% body fat	56-65% body fat	>65% body fat
Low risk	Mild risk	Moderate risk	Serious risk	Severe risk	Extreme risk
<p> ribs well defined clear rib cage thin fat cover</p> <p>waist ribs visible slight abdominal bulge</p> <p>neck well defined slight abdominal bulge clear muscle definition visible contour no extra tissue slight abdominal bulge clear rib cage</p>	<p> ribs slight to not defined clear to not moderate fat cover</p> <p>waist ribs visible slight abdominal bulge slight muscle definition slight abdominal bulge</p> <p>neck not defined slight abdominal bulge clear to not moderate fat cover</p>	<p> ribs not defined very difficult to see thick fat cover</p> <p>waist ribs visible clear to not defined slight abdominal bulge slight muscle definition slight abdominal bulge</p> <p>neck not defined very difficult to see thick fat cover may have a hump of fat</p>	<p> ribs not defined difficult to see very thick fat cover</p> <p>waist ribs visible slight abdominal bulge slight muscle definition slight abdominal bulge</p> <p>neck not defined very difficult to see thick fat cover fat hump of fat</p>	<p> ribs not defined impossible to see extremely thick fat cover</p> <p>waist ribs visible slight abdominal bulge slight muscle definition slight abdominal bulge</p> <p>neck not defined impossible to see thick fat cover large fat hump of fat</p>	<p> ribs not visible impossible to see extremely thick fat cover</p> <p>waist ribs visible slight abdominal bulge slight muscle definition slight abdominal bulge</p> <p>neck not defined impossible to see thick fat cover extremely thick fat cover large fat hump of fat</p>

Current weight (kg)	Ideal body weight (kg)					
	20% body fat	30% body fat	40% body fat	50% body fat	60% body fat	70% body fat
4	4.0	5.5	6.0	6.5	7.0	7.5
5	5.0	6.8	7.5	8.2	8.8	9.5
6	6.0	8.2	9.0	9.8	10.5	11.2
7	7.0	9.7	10.5	11.4	12.2	13.0
8	8.0	11.2	12.2	13.2	14.1	15.0
9	9.0	12.8	13.8	14.8	15.8	16.8
10	10.0	14.5	15.6	16.6	17.6	18.6
11	11.0	16.2	17.4	18.5	19.6	20.7
12	12.0	18.0	19.2	20.4	21.6	22.8
13	13.0	19.8	21.1	22.2	23.4	24.6
14	14.0	21.7	23.0	24.1	25.3	26.5
15	15.0	23.7	25.0	26.1	27.2	28.4
16	16.0	25.7	27.0	28.1	29.2	30.4
17	17.0	27.8	29.1	30.2	31.3	32.5
18	18.0	29.9	31.2	32.3	33.4	34.6
19	19.0	32.0	33.3	34.4	35.5	36.7
20	20.0	34.1	35.4	36.5	37.6	38.8
21	21.0	36.2	37.5	38.6	39.7	40.9
22	22.0	38.3	39.6	40.7	41.8	43.0
23	23.0	40.4	41.7	42.8	43.9	45.1
24	24.0	42.5	43.8	44.9	46.0	47.2
25	25.0	44.6	45.9	47.0	48.1	49.3
26	26.0	46.7	48.0	49.1	50.2	51.4
27	27.0	48.8	50.1	51.2	52.3	53.5
28	28.0	50.9	52.2	53.3	54.4	55.6
29	29.0	53.0	54.3	55.4	56.5	57.7
30	30.0	55.1	56.4	57.5	58.6	59.8
31	31.0	57.2	58.5	59.6	60.7	61.9
32	32.0	59.3	60.6	61.7	62.8	64.0
33	33.0	61.4	62.7	63.8	64.9	66.1
34	34.0	63.5	64.8	65.9	67.0	68.2
35	35.0	65.6	66.9	68.0	69.1	70.3
36	36.0	67.7	69.0	70.1	71.2	72.4
37	37.0	69.8	71.1	72.2	73.3	74.5
38	38.0	71.9	73.2	74.3	75.4	76.6
39	39.0	74.0	75.3	76.4	77.5	78.7
40	76.0	76.1	77.2	78.3	79.4	80.6

Ideal body weights are calculated using current weight. Body fat levels may vary slightly by breed and individual.



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