



PURINA
PRO PLAN

Determine your pet's
Body Condition Score by giving
them a healthy hug



1. RIBS

Place both of your thumbs on your dog's backbone and run your fingers along the ribcage, noting how easily you can feel the bony parts.

2. BELLY

Run your hand along your dog's underside and look at the belly from the side, where you can evaluate the 'abdominal tuck', right where the belly meets the area of the hips.

3. WAIST

Looking down on your dog's waist and hips from above, you should notice that this area is much narrower than the width of the chest and ribcage.

WHAT IS YOUR DOG'S BODY CONDITION SCORE?

Give them a healthy hug. Simply note how the ribs, belly and waist feel and compare them to the chart below.

HEALTHY WEIGHT *Nutrition* FOR LIFELONG CARE

UNDERWEIGHT

1

Ribs, spine and pelvic bones are evident from a distance. No body fat. Obvious muscle mass loss.

2

Ribs, spine, and pelvic bones are easily visible. No tangible fat and minor muscle mass loss.

3

Ribs are easily felt. Tops of vertebrae and pelvic bones are becoming prominent. Obvious waist and abdominal tuck.



IDEAL WEIGHT

4

Ribs are easily felt with minimal fat covering them. Waist and an abdominal tuck are easily noted.

5

Ribs are felt without excess fat covering them. Waist can be seen from above and an abdominal tuck is seen from the side.



OVERWEIGHT

6

Ribs can be felt with slight excess fat covering them. Waist can be seen from above, but it isn't prominent. Some abdominal tuck is present.

7

Ribs can be felt with difficulty. There are noticeable fat deposits at the lower back. Waist is absent or barely visible, and some abdominal tuck is present.

8

Ribs can't be felt under the fat, or they can be felt with significant pressure. There are heavy fat deposits at the lower back. No waist and obvious abdominal distension may be present.

9

Massive fat deposits at the neck, spine, base of tail, and even the legs. Obvious abdominal distension.

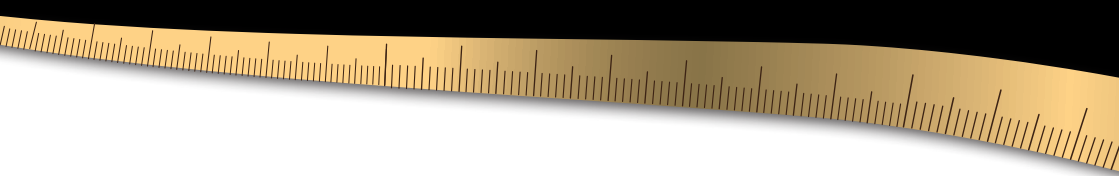


The Body Condition Score (BCS) helps you assess your pet's body shape and body fat at home, without scales.

But, as different breeds have different characteristics, it can be difficult to know your dog's ideal body shape. With this guide you will be able to recognise your pet's ideal BCS for their size and shape.

For instance, robust breeds such as Labradors may have a less pronounced abdominal tuck and a higher proportion of body fat at their ideal BCS.

Athletic breeds like Greyhounds will have a thinner abdomen and a leaner body mass at their ideal BCS.



IDEAL WEIGHT



TOY



SMALL



MEDIUM



LARGE



GIANT





 PURINA®
PRO PLAN®



HEALTHY WEIGHT
Nutrition
FOR LIFELONG CARE

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