

NUTRISCIENCE

Reduct Aid

Canine
Weight
Reduction
Guide



The ReductAid plan

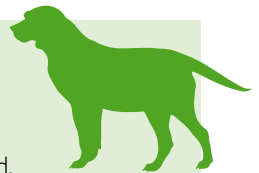


- 1 Weigh your dog
- 2 Work out what your dog should weigh
- 3 What amount do you feed your dog?
- 4 What should you feed your dog?
- 5 Add ReductAid into the daily plan
- 6 Start an exercise plan
- 7 Monitor regularly



Case Study – Sally

Sarah's dog, Sally is a spayed 7 year old golden retriever. Sally is over-loved, over-fed and under-exercised. Her ideal weight is between 25-29Kg but she is starting the ReductAid program at 33Kg.



I: Why is your dog overweight?

The comparison between dogs and humans regarding weight gain is striking. As with humans one third of all dogs are estimated to be overweight and this figure is rising. The reasons for this are extremely simple, if a dog is overweight it is expending less energy than it is consuming. In even simpler terms the dog needs to either eat less or exercise more and preferably both.

There are other factors such as genetics or its breed that may result in an overweight dog, but regardless the principal medical concern is the related conditions affecting the heart, bones, lungs, joints and general condition of the dog.

It is advisable that a veterinarian diagnose that a dog is overweight and also, what actions are recommended. An older dog may not be in a position to exercise as much as they need to for example.

In most cases however, a programme is put into place which would include increased exercise, reduced energy intake, constant monitoring and lifestyle changes for dog and owner.

Why use ReductAid?



Developed by NutriScience, ReductAid is a slimming aid for dogs diagnosed as being over weight. The central philosophy of this managed programme is to aid weight loss while encouraging the dog with an improved, healthier lifestyle.

ReductAid comprises of a liquid oil emulsion given daily to reduce hunger in combination with a specifically designed 'treat', which helps adherence to the diet.

The Reduct Aid Starter Pack is a 20 day programme prescribed by a vet. It includes 20 x 7.5ml daily single dose cups of ReductAid Formula and 60 ReductAid Treats. Up to three treats per day are recommended.

It is important to emphasize that this programme is specifically designed to keep the dog happy and healthy while reducing its weight. Exercise is an important component of the programme's mix. It is vital that the dog's exercise increases during the programme.

In order to quantify the results of the programme you will find a chart on the centre pages of this guide. Certain information can be filled in prior to the programme by your vet, you will be required to fill in certain information during the programme and again after the 20 days the vet can assess the progress your dog has made.



2: What should your dog weigh?

Breeds	Ideal Weight	
	Females (Kg)	Males (Kg)
Affenpinscher	3	4
Afghan hound	23	27
Ainu dog	na	na
Airedale terrier	19	25
Akita	34	46
Alaskan malamute	34	57
American cocker spaniel	11	12.5
American eskimo dog		
Toy	na	na
Miniature	na	na
Standard	na	na
American water spaniel	11-18	13.5-20.5
Anatolian shepherd dog	41-59	50-64
Anglo-French hound		
Small	22	25
Great	30	32
Appenzell mountain dog	22	25
Ariegeois	30	30
Artois hound	18	24
Australian cattle dog	16	20
Australian kelpie	13.5	13.5
Australian shepherd	na	na
Australian terrier	6.5	6.5
Basenji	10	11
Basset hound	18	27
Beagle	12	14
Beagle harrier	20	20
Bearded collie	18	27
Beauce shepherd (Beauceron)	30	38
Bedlington terrier	8	10.5
Belgian shepherd dog		
Groenendael	28	28
Laekenois	28	28
Malinois	28	28
Tervuren	28	28
Bergamasco	26-32	32-38
Bernese mountain dog	4-4.5	50

(Bernese Sennenhund)		
Bichon frise	na	na
Billy	25	30
Bloodhound (St Hubertus dog)	36-45.5	41-50
Bolognese	2.5	4
Bordeaux dog (medium = doguins)	35-40	38-45
Bordeaux dog (large = dogues)	>40	>45
Border collie	13.5	20.5
Border terrier	5-6.4	6-7
Borzoi	25-41	34-48
Boston terrier		
Lightweight class	na	<6.8
Middleweight class	na	<9.0
Heavyweight class	na	<11.4
Bourbonnais setter	18	26
Bouvier des Ardennes	na	na
Bourvier des Flandres	27-35	35-40
Boxer	24	32
Brazilian guard dog	40.5	45
Briard	34	34
Brittany spaniel	13.5	18
Brussels Griffon (Petit Brabacon)	2.2	<5.5
Bulldog	18-23	23-25
Bullmastiff	40-54.5	50-59
Bull terrier	23.5	28
Cairn terrier	6	7.5
Canaan dog	18	25
Cao de Castro labreiro	20-30	30-40
(Portuguese watchdog)		
Catalonian shepherd	20-30	30-40
Cavalier King Charles spaniel	5	8
Chesapeake Bay retriever	25-32	29.5-36
Chihuahua	<2.7	<2.7
Chinese crested dog	<5.5	<5.5
Chow chow	20	32
Clumber spaniel	25-32	32-38.5
Collie (rough and smooth)	20-30	25-34
Coonhound		
Blank and tan coonhound	25-34	27-36

Breeds	Ideal Weight	
	Females (Kg)	Males (Kg)
Redbone coonhound	25-34	27-36
Coton deTulear	5.5	7
Curly coated retriever	32	36
Czesky terrier	6	9
Dachshund		
Miniature (UK)	4.5	4.5
Minature (USA)	<5	<5
Standard (UK)	9.0	12
Standard (USA)	7.3	14.5
Dalmatian	22.7	27
Dandie Dinmont terrier	8	11
Deerhound (Scottish)	30-43	38.5-50
Doberman pinscher	29	40
Dogue de Bordeaux	54	65
Dupuy setter	na	na
Dutch setter	30	30
Dutch shepherd	20	25
Elkhound (Norwegian elkhound)	12-14.5	12.5-15.5
English cocker spaniel	18	31.5
English setter	18	22.5
English toy spaniel (King Charles)	3.5	6.5
Entlebuch mountain dog	25	30
Esquimo dog	25-41	30-50
Estrela mountain dog	27-41	34-48
Eurasier	18-26	23-32
Field spaniel	16	25
Finnish spitz	11.3	16
Flat coated retriever	25-34	25-36
Foxhound		
American foxhound	na	na
English foxhound	29.5	32
Fox terrier (smooth and wire)	6.8-7.7	7-8.2
French bulldog	8	13
French hound	27	28
French setter	27	27
French spaniel	20	25
German hunt terrier	7-8	9-10
German pointer (Deuscher Vorstehund)		
German shorthaired pointer	20.5-27	25-32
German wirehaired pointer	20.5-29	25-34
German shepherd dog	32	43
German spaniel	20	30
German spitz		
Small (Kleinspitz)	2.9	3.0
Standard (Mittelspitz)	11.3	11.3
Glen of Imaal terrier	16	16
Golden retriever	25-29.5	29.5-34
Gordon setter	20.5-32	25-36
Great Dane	55	80
Great Gascony blue	32	35



Breeds	Ideal Weight	
	Females (Kg)	Males (Kg)
Greater Swiss mountain dog	na	na
Greenland dog	>30	>30
Greyhound	27-29.5	29.5-32
Griffon Vendeen		
Petit basset	11.5	16
Basset hound	18	20
Briquet	16	24
Grand	30	35
Hamiltonstovare	23	27
Hanover hound	38	45
Harlequin pinscher	na	na
Harrier	22	27
Havanese	3	5.5
Hovawart	25-35	30-40
Hungarian coarse-haired vizsla	na	na
Hungarian greyhound	22.5-27	27-32
Hungarian Kuvasz	<50	<50
Ibizan hound	20.5	23
Iceland dog	na	na
Irish red and white setter	18	32
Irish setter	27.2	31.7
Irish terrier	11	12
Irish water spaniel	20.5-26	25-29.5
Irish wolfhound	>48	>54
Italian greyhound	2.5	4.5
Italian segugio	18	28
Italian setter	25	40
Italian spinone	28-32	32-37
Jamthund	na	na
Japanese chin	1.8	3.2
Japanese fighting dog	45	91
Japanese spitz	5.9	5.9
Japanese terrier	na	na
Jura hound	na	na
Keeshond	25	30
Kerry blue terrier	na	15-18
Komondor	36-50	45-68
Kooikerhondje	9	11
Kromfohrlander	12	12
Kuvasz (Hungarian shepherd)	32-41	45-52
Labrador retriever	25-32	29.5-36
Lakeland terrier	7	7.7
Lancashire heeler	3.5	5.4
Lapland spitz	20	20
Lapponian herder	<30	<30
Leonberger	36.3	68
Lhasa apso	na	na
Lowchen	2	4
Maltese	1.8	2.7
Manchester terrier		
Toy (American bred)	<3.2	<3.2

Breeds	Ideal Weight	
	Females (Kg)	Males (Kg)
Toy (English toy terrier)	<5.4	<5.4
Standard (American bred)	>5.5	<7.3
Standard (open classes)	>7.3	<10
Maremma sheepdog	30-40	35-45
Mastiff	75	90
Mexican hairless dog	na	na
Miniature bull terrier	4.5	18
Miniature pinscher	4.5	4.5
Mudi	8	13
Munsterlander		
Small	15	17
Large	25	25-30
Neapolitan mastiff	50	70
Newfoundland	50-55	60-69
Nivernais griffon	23	25
Norfolk terrier	5	5.5
Norwegian buhund	12	18
Norwich terrier	4.5	5.4
Nova Scotia duck tolling retriever	16.5	23
Old English sheepdog (botail)	25	30
Otterhound	30-45	34-52
Papillon	1.5	5
Parson Jack Russell terrier	na	na
Pekingese	3-5	3.6-6.5
Pharaoh hound	na	na
Picardy shepherd	23	32
Pinscher	na	na
Pointer	20-29.5	25-34
Poitevin	30	30
Polish lowland sheepdog	na	na
Pomeranian	1.5	3.2
Poodle		
Toy	na	na
Miniature	5	5
Standard	20	32
Porcelaine	25	28
Portuguese setter	na	na
Portuguese water dog	16-23	19-27
Pudelpointer	25	32
Pug	6.5	8
Puli (Hungarian puli)	10-13	13-15
Pumi	8	13
Pyrenean mastiff	55	70
Pyrenean mountain dog	38.5-45	45.5-55
(Great Pyrenees)		
Pyrenean shepherd	8	13.5
Rafeiro do alentejo	35-45	40-45
Rhodesian ridgeback	32	38.5
Rottweiler	40	50
Rumanian shepherd dog	50	50
Saint Bernard	50	90.5

Breeds	Ideal Weight	
	Females (Kg)	Males (Kg)
Saint Germain setter (St-G. Braque)	18	26
Saluki	13	30
Samoyed	17.25	20-30
Schapendoes (Dutch sheepdog)	na	na
Schipperke		
Small type	3	5
Large type	5.4	8.2
Schanauzer		
Miniature	5	6.8
Standard	15	18
Large (Riesenschнауzer)	30	35
Scottish terrier	8-9.5	8.5-10
Sealyham terrier	8-9	10-11
Shar-Pei	18	25
Shetland sheepdog (sheltie)	na	na
Shiba Inu	9	13.6
Shih Tzu	4	8
Siberian husky	16-22.5	20-27
Sicilian hound	10-12	12-14
Silky terrier (Australian)	3.6	4.5
Skye terrier	11.5	11.5
Sloughi	20	27
Soft-coated wheaten terrier	13.5-16	16-18
Spanish greyhound (Galgo Espanol)	27	30
Spanish mastiff	50	60
Stabyhoun	15	20
Staffordshire bull terrier	11-15	13-17
Staffordshire bull terrier (American)	na	na
Sussex spaniel	16	20
Swedish vallhund	11.4	16
Swiss scent hound (Laufhunde)	na	na
Tahitan bear dog	6.8	6.8
Tawny brittany basset	na	na
Tibetan mastiff	>82	>82
Tibetan spaniel	4	6.8
Tibetan terrier	8	13.6
Vizsla (Hungarian vizsia)	20	30
Weimaraner	32	38
Welsh corgi		
Cardigan	11.4-15.5	13.6-17
Pembroke	10-12.7	10-13.6
Welsh springer spaniel	16	20
Welsh terrier	9	9.5
West Highland white terrier	7	10
Whippet	13	13
Wirehaired pointing griffon	23	27
Yorkshire terrier	<3.5	<3.5

ReductAid™

Pull-Out Chart

Dog's name: _____

Breed: _____ If female, has she been spayed?

Course start date: _____

Weight at start: _____ Ideal Weight: _____
(See page 5)

Energy Requirements
for Ideal Weight: (Kcals/day – See page 10) _____

Energy Requirements for
Weight Reduction: (Kcals/day) _____

Daily Food Intake for Weight Reduction: (See page 11)

Dry: _____ Moist: _____ Canned: _____

Daily ReductAid Intake: 1 x Formula with morning feed
Maximum of 3 Snacks per day

Date for Next Weighing: _____

20 day Weight: (kg) _____

Daily Intake Record

Day No.
Food intake (Grams)
ReductAid Formula administered
Amount of daily ReductAid treats
Daily Exercise (Minutes)
Day No.
Food intake (Grams)
ReductAid Formula administered
Amount of daily ReductAid treats
Daily Exercise (Minutes)

ReductAid weight loss programme is based on reducing daily energy intake to 70% of the recommended daily intake until the ideal weight is achieved.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

3: What should I feed my dog?

Once we know the dog's ideal body weight one should calculate the daily energy requirements for that weight.

Ideal Weight of Dog	Calories per day (Kcals/day)				
	10 - 30lb (4.5 -14kg)	30-50lb (14-23kg)	50-70lb (23-32kg)	70-90lb (32-41kg)	90-120lb (41-55kg)
Inactive Dogs (dogs with little stimulus or opportunity to exercise)	296	674	989	1,272	,1540
Adult Active Dogs (dogs with strong stimulus and ample opportunity to exercise)	404	922	1,353	1,740	2,100
Young Adult Active Dogs	436	993	1,451	1,876	2,264
Older Active Dogs	327	745	1,093	1,407	1,700
Pregnant Dogs (from 4 weeks after mating until delivery)	518	1,274	1,940	2,570	3,170

*The term calorie used on food nutrition labels is really a kilocalorie (equivalent to 1,000 calories). This chart estimates the average daily energy requirements for dogs of different weights and activity levels.

Example:

Sally's ideal weight would be 27kg. With her low activity level, she needs 989kcal/day.



4: What is my dog's daily diet plan?

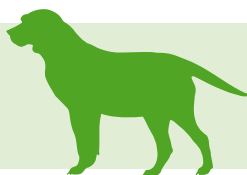


Now work out how much actual food makes up the recommended daily calorie or energy intake.

Average Calories per g	kcal/g
Moist grocery brand dog foods	4.5
Dry grocery brand dog foods	4
Moist Low Calorie brand dog foods	3
Dry Low Calorie brand dog foods	3
Canned branded dog food	1

Example: Sally's daily energy requirement is 989kcal. She is fed on dry, low calorie dog food. Therefore, she should be fed 330g dry low calorie dog food per day.

(Dry low cal. food = 3kcal/gram, therefore $989 \div 3 = 329.66\text{g}$)



Average can = 400g.

Ref: Manufacturers Data,

Small Animal Clinical Nutrition 4th Ed.

What is ReductAid?

The 'Formula'

This is a daily single dose of palm and oat oil emulsion. It is given with the feed and will reduce your dog's appetite later in the day. It should not affect the taste or consumption of the food in any way.



ReductAid Formula works by imitating undigested fat in the small intestine and as such sends signals to the brain that your dog is full.

ReductAid contains a core palm and oat oil in fat emulsion that passes through the digestive tract into the latter part of the small intestine. This undigested fat in the ileum is recognised as a signal that the body is satisfied and the brain will be informed that your dog is full and does not need to eat more. The fat is digested further down the digestive track. This signaling effect also known as 'ileal brake mechanism' causes a satiety effect which means that your dog will feel fuller for longer.

The “Treats”

This is a tasty treat that should replace all other extras that the dog would usually receive. It is low calorie, high fibre and has a slower digestive time and as such prolongs the feeling of ‘fullness’.

ReductAid Treats are formulated with fat soluble vitamins A, D, E, minerals and vitamins to ensure optimal nutritional intake while losing weight. L-Carnitine is included also because of its effect on the utilization of fat by the body.

ReductAid Treats have a high protein, high fibre content and have a low calorific value.



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Some exercise tips:

'A good dog is a tired dog'

- ▶ A 15-minute walk twice a day may be enough for some dogs. Others need at least two 30-minute walks. Increase duration and intensity over a few weeks.
- ▶ If your dog shows no signs of exertion and/or shows signs of pent-up energy when you return from your walks, she is not getting enough exercise – remember, exercise continues after the weight is lost.
- ▶ Keep your dog's breed in mind when planning your exercise routine. Small dogs with short legs usually don't need to (or should not) be walked or jogged as long as larger dogs.
- ▶ For young pups and big breeds of any age, sustained jogging or running is too hard on their joints.
- ▶ Be consistent and committed. This means a daily, not just a weekend, exercise routine. This approach will enable your dog (and you) to gradually build up stamina.
- ▶ Devise alternative exercise plans for bad weather: Remember, you can exercise outdoors even when it's cold or it rains, as long as you have the right gear and towels to dry your dog off upon your return home.
- ▶ **Household participation: eliminate table scraps and reduce treats – change to ReductAid only treats.**

Always ensure that your dog has plenty of clean, fresh water to drink.

- ▶ **Weight maintenance: once weight is lost, the last thing you want to do is regain it. If weight is regained consistently or more than 3% of bodyweight gained in one week, go back on ReductAid.**

You can do it!

Some comments from dog owners who've tried the ReductAid programme

Martha:

- ▶ *She is in great form for summer now.*
- ▶ *You could see the difference.*

Mark:

- ▶ *It's very good, it's easy.*
- ▶ *You can see the weight loss, she now has a waist.*

Marion:

- ▶ *Without ReductAid I don't know if I'd have stuck to the routine.*
- ▶ *They were satisfied with the treats.*
- ▶ *After a week on it you'd notice the dog is much more livlier.*
- ▶ *Wanted to play with a ball, even after a walk.*

Esther:

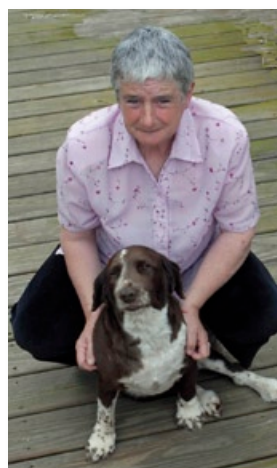
- ▶ *Much livlier.*
- ▶ *They feel better.*
- ▶ *She started to play again.*
- ▶ *She panted so much I used to be afraid she'd have a heart attack, and now that's stopped.*



Martha with Goldie



Marion Fitzpatrick with Deise



Esther Doherty with Cha Cha

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