

## Weight Loss in Cats

Cats in 'multiple cat households' are hard to get skinnier, because they share each other's food bowls, ready or not. Honestly, in *multiple* cat households, it may be impossible to limit the specific amount of food that each cat gets.

Cats can get cranky about "diets" and then sit on your face while you're trying to sleep, if you curtail their grazing. Many people choose **SLEEP** over a skinnier cat. I'd understand that trade-off.

Rapid weight loss in cats is "just okay" as long as it doesn't involve more than 24 hours of ZERO CALORIE INTAKE to achieve. When a cat is "crash dieted" their liver can shut down. So you have to give them enough food. Gradual weight loss is preferable.

**GRAZING** is the single largest impediment to cat weight loss. Grazing sustains a cat's weight.

"Dieting" in cats is basically finding a good quality, moderate calorie diet for adult cats with attention to urinary tract health, soluble fiber and taurine. Feed a specific amount of that twice a day without grazing.

**Royal Canin Feline Health Nutrition Indoor Adult Dry Cat Food** is an excellent choice.

IF YOUR CAT SHOULD WEIGH:	THEN YOU WOULD FEED
10 lbs	3 tbsp 2x daily
15 lbs	4 tbsp 2x daily
20 lbs	1/3rd cup 2x daily

Your cat might not even eat that much. It's okay. Most people don't even know how much their cat eats "We just put the food in the bowl and he eats it." Which is **NORMAL** but not effective for weight control. To accomplish weight loss, all you have to do is give the proper calories for the weight you **want** the cat to be.

If your cat doesn't eat the whole "breakfast amount" then cut the next day's breakfast amount back to the amount taken. The same applies to the "dinner feeding". Reduce the size of that meal to what the cat takes when it's offered. Don't feed more than the chart above, but feel free to feed LESS if the cat doesn't seem to want it all in one feeding. Once "goal weight" is accomplished, the above feeding rates apply and can be left down.

### Pharmacy that can aid weight loss:

**DHEA** in cats can accelerate weight loss by up to 60% over an untreated group. For more information on DHEA, which is a capsule given once or twice a day: <https://johnsonvet.com/DHEA2019>

**CBD** in cats may also help with weight loss for two reasons: It can downregulate a frantic, carbohydrate-driven appetite, and it can create a calm about "being on a diet" and that deprivation. For more information about CBD (cannabinoid therapy) see <https://johnsonvet.com/CBD2019>