



# 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
<b>Low risk</b>	<b>Mild risk</b>	<b>Moderate risk</b>	<b>Serious risk</b>	<b>Severe risk</b>	<b>Extreme risk</b>
<p><b>Ribs</b> Slightly prominent. Easily felt. Thin fat cover.</p> <p><b>Shape from above</b> Well proportioned lumbar waist.</p> <p><b>Shape from the side</b> Abdominal tuck present.</p> <p><b>Shape from behind</b> Clear muscle definition, smooth contour.</p> <p><b>Tail base bones</b> Slightly prominent. Easily felt.</p> <p><b>Tail base fat</b> Thin fat cover.</p>	<p><b>Ribs</b> Slightly to not prominent. Can be felt. Moderate fat cover.</p> <p><b>Shape from above</b> Detectable lumbar waist.</p> <p><b>Shape from the side</b> Slight abdominal tuck.</p> <p><b>Shape from behind</b> Losing muscle definition, rounded appearance.</p> <p><b>Tail base bones</b> Slightly to not prominent. Can be felt.</p> <p><b>Tail base fat</b> Moderate fat cover.</p>	<p><b>Ribs</b> Not prominent. Very difficult to feel. Thick fat cover.</p> <p><b>Shape from above</b> Loss of lumbar waist, broadened back.</p> <p><b>Shape from the side</b> Flat to bulging abdomen.</p> <p><b>Shape from behind</b> Rounded to square appearance.</p> <p><b>Tail base bones</b> Not prominent. Very difficult to feel.</p> <p><b>Tail base fat</b> Thick fat cover. May have a small fat dimple.</p>	<p><b>Ribs</b> Not prominent. Extremely difficult to feel. Very thick fat cover.</p> <p><b>Shape from above</b> Markedly broadened back.</p> <p><b>Shape from the side</b> Marked abdominal bulge.</p> <p><b>Shape from behind</b> Square appearance.</p> <p><b>Tail base bones</b> Not prominent. Extremely difficult to feel.</p> <p><b>Tail base fat</b> Very thick fat cover. Fat dimple or fold present.</p>	<p><b>Ribs</b> Not prominent. Impossible to feel. Extremely thick fat cover.</p> <p><b>Shape from above</b> Extremely broadened back.</p> <p><b>Shape from the side</b> Severe abdominal bulge.</p> <p><b>Shape from behind</b> Square appearance.</p> <p><b>Tail base bones</b> Not prominent. Impossible to feel.</p> <p><b>Tail base fat</b> Extremely thick fat cover. Large fat dimple or fat fold.</p>	<p><b>Ribs</b> Unidentifiable. Impossible to feel. Extremely thick fat cover.</p> <p><b>Shape from above</b> Extremely broadened back, bulging mid-section.</p> <p><b>Shape from the side</b> Very severe abdominal bulge.</p> <p><b>Shape from behind</b> Irregular or upside down pear shape.</p> <p><b>Tail base bones</b> Unidentifiable.</p> <p><b>Tail base fat</b> Extremely thick fat cover. Large fat folds or pads.</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	3.5	3.0	2.5	2.0	1.5
5	5.0	4.4	3.8	3.1	2.5	1.9
6	6.0	5.3	4.5	3.8	3.0	2.3
7	7.0	6.1	5.3	4.4	3.5	2.6
8	8.0	7.0	6.0	5.0	4.0	3.0
9	9.0	7.9	6.8	5.6	4.5	3.4
10	10.0	8.8	7.5	6.3	5.0	3.8
12	12.0	10.5	9.0	7.5	6.0	4.5
14	14.0	12.3	10.5	8.8	7.0	5.3
16	16.0	14.0	12.0	10.0	8.0	6.0
18	18.0	15.8	13.5	11.3	9.0	6.8
20	20.0	17.5	15.0	12.5	10.0	7.5
22	22.0	19.3	16.5	13.8	11.0	8.3
24	24.0	21.0	18.0	15.0	12.0	9.0
26	26.0	22.8	19.5	16.3	13.0	9.8
28	28.0	24.5	21.0	17.5	14.0	10.5
30	30.0	26.3	22.5	18.8	15.0	11.3
33	33.0	28.9	24.8	20.6	16.5	12.4
36	36.0	31.5	27.0	22.5	18.0	13.5
39	39.0	34.1	29.3	24.4	19.5	14.6
42	42.0	36.8	31.5	26.3	21.0	15.8
45	45.0	39.4	33.8	28.1	22.5	16.9
48	48.0	42.0	36.0	30.0	24.0	18.0
51	51.0	44.6	38.3	31.9	25.5	19.1
55	55.0	48.1	41.3	34.4	27.5	20.6
59	59.0	51.6	44.3	36.9	29.5	22.1
63	63.0	55.1	47.3	39.4	31.5	23.6
67	67.0	58.6	50.3	41.9	33.5	25.1
71	71.0	62.1	53.3	44.4	35.5	26.6
75	75.0	65.6	56.3	46.9	37.5	28.1
79	79.0	69.1	59.3	49.4	39.5	29.6

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



Clinical nutrition to improve quality of life™