



# SATIETY WEIGHT MANAGEMENT

NUTRITION FOR OVERWEIGHT CATS 

## THE RECOMMENDED DIET

Royal Canin Satiety Weight Management diets are important for the effective management of overweight cats. The diets are designed for cats with special needs and we recommend feeding under advice from your veterinarian. Royal Canin Satiety Weight Management diets should be the sole source of food unless otherwise indicated by your veterinarian.

For a successful weight loss programme it is vital to reduce the number of calories your cat eats, as well as your cat having a more active lifestyle.

## CHANGING YOUR CAT'S DIET

Changing your cat's diet should always be carried out over several days. It is not uncommon for cats to refuse a new diet or to suffer from stomach upsets if the change is not gradual. On day 1, begin by adding a small amount of the new diet to your cat's existing food. As each day passes, add more of the new diet to less of the original food, until eventually you are feeding only the new diet. This change should take around 5 to 7 days.

We strongly recommend weighing the daily ration for a more effective weight loss programme.

## OBESITY MANAGEMENT DIETS

In certain cases, your cat may need a high protein, medium fibre diet if:

- She is fibre-intolerant.
- She is unable to go outside.
- Severe arthrosis makes defecation difficult.

## FEEDING YOUR CAT FOR WEIGHT CONTROL

Your veterinarian will set a target weight for your cat and will recommend how much Royal Canin Satiety Weight Management diet should be eaten each day. These diets are designed to satisfy your cat yet provide fewer calories than normal food. Despite the reduction in calories all the vitamins and minerals needed to ensure a balanced diet are provided.



## KEY FEATURES



### EFFECTIVE WEIGHT MANAGEMENT

Provides safe weight loss and helps avoid weight regain. 97% of cats lost weight in 3 months.



### BEGGING CONTROL

High natural fiber level keeps cats satisfied between meals. Helps control begging in 82% of cats during weight loss.



### MUSCLE MASS MAINTENANCE

High protein content helps support healthy weight loss while maintaining muscle mass.



**S/O<sup>®</sup>**  
**INDEX**

*This product creates an unfavorable environment to creation of oxalate and struvite uroliths in the urine.*

## ANSWERS TO YOUR QUESTIONS

### Why should my cat lose weight?

Excess weight is uncomfortable for cats; they become less able to play or exercise. Being overweight can also lead to serious diseases.

- It makes your cat intolerant to exercise.
- It decreases your cat's quality of life.
- It reduces your cat's life expectancy.
- It increases the risks of other pathologies:
  - Bone and joint diseases (risk x 3 in obese pets).
  - Diabetes Mellitus (risk x 4 in obese cats).
  - Heart diseases & breathing disorders.
  - Surgery or anaesthetics become more risky.
  - Urinary tract disorders.
  - Skin problems (risk x 2 in obese cats).

Being overweight is a danger to your cat's wellbeing. You can and should do something about it.

### What are the benefits of weight loss for your cat?

- You will reverse the health risks associated with obesity.
- You will increase her quality of life.
- You will increase her life expectancy.

## How long should my pet eat Royal Canin Satiety Diet?

The length of time your cat stays on a weight reduction diet depends on how much weight needs to be lost. This should be done slowly to ensure your cat loses only fat tissue from her body and stays healthy. To achieve this, a cat should lose between 0.5% and 2% of body weight per week. After reaching her ideal body weight, your cat will still need a special diet with a controlled calorie level to avoid regaining weight (the rebound effect).

## How can I help my cat lose weight?

Your veterinarian will set a target weight for your cat and will recommend how much Royal Canin Satiety Weight Management diet your cat should eat each day. It is very important that your cat eats only what your veterinarian recommends. Your family and everyone else who comes in contact with your pet must understand that they must not give extra food, titbits, or treats.

In addition, weight loss for most cats should involve exercise such as extra play time for cats to increase energy use. If your cat is in poor health, or elderly, check with your veterinarian before a sudden increase in the amount of exercise.

Royal Canin Feline Satiety Weight Management is a highly palatable diet that ensures your cat enjoys the meal and loses weight slowly. Too rapid a weight loss can lead to other illness, particularly in obese cats.

## I'm afraid that my cat will feel hungry while on diet!

Your Royal Canin Satiety Weight Management diet provides the perfect solution for the slimming cat. It contains a low level of energy with the correct balance of nutrients in a delicious, satisfying meal. These diets have been developed to provide a generous volume of food to help your cat feel less hungry while on the diet. However, any cat on a low calorie diet may feel hungry, especially to begin with. This usually abates after about 14 days on the diet. The daily ration should be divided into 3 or 4 meals a day (with a minimum of 2).

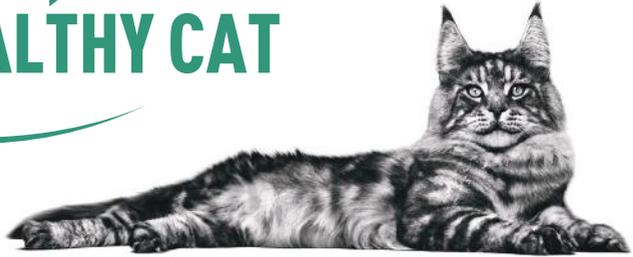


In the management of obesity, Satiety is the only diet scientifically proven to:

1. Induce effective weight loss<sup>1,2</sup>
2. Reduce begging<sup>2,3</sup>
3. Maintain muscular mass<sup>1</sup>
4. Improve quality of life<sup>6</sup>
5. Stabilise weight<sup>4,5</sup>

1. German AJ et al. A high protein, high fibre diet improves weight loss in obese dogs. The Veterinary Journal 183 [2010] 294–297. 2. Bissot T et al. Novel dietary strategies can improve the outcome of weight loss programmes in obese client-owned cats. Journal of Feline Medicine and Surgery [2010] 12, 104–112. 3. Weber M, Bissot T, Servet E, Sergheraert R, Biourge V, and German AJ. A high protein, high fiber diet designed for weight loss improves satiety in dogs. J Vet Intern Med 2007;21:1203–1208. 4. German AJ et al. Low-maintenance energy requirements of obese dogs after weight loss. British Journal of Nutrition [2011], 106, S93–S96. 5. German AJ et al. Long term follow-up after weight management in obese dogs: The role of diet in preventing regain. The Veterinary Journal, May 2011. 6. German AJ, Holden SL, Wiseman-Orr ML, Reid J, Nolan AM, Biourge V, Morris PJ, Scott EM. Quality of life is reduced in obese dogs but improves after successful weight loss. The Veterinary Journal. 2012 Jun;192 (3):428–34.

# SLIM CAT, HEALTHY CAT



## THE IMPORTANCE OF KEEPING YOUR CAT AT HER IDEAL BODY WEIGHT

Having your cat at her ideal body weight is vital for her health and wellbeing.

When your cat puts on weight, she stores the fat mainly in her middle section. This is dangerous as this fat will surround vital organs, including the heart, compressing them and impeding their functions.



### OBESITY

This excess fat has very negative effects on your pet's body:

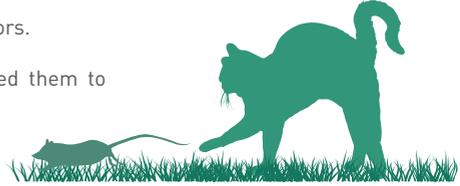
- It makes exercise more difficult, even unpleasant.
- It decreases your cat's quality of life.
- It reduces your cat's life expectancy.
- It increases the risk of other pathologies:
  - Diabetes Mellitus (4 times greater risk in obese cats).
  - Bone & joint diseases (3 times greater risk in obese pets).
  - Cardiac & respiratory diseases.
  - Operations & anaesthetics become much more risky
  - Urinary tract disorders & urinary stones

## WHY DO CATS TEND TO ACCUMULATE WEIGHT?

### In the old days:

Cats used up a lot more energy hunting outdoors.

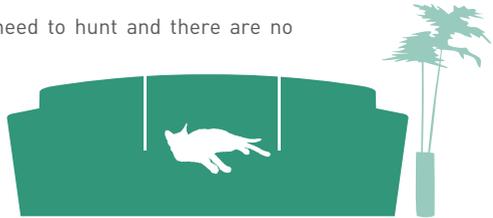
Food was not always available and fat helped them to survive during fasting periods.



### Nowadays:

Most domestic cats are neutered & have limited outdoor access, so they use up much less energy.

Food is always available; there is no need to hunt and there are no starvation periods.



## HOW DO I KNOW IF MY CAT IS AT HER IDEAL WEIGHT?

You can assess your cat's weight easily by palpating certain areas (gently pressing with your hands flat).

Ask your clinic for assistance if you have any doubts.

### IDEAL



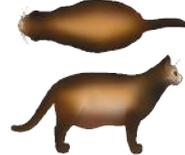
- Well proportioned
- Ribs not visible but can be easily felt
- Obvious waist
- Small amount of abdominal fat
- Slight abdominal tuck

### HEAVY



- Ribs difficult to feel under the fat
- Waist barely visible
- No abdominal tuck
- Abdomen rounded with noticeable fat pad

### TOO HEAVY



- You cannot feel the ribs under the thick layer of fat
- Waist absent
- Abdomen obviously swollen
- Thick fat layer round the abdomen

## MY CAT IS AT HER IDEAL BODY WEIGHT

Your cat is a healthy and happy pet.

To maintain this, monitor her weight regularly and ask your veterinarian for advice on how to prevent excess weight gain.

## MY CAT IS HEAVIER THAN SHE SHOULD BE

**It's time to act!**

With the help of your veterinarian, your cat can return to her ideal weight.

Ask for an overweight and obesity consultation.

**Losing weight carries huge benefits for your cat**

- You will reverse the health risks associated with obesity.
- You will increase her quality of life.
- You will increase her life expectancy.

THE ONLY DIET

## SCIENTIFICALLY PROVEN TO HAVE 5 EFFECTS



1. Induces effective weight loss<sup>1,2</sup>
2. Reduces begging<sup>2,3</sup>
3. Maintains muscle mass<sup>1</sup>
4. Improves quality of life<sup>6</sup>
5. Stabilises weight<sup>4,5</sup>



Ask your veterinarian for more information

1. German AJ et al. A high protein, high fibre diet improves weight loss in obese cats. *The Veterinary Journal* 183 (2010) 294–297. 2. Bissot T et al. Novel dietary strategies can improve the outcome of weight loss programmes in obese client-owned cats. *Journal of Feline Medicine and Surgery* (2010) 12, 104–112. 3. Weber M, Bissot T, Servet E, Sergheraert R, Biourge V, and German AJ. A high protein, high fiber diet designed for weight loss improves satiety in cats. *J Vet Intern Med* 2007;21:1203–1208. 4. German AJ et al. Low-maintenance energy requirements of obese cats after weight loss. *British Journal of Nutrition* (2011), 106, S93–S96. 5. German AJ et al. Long term follow-up after weight management in obese cats: The role of diet in preventing regain. *The Veterinary Journal*, May 2011. 6. German AJ, Holden SL, Wiseman-Orr ML, Reid J, Nolan AM, Biourge V, Morris PJ, Scott EM. Quality of life is reduced in obese cats but improves after successful weight loss. *The Veterinary Journal*. 2012 Jun;192 (3):428–34.