



Feeding Your Dog: A Quick Guide

Tips from H.O.P.E. Animal Rescue

Although dog food packages provide feeding guidelines, every dog is unique. Factors like weight, age, and activity level all influence how much and how often your dog should eat.

Factors That Impact Feeding

Weight & Body Condition

Maintaining a healthy weight is one of the most important things you can do for your dog's long-term health. Dogs should ideally have a Body Condition Score (BCS) between 4 and 6 on a 9-point scale. Extra weight strains joints, organs, and the heart—and can shorten your dog's life by up to 2 years.

Is your dog at a healthy weight?

- Make a fist: Knuckles = underweight ribs
- Flat hand over knuckles = ideal ribs
- Palm side = overweight ribs

If your dog is under- or overweight, consult your veterinarian. Adjusting portion sizes or switching to a weight management formula may help.

Activity Level

Highly active dogs may need more calories, while sedentary dogs may require less to avoid weight gain.

Age

- Puppies: Need food to support growth and development.
- Adults: Balanced maintenance diet.
- Seniors: Diets that support joint health and overall vitality

General Feeding Guide

(Adjust as needed for your dog's body condition, activity, and health.)

Adult Weight	3-12lb	13-20lb	21-35lb	36-50lb	51-75lb	76-100lb	100+lb
Cups per Day*	1/8-1/4	1/4-1/2	1/2-3/4	2/3-1	1-1 1/2	1 1/2- 2 1/2	2 1/2 +

*Most dogs do best with two set meals daily—one in the morning and one in the evening.

Tip: Always provide fresh water and consult your vet for personalized recommendations.