



## **INDOOR Light 40**

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Obesity is a growing epidemic in the cat population. Factors such as neutering, offering food that is energy-dense and highly-palatable, free- or over-feeding, and decreased exercise contribute to the rise in incidence of obesity. There are many different types of diets available that are labeled as “Light” or “For Weight Loss.” Royal Canin offers many products that may aid in the prevention or treatment of obesity in cats. The question is, “Which formula is the correct one for my cat?”

The first issue to consider is the question of degree of excess weight. Is the cat grossly obese, slightly overweight, or just obesity-prone? If the cat’s weight is more than 15% over the ideal weight, then a veterinarian-supervised weight loss plan is the best recommendation.

For cats that are less than 15% overweight, many times a “light” diet will be the most fitting selection. In the Feline Health Nutrition line Royal Canin offers a formula called INDOOR Light 40 that can be used for obesity-prone cats. It has a reduced caloric content so that even though the cat may eat the same volume of food, fewer calories will be consumed. L-carnitine is added to the diet to help utilize fatty acids. Many times during weight loss, muscle is lost in addition to fat. Although this is not entirely preventable, INDOOR Light 40 has 40% protein to maintain lean muscle mass. In addition to all of the features designed for weight issues, Royal Canin realizes the importance of nutrition on other aspects of feline health. This formula also helps reduce tartar formation by binding salivary calcium to prevent its incorporation into dental calculus. We’ve also included hairball control for those cats that may have hairball issues.

The problem of obesity in cats is growing in the United States. It can lead to secondary health issues such as diabetes mellitus, urinary tract disease, orthopedic disease, and skin disease. Longevity of obese cats is decreased. Lifestyle choices such as neutering and keeping cats indoors certainly contribute to overall health and happiness by reducing incidence of infectious disease, trauma, and the untoward behavior of intact animals. An unwanted effect of these choices can be obesity. To combat this disease, we need to not only offer excellent treatments, but also provide diets that are designed to prevent weight gain, such as INDOOR Light 40. An ounce of prevention is truly worth a pound of cure.