

■ Pet Feeding Cheat Sheet ■

Your quick guide to keeping tails wagging & purrs going!

■ DOG FEEDING GUIDE

Age / Stage	Meals/Day	Portion Guide	Notes
Puppy (8–12 wks)	4x/day	Follow bag guide ÷ 4	Tiny tummy = small meals!
Puppy (3–6 mo)	3x/day	Follow bag guide ÷ 3	Growing fast ■
Puppy (6–12 mo)	2x/day	Follow bag guide ÷ 2	Transition to adult food
Adult Dog	2x/day	Depends on weight & activity	Morning + evening ■■
Senior Dog (7+)	2x/day	Slightly less (lower calorie)	Watch for weight gain

■ SAFE FOR DOGS

• Cooked chicken & turkey • Carrots & green beans • Blueberries & apples (no seeds) • Plain rice & oatmeal • Eggs (cooked) • Pumpkin (plain) • Peanut butter (no xylitol!)

■ NEVER FEED DOGS

• Chocolate ■ • Grapes & raisins ■ • Onions & garlic ■ • Xylitol (sweetener) • Avocado ■ • Alcohol & caffeine • Macadamia nuts

■ CAT FEEDING GUIDE

Age / Stage	Meals/Day	Portion Guide	Notes
Kitten (8–16 wks)	4x/day	Kitten-specific food only	High protein needed ■
Kitten (4–6 mo)	3x/day	Follow kitten bag guide	Snack-sized meals
Kitten (6–12 mo)	2–3x/day	Transition to adult food	Spay/neuter changes needs
Adult Cat (1–7 yr)	2x/day	~200–250 cal/day	Wet + dry mix is great ■
Senior Cat (7+)	2–3x/day	Vet-guided portions	Watch kidney health ■

■ SAFE FOR CATS

■ NEVER FEED CATS

- Cooked chicken & turkey • Cooked fish (no bones) • Cooked eggs • Small amounts of cheese • Plain cooked beef • Cat-safe wet food • Fresh water always! ■

- Onions & garlic ■ • Chocolate & caffeine • Grapes & raisins • Raw dough/yeast • Alcohol • Dog food (long-term) • Milk (many cats lactose intolerant!)

■ DAILY FEEDING TRACKER

Pet Name	Morning ■	Afternoon ■■	Evening ■	Water Check ■	Notes
	■ Done	■ Done	■ Done	■ Refilled	
	■ Done	■ Done	■ Done	■ Refilled	
	■ Done	■ Done	■ Done	■ Refilled	
	■ Done	■ Done	■ Done	■ Refilled	

■ Pro Tips for Happy, Healthy Pets!

■ Stick to a schedule Pets thrive on routine — feed at the same time every day!	■ Measure portions Avoid free-feeding to prevent obesity. Use a measuring cup!	■ Fresh water daily Change water at least once a day, twice in summer!
■ Transition food slowly Mix old + new food over 7–10 days to avoid tummy upset.	■ Vet check-ups Ask your vet about ideal weight and food choices annually.	■ No table scraps Human food can cause digestive issues and bad habits!

Always consult your veterinarian for personalized feeding advice for your specific pet. ■