

Too much Christmas Ham?

Time for a New Year's resolution

We all love to make sure our pets (or client's pets) are joining in on the Christmas festivities... that includes gifts, extra cuddles and of course that tasty Christmas Ham!

However, as Veterinary Nurses we often see a lot of "Hammed-up Hounds" come in for a visit at the local clinic. A sudden change in your pets diet can cause diarrhoea, vomiting and lethargy. If too much ham or general over-feeding becomes the norm you and your pet can run into more serious problems such as OBESITY!

Feeding your pet correctly is one of the most important things you can do to ensure a long and healthy life. It also aids in avoidance of hefty Veterinarian fees such as [cruciate ligament](#) surgeries!

Here are some tips to start your pets NEW YEAR'S RESOLUTION:

- Feed a premium quality food (Hills Science Diet, Royal Canine, Eukanuba etc) formulated for your pet's stage of life or condition. You can find out from your vet or vet nurse what diet is best suited to your pet. Senior, large breed and *weight control* are just some of the specialise dietary foods that can help you manage your pets well-being.
- Get your pet's weight checked at the clinic with a discussion about the ideal weight for your pet is essential – your vet will be more than happy to assist you with this.
- Avoid topping up the bowl throughout the day, this is an easy way to overfeed. The best way to monitor your pet's quantity (and to avoid fussy eaters) is to feed once or twice daily only.
- Measure the quantity of food and feed according to recommendations. Don't just guess the amount as it is easy to feed too much. Sometimes your pet's metabolism can function at a different rate to the norm. [CLICK HERE](#) to check out healthy weight vs under/overweight.
- Avoid feeding your left overs and table scraps, it is an easy way to give your pet an upset stomach, and, there are a lot of foods that can cause problems in your pets health over time such as onions and chocolate.