



Template: Senior Dog Nutrition Checklist

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Based on Article: "Aging Gracefully: Nutrition for Senior Dogs"

A practical checklist for adjusting the diet of senior dogs to meet their unique nutritional needs.

Checklist Items:

- ☐ **1. Assess Current Diet and Weight**
Evaluate your dog's current diet, weight, and body condition score to understand their starting point.
Reference Section: Understanding Senior Dog Nutritional Needs
- ☐ **2. Increase Protein Quality**
Shift to a diet that includes high-quality complete proteins, aiming for 25–30% of caloric protein in your dog's meals.
Reference Section: Practical feeding adjustments
- ☐ **3. Incorporate Omega-3 Fatty Acids**
Add omega-3s (EPA/DHA) to support joint health and cognitive function in senior dogs.
Reference Section: Practical feeding adjustments
- ☐ **4. Adjust Meal Frequency**
Implement a feeding schedule of 2–3 small meals per day to ease digestion and maintain steady energy levels.
Reference Section: Practical feeding adjustments
- ☐ **5. Monitor Micronutrient Balance**
Check and adjust levels of phosphorus, sodium, and ensure adequate intake of B vitamins and antioxidants.
Reference Section: Practical feeding adjustments
- ☐ **6. Implement Fiber in Diet**
Increase dietary fiber, using soluble sources like pumpkin or oats to aid digestion and stool quality.
Reference Section: Practical feeding adjustments
- ☐ **7. Create a Transition Plan**
Gradually transition to the new diet over 12–14 days while monitoring stools and overall appetite.
Reference Section: Step-by-step transition schedule
- ☐ **8. Track Daily Progress**
Keep a daily record of your dog's appetite, energy levels, and stool quality to assess the diet's effectiveness.
Reference Section: Monitoring and response

- ☐ **9. Consult Your Vet**
Regularly check in with your veterinarian to assess your senior dog's health and adjust their diet as needed.
Reference Section: Key insight