



## Template: Dog Nutrition Checklist

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Based on Article: "Dog Nutrition Basics"

A practical checklist for ensuring your dog's nutrition is balanced and appropriate for their life stage and activity level.

### Checklist Items:

- ☐ **1. Evaluate Dog's Life Stage**  
Identify whether your dog is a puppy, adult, senior, or active/working to tailor their nutritional needs appropriately.  
Reference Section: Life Stage & Lifestyle: Tailoring Nutrition
- ☐ **2. Balance Macronutrients**  
Ensure the diet includes the right ratios of proteins (18-30%), fats (5-20%), and carbohydrates (30-60%) according to your dog's life stage and condition.  
Reference Section: Understanding Canine Nutritional Needs
- ☐ **3. Choose Quality Ingredients**  
Look for named animal proteins and whole-food carbohydrate contributors in the dog food label to ensure quality nutrition.  
Reference Section: Understanding Canine Nutritional Needs
- ☐ **4. Adjust Portion Sizes**  
Modify portion sizes based on your dog's body condition, age, and activity level, monitoring their weight regularly.  
Reference Section: Life Stage & Lifestyle: Tailoring Nutrition
- ☐ **5. Provide Constant Access to Water**  
Ensure your dog has access to fresh water at all times, as proper hydration is critical for metabolic function.  
Reference Section: Understanding Canine Nutritional Needs
- ☐ **6. Incorporate Appropriate Supplements**  
Add necessary supplements if your dog has allergies or specific health concerns like joint support for seniors.  
Reference Section: Understanding Canine Nutritional Needs
- ☐ **7. Limit High-Calorie Treats**  
Keep treats to less than 10% of your dog's daily calorie intake to maintain healthy weight and balanced nutrition.  
Reference Section: Life Stage & Lifestyle: Tailoring Nutrition

☐ **8. Monitor Nutritional Impact**

Track changes in your dog's weight, coat condition, and digestion regularly to assess the effectiveness of their diet.

Reference Section: Dog Nutrition Basics

☐ **9. Regular Vet Consultations**

Schedule regular consultations with your veterinarian to ensure the nutritional plan fits your dog's specific health and lifestyle needs.

Reference Section: Life Stage & Lifestyle: Tailoring Nutrition