

Daily Calorie Calculator by Weight

RER × activity multiplier — the formula every clinic uses

Step 1 · RER (Resting Energy Requirement)

$RER \text{ (kcal/day)} = 70 \times (\text{body weight in kg})^{0.75}$.

Quick table for adult dogs at ideal weight: 5 kg → 235
· 10 kg → 395 · 15 kg → 535 · 20 kg → 660 · 30 kg →
895 · 40 kg → 1110 · 50 kg → 1320.

Step 2 · MER multiplier

Maintenance Energy = RER × an activity factor.

Spayed/neutered adult: ×1.6. Intact adult: ×1.8.

Active adult: ×2.0. Working/sporting dog: ×2.5–8.0
depending on workload. Senior dog: ×1.2–1.4.

Step 3 · Adjust for goal

Weight-loss target: feed RER (no multiplier) or RER
× 1.0 of ideal weight, not current. Weight-gain target:
MER × 1.2. Recheck monthly with a scale.

Puppy growth multipliers

Up to 4 months: RER × 3. From 4 months to ~80% of
expected adult weight: RER × 2. Final 20% of growth:
RER × 1.6. Use ideal/expected adult weight, not
current.

Treats budget

Cap treats at ≤10% of total daily calories to keep the
diet balanced. Reduce kibble accordingly. Most
commercial training treats are 2–4 kcal each — count
them.

Why kcal/cup labels mislead

A '350 kcal/cup' kibble bag fills different cups
differently. Weigh in grams when possible (≈10%
accuracy beats ≈40% on volume). Vet-recommended
food math is a \$5 kitchen-scale problem.