

## Balancing the Cavalier King Charles Spaniel

**Feeding your cavalier the optimum amount of a nutritious food is essential to its health.**

*Karla S. Rugh*

Hassig and Hill both recommend substituting attention for edible treats. My rewards are usually some sort of ball toss or physical activity that pleases them, such as a walk or getting down on the floor and letting them climb all over me while I make different noises, Hassig says. I don't treat just to be nice. Instead, I give them a hug and a kiss.

Hill agrees (although she admits those big brown eyes are hard to resist): Cavaliers are just as happy with some attention rather than a treat or more food. Regular exercise also helps prevent weight problems. If your Cavalier has mitral valve disease or other health problems, however, ask your veterinarian to recommend a suitable exercise program. Even walking will help maintain a trim profile.

If your Cavalier is obese, consult your veterinarian about a weight-loss plan, which should include a complete check-up, as well as dietary and exercise recommendations. Your veterinarian may recommend a prescription, or therapeutic, food that's specifically designed for weight loss. Non-prescription light or reduced calorie foods are sometimes useful for maintaining weight loss.

Diet affects every aspect of your dogs life, so its important to take the time to find a food that provides the best possible nutrition. Just remember that it has to taste good, too, because all that nutrition will be wasted if your Cavalier won't eat it.

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