

FREE BONUS GUIDE

Wiener Meal Guide

Feed your Dachshund for a lean, healthy back.

Bonus guide for The Complete Dachshund Guide

Before We Begin

Dachshunds love food. They're also experts at begging, scavenging and persuading everyone in the house to share. And because they're small, a few extra treats a day can quickly add up to extra weight.

For a Dachshund, extra weight isn't just a cosmetic issue. It puts more strain on their long back and makes back problems more likely.

This guide shows you how to feed your Doxie well, keep them lean, and still make food a fun part of their day.

> **Every dog is different.** Talk to your vet about the right food and amount for your Dachshund, especially if they have health problems.



Before We Begin





Why Weight Matters

- **The back:** extra weight adds strain to the spine, making IVDD more likely.
- **The joints:** extra weight makes arthritis more painful.
- **Breathing and heart:** carrying extra weight makes everything harder work.
- **Lifespan:** studies in dogs have linked a lean body to a longer, healthier life.

How to check your Doxie's shape

- **Ribs:** you should feel them easily with light pressure.
- **Waist:** from above, there should be a clear waist behind the ribs.
- **Tummy:** from the side, the tummy should tuck up.
- **Tummy clearance:** your Doxie's tummy shouldn't brush the ground.



Why Weight Matters

Weigh in

Ask your vet to weigh your Doxie and tell you their ideal weight. Write it down, and weigh them monthly.



Choosing a Food

- **Choose a complete food.** Look for the word "complete" on the label. That means it contains all the nutrients your dog needs on its own. "Complementary" foods (like many treats) aren't enough on their own.
- **Choose the right life stage:** puppy, adult or senior.
- **Small-breed formulas** have smaller kibble, which many Doxies find easier to eat.
- **Wet, dry or both** can all work. Ask your vet what suits your dog.

Changing food

Change food gradually over 7–10 days, mixing more of the new food with the old each day. Sudden changes can upset tummies.

Food sensitivities

If your Doxie has itchy skin, ear problems, or ongoing tummy upsets, talk to your vet before changing foods. They can help you work out what's going on.



How Much to Feed

Step 1: Start With the Label

The feeding guide on the food packet is a starting point, based on your dog's ideal weight (not their current weight, if they're overweight).

Step 2: Weigh It

Use kitchen scales. Cups and scoops can be very inaccurate, and with small dogs, a little extra makes a big difference.

Step 3: Divide It

Split the daily amount into two or more meals.

Step 4: Take Out the Treats

Treats count. A common guideline is that treats should make up no more than about 10% of daily calories. Take training treats out of the daily food allowance.

Step 5: Adjust

Weigh your Doxie monthly. If they're gaining weight, reduce food slightly. If they're losing too much, increase slightly. Your vet can help.

Smart Feeding

Make meals last longer and work the brain:

- **Snuffle mats** for breakfast.
- **Puzzle feeders** for dinner.
- **Scatter feeding** on the lawn.
- **Stuffed, frozen toys** for alone time.
- **Training rewards** from the daily kibble.

Slow feeders

If your Doxie gulps their food, use a slow feeder bowl. It helps them eat more calmly.



Treats & Snacks

Low-calorie treat ideas

Check with your vet that these suit your dog:

- small pieces of carrot or cucumber
- green beans
- small pieces of apple (no core or seeds)
- part of their daily kibble

Treat tips

- Break treats into tiny pieces. Your Doxie cares about the number of treats, not the size.
- Keep a treat jar with a daily allowance, so everyone in the family knows when the treats are gone.

Danger foods

Never give:

- chocolate
- grapes, raisins or sultanas
- onions, garlic or leeks
- xylitol (in some sugar-free foods)
- macadamia nuts
- cooked bones
- fatty leftovers

Beating the Beg

Step 1: No Feeding From the Table

Not even once. One dropped chip keeps begging alive.

Step 2: Mat at Mealtimes

Your Doxie lies on their mat or in their bed during family meals. Reward calm with a treat from their allowance.

Step 3: A Chew During Meals

Give a long-lasting chew or a stuffed toy in their bed while you eat.

Step 4: One Feeder

One person feeds your Doxie, so they don't get fed twice.

Step 5: Tell the Visitors

Ask guests not to feed your dog.



The Lean Doxie Plan

If your vet says your Doxie needs to lose weight:

1. **Agree a target weight** and a safe rate of loss with your vet.
2. **Weigh every meal.**
3. **Cut treats** and use kibble as rewards.
4. **Add gentle exercise:** extra sniff walks and brain games.
5. **Use puzzle feeders** so meals last longer.
6. **Weigh monthly** and keep a record.

Healthy weight loss is slow and steady. Never put your dog on a crash diet.



Water

Always provide fresh, clean water. If your Doxie suddenly drinks much more or less than usual, see your vet.



Feeding Through the Life Stages

Puppies

- Use a puppy food suitable for small breeds.
- Feed three or four small meals a day at first, reducing to two as your vet advises.
- Weigh your puppy regularly to make sure they're growing steadily, not too fast.

Adults

- Two meals a day suits most adult Doxies.
- Adjust portions if your dog is very active, or not very active.
- Neutered dogs often need fewer calories. Ask your vet.

Seniors

- Older dogs often need fewer calories but still need good-quality food.
- Some seniors have dental problems; softer food may help. Ask your vet.
- Watch for weight loss as well as weight gain in older dogs.

The Fussy Eater Plan

Some Doxies are picky eaters. Often, it's because they've learned that refusing food brings something tastier.

1. **Check with your vet** first, to rule out dental pain or illness.
2. **Choose one complete food** and stick with it.
3. **Put the bowl down for 15 minutes,** then pick it up, even if it's not finished.
4. **No extras** or toppers while you reset.
5. **Offer the next meal at the normal time.**
6. **Make meals fun** with puzzle feeders and scatter feeding.

Most healthy dogs start eating well within a few days. If your dog isn't eating, or is losing weight, see your vet.



10 Popular Questions Answered

1. How much should my Doxie eat? Start with the food label for their ideal weight, then adjust with your vet.

2. Is my Doxie overweight? If you can't easily feel the ribs or see a waist, talk to your vet.

3. How many treats are OK? Treats should be a small part of the daily diet.

4. Can my Doxie eat human food? Some plain foods are fine as treats, but many are harmful. Check with your vet.

5. My Doxie begs constantly. Help! No feeding from the table, ever, and use the mat routine.



10 Popular Questions Answered

6. Should I feed wet or dry food? Both can work. Ask your vet.

7. My Doxie gulps food. Is that a problem? Use a slow feeder or snuffle mat.

8. How quickly should my dog lose weight? Slowly and steadily, as advised by your vet.

9. Can I feed one meal a day? Most dogs do better with two or more meals.

10. My Doxie is a fussy eater. Don't keep changing foods. Talk to your vet if they're losing weight.



CHECKLIST

Your Meal Checklist

- ☐ Ideal weight agreed with your vet.
- ☐ Meals weighed with kitchen scales.
- ☐ Treats counted.
- ☐ Puzzle feeders and snuffle mats.
- ☐ No feeding from the table.
- ☐ Monthly weigh-ins.
- ☐ Danger foods out of reach.



A Final Word



Feeding your Dachshund well is one of the simplest and most powerful ways to protect their back and help them live a long, happy life.

Weigh it, count it, and make every meal a little adventure.

