







Pet aging and lifestages

As your pet ages from birth into adulthood and finally mature adulthood, its nutritional needs change. These changing nutritional needs are called "lifestage nutrition." Lifestage nutrition is designed to meet the optimal nutritional requirements of animals at the puppy/kitten, adult and mature adult stages of their lives.

How old is your cat in human years?		
Pet's Age	Human Years*	Lifestage
3 mos.	9	KITTEN < 1 YEAR 
6 mos.	13	
1	19	ADULT 1-6 YEARS 
2	28	
3	30	
4	38	
5	45	
6	48	
7	51	MATURE ADULT 7+ YEARS 
8	55	
9	59	
10	63	
11	66	
12	69	
13	72	
14	77	
15	81	
16	86	
17	90	
18	95	

How old is your dog in human years?			
Pet's Age	Human Years*		Lifestage
	Small/Medium Build	Large Build	
3 mos.	6	3	PUPPY < 1 YEAR 
6 mos.	12	8	
1	17	12	ADULT 1-6 YEARS 
2	23	24	
3	27	30	
4	32	37	
5	37	43	
6	41	50	
7	46	57	MATURE ADULT 7+ YEARS 
8	50	63	
9	55	70	
10	59	77	
11	64	83	
12	68	90	
13	73	97	
14	78		
15	82		
16	87		
17	92		
18	96		

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CANADIAN VETERINARY
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DES MÉDECINS VÉTÉRINAIRES

*All ages approximate

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