

Puppy Feeding Chart

Free Printable PDF by Age & Breed Size

Print it. Stick it on your fridge.

Feed your puppy right.

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Daily Feeding Amounts by Age & Breed Size

Each cell shows: cups per meal · meals per day · daily total. All amounts based on standard dry kibble at approximately 375 kcal/cup. Adjust proportionally if your food's calorie density differs significantly.

AGE	TOY under 12 lbs	SMALL 12–25 lbs	MEDIUM 25–55 lbs	LARGE 55–100 lbs	GIANT 100+ lbs
6–12 weeks	1/8 cup 4 meals 1/2 cup/day	1/4 cup 4 meals 1 cup/day	1/4-1/3 cup 4 meals 1-1 1/4 cup/day	1/3-1/2 cup 4 meals 1 1/4-1 3/4 cup/day	1/2-3/4 cup 4 meals 2-2 1/2 cup/day
3–6 months	1/8 cup 3 meals 3/8 cup/day	1/4 cup 3 meals 3/4 cup/day	1/3-1/2 cup 3 meals 1-1 1/2 cup/day	1/2-3/4 cup 3 meals 1 3/4-2 1/4 cup/day	3/4-1 cup 3-4 meals 2 1/2-3 1/2 cup/day
6–9 months	1/4 cup 2 meals 1/2 cup/day	1/3 cup 2 meals 2/3 cup/day	1/2-3/4 cup 2 meals 1-1 1/2 cup/day	3/4-1 cup 2-3 meals 2-2 1/2 cup/day	1-1 1/4 cup 3 meals 3-4 cup/day
9–12 months	1/4 cup 2 meals 1/2 cup/day	1/3 cup 2 meals 2/3 cup/day	1/2-3/4 cup 2 meals 1-1 1/4 cup/day	3/4-1 cup 2 meals 2-2 1/2 cup/day	1 1/4-1 1/2 cup 2-3 meals 3 1/2-4 1/2 cup/day
12–18 months	Transition 9-12 mo		Transition 12-15 mo	3/4-1 cup 2 meals 2-2 1/2 cup/day	1 1/4-1 1/2 cup 2-3 meals 4-5 cup/day

LARGE & GIANT BREEDS: Always use food labelled for large breeds. Standard puppy food has too much calcium for large-breed bone development. Giant breeds (100+ lbs adult) should stay on puppy food until 18–24 months. Large breeds (55–100 lbs) transition at 12–18 months. All other breeds: 9–12 months.

HOW TO ADJUST: Check your puppy's body condition weekly (see Page 4). If ribs are visible → increase by 10%. If you can't feel ribs → decrease by 10%. Recalculate monthly for the first 6 months — portions should increase as your puppy grows.

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Daily Feeding Schedule by Age

Find your puppy's current age and follow the schedule below. Write your specific times in the "Your Time" column and stick this page on your fridge.

4 MEALS PER DAY Under 12 weeks

4-MEAL PHASE · UNDER 12 WEEKS	SUGGESTED TIME	YOUR TIME	POTTY BREAK
Meal 1	7:00 am	_____	15–20 min after meal
Meal 2	12:00 pm	_____	15–20 min after meal
Meal 3	5:00 pm	_____	15–20 min after meal
Meal 4	9:00 pm	_____	15–20 min after meal

3 MEALS PER DAY 3 to 6 months

3-MEAL PHASE · 3–6 MONTHS	SUGGESTED TIME	YOUR TIME	POTTY BREAK
Meal 1	7:00 am	_____	15–20 min after meal
Meal 2	1:00 pm	_____	15–20 min after meal
Meal 3	6:00 pm	_____	15–20 min after meal

2 MEALS PER DAY 6 months and older

2-MEAL PHASE · 6+ MONTHS	SUGGESTED TIME	YOUR TIME	POTTY BREAK
Meal 1	7:00 am	_____	15–20 min after meal
Meal 2	6:00 pm	_____	15–20 min after meal

NEVER leave more than 6 hours between meals for puppies under 4 months — toy and small breeds are at risk of hypoglycemia (low blood sugar). Signs: shakiness, lethargy, glazed eyes. If you see these, rub honey on the gums and call your vet immediately.

POTTY TRAINING TIP: Take your puppy outside within 15–20 minutes of every meal — every time, without exception. This predictable rhythm is the fastest route to a house-trained puppy. Young puppies also need a trip outside immediately after waking and after play.

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12-Week Weight & Feeding Tracker

Weigh your puppy at the same time each week, ideally before the morning meal. Track weight, food amount, and body condition score (1 = underweight, 3 = ideal, 5 = overweight). Print a fresh copy every quarter.

Puppy name: _____ Breed: _____ Starting date: _____
 Food brand: _____ Kcal/cup: _____ Vet name: _____

WEEK	DATE	WEIGHT (LBS)	DAILY FOOD (CUPS)	BODY CONDITION 1-5	NOTES
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Body Condition Score (BCS)

QUICK REFERENCE

1 = Underweight

2 = Slightly thin

3 = Ideal

4 = Slightly heavy

5 = Overweight

Body Condition Quick Reference

Use this guide weekly alongside the tracker. Run the three tests below — they take 30 seconds and tell you more than a scale alone. Adjust your puppy's food based on what you find.

1 The Rib Test

Run your hands firmly along both sides of your puppy's ribcage. Ideal: you can feel each rib individually without pressing hard, but you cannot see them when standing still. Think of how the back of your hand feels — that's the right amount of fat cover.

2 The Waist Test

Look down at your puppy from directly above. Ideal: there is a clear indent behind the rib cage — a visible hourglass shape. If the body is the same width from shoulders to hips, your puppy may be carrying extra weight.

3 The Tummy Test

Look at your puppy from the side. Ideal: the belly tucks up slightly between the ribcage and the hind legs. If the belly hangs level with the ribcage or lower, your puppy may be overweight. If the tuck is extreme, they may be underweight.

Body Condition Score Guide — What to Look For and What to Do

SCORE	WHAT YOU FEEL & SEE	WHAT TO DO
1 — Underweight	Ribs visible without touching. Spine and hip bones prominent. Clear waist and belly tuck from all angles. No fat cover.	Increase daily portions by 10%. Recheck body condition in 7 days. Consult your vet if no improvement after 2 weeks.
2 — Slightly Thin	Ribs easily felt with minimal pressure. Visible waist from above. Slight belly tuck from the side. Minimal fat cover.	Increase daily portions by 5–10%. Monitor weekly. Recheck in 2 weeks.
3 — Ideal TARGET	Ribs felt easily but not seen. Clear waist visible from above. Belly tuck visible from the side. Smooth fat cover.	Maintain current portions. Weigh monthly and recalculate as your puppy grows.
4 — Slightly Heavy	Ribs felt with moderate pressure. Waist barely visible from above. Little or no belly tuck. Slight fat padding over ribs.	Reduce daily portions by 5–10%. Cut treats. Recheck in 2 weeks.
5 — Overweight	Ribs difficult or impossible to feel. No visible waist. No belly tuck. Obvious fat deposits over back and base of tail.	Reduce daily portions by 10–15%. Eliminate treats. Discuss with your vet — overweight puppies have higher risk of joint problems.

WHEN TO CALL YOUR VET: Contact your vet if your puppy scores 1 (underweight) and does not improve within 2 weeks of increased portions, if your puppy is gaining weight despite reduced portions, or if you notice sudden changes in appetite, energy, or coat condition. These can signal underlying health issues that go beyond nutrition.

This chart is a starting point based on standard dry kibble at ~375 kcal/cup. For a personalised calculation using your specific food's calorie density, use the free Puppy Food Calculator at allaboutdogparenting.com