

TREAT YOUR DOGGIE

90% of owners give their dog treats, snacks, or table food.

Low fat treat choices can help your dog maintain a healthy weight while poor treat choices can lead to weight gain.

This list estimates calorie levels for some common treats and snacks. Your veterinarian can help you decide how many, how often, and what types of treats are best for your dog.

Remember!
No more than 5-10% of daily calories should be treats, snacks, and table scraps or people food.



Healthy Choices

Popcorn (no salt or butter) 31 calories/cup	Apple pieces 14 calories/oz
Green beans 9 calories/oz	Broccoli 10 calories/oz
Carrot pieces 12 calories/oz	Bananas 25 calories/oz
Peas 22 calories/oz	Lettuce 5 calories/oz
Blueberries 14 calories/oz	Cheerios 101 calories/oz

Unhealthy Choices

Pretzels 107cal/oz + 384mg sodium	Jerky treats 31 cal/piece
Peanut butter 190 cal/2 tbls	Beggin' Strips 39 cal/piece
Hamburger patties(90% lean) 217 cal/broiled	Milk bones 40 cal/medium biscuit
TBonz 42 cal/piece	Whole wheat bread 70 cal/slice

Do Not Feed

Chocolate	Raisins / Grapes
Onions	Xylitol (natural sweetener)

References and Resources:

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- Becker M and Kushner R. (2006). Fitness Unleashed! New York: Three Rivers Press.
- www.calorieking.com
- Authors: Dr. Sandy San Miguel and Dr. Nolie Parnell, Purdue Veterinary Medicine (PVM)
- Designer: Thad Blossom, PVM

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