



A few tidbits about treats

A guide to choosing the right treats to give your pet

By Emily Hoover, veterinary technician student

When it comes to your pet you want the very best for them. This begins with not only lots of love, but the desire to make them happy. One of the ways we express this is by giving “treats”. When choosing a treat we should be giving them the best ingredients while at the same time watching their calorie intake. You’ll find that any of the premium diets also make treats.



When they look up at you with those adorning little eyes, begging for a treat you probably give in and throw them one...or two...or three “little” biscuits. They sure do have us wrapped around their little paws, and that’s one of the reasons why an estimated 50% of canines and felines in the US are overweight or obese.

Knowing how easily we give in to these little critters, we need to make an educated decision on what quality of a treat we are giving and also look at their fat & kcal content. If it looks like junk, it probably is junk food! High-calorie treats, just even one, can fill 1/5 of your pets daily calorie needs.



Keep the following calorie information in mind when you toss your dog or cat a treat.

The average daily caloric needs of your pet based on ideal weight are as followed:
(based on 80% RER per day)

DOGS

- ❖ 10 lb canine- 210 kcal/day
- ❖ 15 lb canine- 270 kcal/day
- ❖ 20 lb canine- 340 kcal/day
- ❖ 25 lb canine- 410 kcal/day
- ❖ 30 lb canine- 480 kcal/day
- ❖ 40 lb canine- 615 kcal/day
- ❖ 45 lb canine- 680 kcal/day
- ❖ 50 lb canine- 750 kcal/day
- ❖ 55 lb canine- 820 kcal/day
- ❖ 60 lb canine- 890 kcal/day
- ❖ 65 lb canine- 950 kcal/day
- ❖ 70 lb canine- 1020 kcal/day
- ❖ 75 lb canine- 1090 kcal/day
- ❖ 80 lb canine- 1160 kcal/day

- ❖ 85 lb canine- 1230 kcal/day
- ❖ 90 lb canine- 1300 kcal/day
- ❖ 100 lb canine- 1430 kcal/day



CATS

- ❖ 8 lb feline- 150 kcal/day
- ❖ 10 lb feline- 170 kcal/day
- ❖ 12 lb feline- 190 kcal/day



Fruits, vegetables and other common foods are another source of treats that are healthy for your pet in moderate amounts.

Fruits (In the summertime you can freeze these for a cool treat)

Apple slices	80 kcals (1 medium)
Bananas	101 kcals (1 medium)
Melons	12 kcals (1/4 cup)
Kiwi	kcals not available

Vegetables

Carrots	21 kcals (1 medium)
Cauliflowers	6 kcals (1/4 cup)
Cucumbers	5 kcals (1/4 cup)
Green beans	9 kcals (1/4 cup)
Green peppers	14 kcals (1 medium)
Pumpkin (canned) (This is high in fiber!)	20 kcals (1/4 cup)
Zucchini	5 kcals (1/4 cup)

Meats/Seafood

Beef (lean)	64 kcals (1 oz.)
Chicken (lean)	53 kcals (1 oz.)
Egg	81 kcals (1 large)
Tuna (canned in water)	36 kcals (1 oz.)
Turkey breast (lean)	50 kcals (1 oz.)

Miscellaneous

Cottage cheese	30 kcals (1 oz.)
Popcorn (no butter, air popped)	22 kcals (1/2 cup)
Rice (white)	83 kcals (1/2 cup)
Rice cakes (plain)	40 kcals (1 cake)

AVOID:

Avocados, garlic, grapes, raisins, chocolate, macadamia nuts, onion powder & onion, tea leaves, raw yeast dough, foods with xylitol (gum & candy), coffee (all forms), fatty foods, and moldy foods.



Remember to look for:

- ❖ The ingredients, especially the first one.
- ❖ The fat content
- ❖ The kcal content



When choosing a treat for your pet it is always important to look at the ingredients that make up the food. The first ingredient will tell you the majority of what the food contains. It should always be a full protein source. Next time you are at the supermarket check out some of the ingredients we've been feeding our pets. Do not be fooled by the word "natural" or "healthy", there is usually not a lot backing up those statements. Do your research and then choose the best choice for your furry friend. Below is a small amount of your choices (hint: this can also be applied to what you eat too!)

Top 9 Premium ingredient canine & feline treats:

see our recommended Dog & Cat food packet for a complete list of premium foods



Innova (HealthBar):

www.innovapet.com

(L): 88 kcals/treat
(S): 35 kcals/treat
Feline: 1.7 kcals/treat

California Natural (HealthBar):

www.californianaturalpet.com

(L): 100 kcals/treat
(S): 50 kcals/treat



Canidae (Snap Biscuit):

www.canidae.com

(L): 130 kcals/treat
(S): 32.5 kcals/treat

Wellness:

www.wellnesspetfood.com

Kcal info. not available



Solid Gold (mult. flavors):

www.solidgoldhealth.com

8-30 kcals/treat based on flavor

Eagle Pack (Holistix):

www.eaglepack.com

28 kcals/treat





Fromm (Cranberry Liver)
www.frommfamilly.com

1 kcal/treat



Blue Buffalo (Health bars)
www.bluebuff.com

108 kcal/treat



Flint River Ranch
www.flint-river-dog-food.com

Kcal info. not available



Where can I buy these premium treats?

Visit the websites given and enter your zipcode to find the closest available store. These treats are not found in supermarkets!

Common adequate quality ingredient canine & feline treats:

These foods represent an adequate quality treat. These are not the best quality treats available, but they are the better choice in supermarkets.

Purina

ONE Senior:	34 kcals/treat
ONE Adult:	30 kcals/treat
ONE Lg. breed:	84 kcals/treat
ONE Healthy weight:	26 kcals/treat

Pedigree

BreathBuster:	(R): 49 kcals/treat (S): 28 kcals/treat
DentaBones: kcal	(L): 300 kcals (M): 188 kcals (S): 105
DentaStix:	(R): 70 kcals/treat (S): 49 kcals/treat
JumBone:	(R): 560 kcals/treat (S): 270 kcals/treat
MarrowBone:	39 kcals/treat
Trainers:	4.5 kcals/treat

Iams

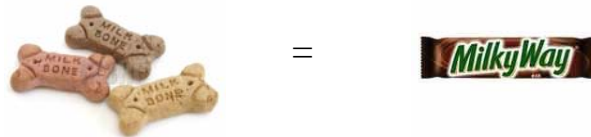
Original (L): 137 kcals/treat
 (S): 22 kcal/treat
 Weight loss (M) 19 kcals/treat
 Veterinary restricted calorie 13 kcals/treat

Science Diet

Jerky Plus kcal/treat not available
 Senior kcal/treat not available
 Adult kcal/treat not available
 Puppy kcal/treat not available



Did you know that one XL Milkbone dog biscuit is equivalent in calories to a MilkyWay bar? Yup, a MilkyWay bar! We need to start thinking of treats as handfuls of candy, and then maybe we could tackle the obesity problem we have among our pets. Avoid heavily processed, high-fat snacks. If it looks like junk food, it's probably junk food!



Common poor quality ingredient canine & feline treat

These treats represent inadequate nutrition source and are NOT recommended to feed your dog or cat. Their ingredients are nutritionally equivalent to fast food and candy.



Milkbone

Puppy: 10 kcals/treat
 Small: 20 kcals/treat
 Medium: 40 kcals/treat
 Large: 115 kcals/treat
 XL: 225 kcals/treat



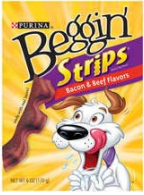
Alpo

Liv-a snaps: 13 kcals/treat
 Al's Grill: 35 kcals/treat



Purina

Beggin' strips: 30 kcals/treat
 Beneful Snackin Slices
 BusyBone Dental: (L): 600 kcals/treat
 (M): 309 kcals/treat
 BusyBone Chewbone: (L): 618 kcals/treat
 (M): 309 kcals/treat
 Cheweez Chew strips: 60 kcals/treat
 Meaty middles: 171-211 kcals/treat
 Friskies original 3 kcals/treat
 Friskies Indoor kcal/treat not available
 Friskies Hairball 2 kcals/treat
 Whisker Lickin' cat 3 kcals/treat



Whiskas

Temptations (all flavors) kcals/treat not available
 All natural Temptations kcals/treat not available



Scooby Snacks

Drumsticks: 19 kcals/treat
 Burger: 22 kcals/treat
 Cheese Wedge: 18 kcals/treat
 Scooby: 46 kcals/treat
 Shaggy: 37 kcals/treat
 Mystery machine: 45 kcals/treat



Miscellaneous

Pup-Peroni: 24 kcals/treat
 Snausages: 25 kcals/treat
 Jerky treats: 21 kcals/treat
 Ol' Roy kcals/treat not available
 Pounce Caribbean Cat kcals/treat not available
 Greenies Dental: Jumbo 270 kcals/treat
 Large 144 kcals/treat
 Regular 90 kcals/treat
 Petite 54 kcals/treat
 Teenie 25 kcals/treat



A healthy pet is a happy pet!

