

Treats For Your Pets...



Below are lists of some treats along with estimates of how many calories each one has...



There is also a list of “natural treats” that make great alternatives to store bought treats. They have fewer calories and cost less.

“Commercial Treats”

DOGS...

Alpo Variety Snaps	~20 calories/treat
Alpo Healthy Snacks	~13 calories/treat
Beggin Littles	~7 calories/treat
Beggin Strips	~40 calories/treat
Beneful Snackin Slices	~23 calories/treat
Busy Bone Mini	~146 calories/treat ☹
Busy Bone Dental Treat Lg.	~600 calories/treat ☹
Busy Bone Orig. Large	~732 calories/treat ☹
Busy Bone Orig. Sm/Med	~366 calories/treat ☹
Busy Bone Ultimate Med.	~227 calories/treat ☹
Busy Chew Strips	~60 calories/treat
Busy Chewnola	~165 calories/treat ☹
Cheweez	~211 calories/treat ☹
Milk Bone Originals	~10 calories/treat
Milk Bone X-Large	~175 calories/treat ☹
Pedigree Dentabone Med.	~188 calories/treat ☹
ProPlan Small Bisquits	~18 calories/treat
ProPlan Medium Bisquits	~32 calories/treat
ProPlan Large Bisquits	~82 calories/treat
Pup-Peroni	~24 calories/treat

CATS...

Fancy Feast Appetizers	~34 calories/treat ☹
Friskies Cat Treats	~3 calories/treat
Friskies Hairball	~2 calories/treat
Friskies Natural Senations	~2 calories/treat
Whisker Lickins	~3 calories/treat

“Natural Treats”

Apple	~80 calories/medium sized
Banana	~101 calories/medium sized
Lean Beef	~65 calories/oz.
Bullion Cube	~5 calories (flavored ice cubes)
Carrot	~21 calories/medium sized
Cauliflower	~6 calories/¼ cup
Cheese	~105 calories/oz.
Lean Chicken	~52 calories/oz.
Cottage Cheese	~30 calories/oz.
Cucumber	~5 calories/¼ cup
Egg	~81 calories/lg egg
Green Beans	~9 calories/¼ cup
Green Peppers	~14 calories/medium sized
Melon	~12 calories/¼ cup
Peanut Butter	~100 calories/Teaspoon
Plain Popcorn	~22 calories/½ cup
Canned Pumpkin	~20 calories/¼ cup
Rice Cake (Plain)	~40 calories
Tuna (In Water)	~36 calories/oz.
Lean Turkey Breast	~50 calories/oz.
Zucchini	~5 calories/¼ cup

