DOGS-The Truth About Treats

High Calorie Treats:

- Smooth Peanut Butter (xylitol free) 1 TBSP-94 calories
- Pupperoni-30 calories per piece
- Beggin Strips- 35 calories per piece
- Soft Milkbones- 24 calories per piece
- Large Milkbones- 125 calories per piece
- Bully stick-160 calories per 12" piece

Healthy Alternative Treats:

- Mini Milk Bones- 5 calories per treat
- Carrots (1 cup chopped)- 53 calories or 4 calories per baby carrot
- Apple (1 cup chopped)- 65 calories
- Banana (1 cup sliced)- 133 calories
- Blueberries (1 cup)- 85 calories
- Air popped popcorn (no butter or salt)- 1 cup is 35 calories
- Plain rice cakes- 35 calories per 1 piece
- Green beans (1 cup) 31 calories (low or no salt)
- Sweet potato treats- range from 7-78 calories per piece depending on size
- Frozen yogurt bites (unsweetened) - (1 cup) 40 calories
- Watermelon (1 cup)- 47 calories
- Boneless, skinless chicken breast (4 oz)- 100 calories
- Turkey treats- 13-20 calories depending on brand and size

Dental Health Treats:

- Regular Greenies- 91 calories per piece
- Oravet XS- 26.8 calories per piece
- Oravet S- 47.7 calories per piece
- Oravet M- 80.5 calories per piece
- Oravet Large- 128.2 calories

Guidelines for feeding treats

- Aim for treats to make up no more than 10% of your dog's daily caloric count for the day.
- Generally, around 30 calories per pound of body weight to maintain healthy stature

Activity Levels-Calories per 1 lb of body weight:

- Sedentary Dog- stay around 20-30 calories
- Active Dog- 30-40 calories
- Puppy-40 calories
- Senior Dog- fewer calories as their activity level decreases

Example of Calorie Ranges:

- Small Dog- (10 lbs) 200-320 total calories for the day
- Medium Dog- (30 lbs) 600-900 total calories for the day
- Large Dog- (70 lbs) 900-1100 total calories for the day
- Giant Breed Dog- (Over 100 lbs) 1460-1945 total calories for the day

Calorie Influencing Factors:

- Activity level
  - (Active=more calories, Less active= fewer calories)
- Life stage- Puppies and pregnant or lactating dogs require more calories than adults
- Breed- Different metabolic rates. Some breeds are more prone to weight gain such as bulldogs, labs, goldens, and beagles are all examples.
- Health status