



# Healthy and Low-Calorie Snacks for Pets

Unless they are on a restricted diet, pets can have small snacks or treats on occasion. Just be sure they don't make up more than 10% of your pet's total calorie intake for the day. Remember, our pets are usually smaller than us, so those extra calories add up much more quickly than they do for people. We can calculate the number of calories your pet needs each day and the number of calories provided by your pet's current diet.

## Be Calorie-Wise for Your Pet's Health

Treat	Calories
1-inch cube of cheddar cheese	68
1 slice of bacon	43
1 TBL peanut butter	94
1 oz of tuna packed in water	116
1/2 oz of deli turkey	52

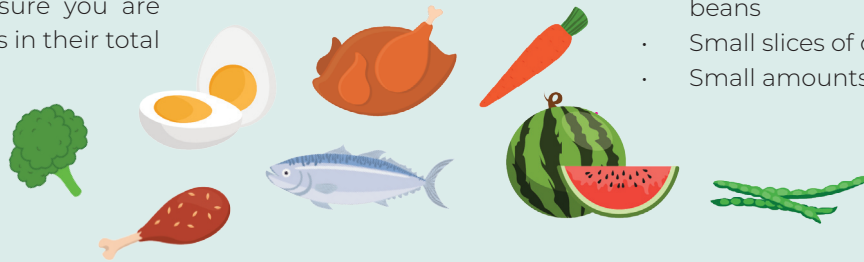
When buying prepackaged treats for dogs and cats, look for low-calorie treats and make sure you are counting those calories in their total daily intake.

## For Dogs

- Green beans (raw or cooked)
- Carrot sticks (raw)
- Cucumber slices (raw)
- Zucchini slices (raw)
- Apple slices (no seeds)
- Banana slices
- Small slices of cantaloupe or watermelon
- Cooked and cooled lean meats (such as skinless chicken breast)
- Small pieces of cooked pasta
- Plain O-type cereal

## For Cats

- Shredded/boiled chicken\*
- Cooked ground turkey\*
- Reduced-sodium lunch meat\*
- Plain O-type cereal
- Cooked egg
- Corn flakes
- Cooked carrot slices
- Zucchini (shredded or bite-sized pieces)
- Alfalfa sprouts
- Steamed and cooled broccoli
- Steamed and cooled asparagus
- Steamed and cooled green beans
- Small slices of cantaloupe
- Small amounts of cooked fish



## Palatability Tips

Add low-salt flavored broth.

- For dogs: low-salt chicken or beef broth
- For cats: low-salt tuna, clam, or chicken broth

Or add a small amount of:

- Honey
- Unsweetened applesauce
- Low-fat plain or vanilla yogurt (including Greek), but avoid any yogurt that uses artificial sweeteners
- Liquid smoke (2 to 3 drops), but make sure there are no additives

- Small amount of oregano, except with a novel protein or hydrolyzed protein diet—especially if being used for food allergies
- For dogs only, add a tiny amount of corn syrup, but only if the dog is not diabetic

Warm the food.

For cats, feed in a wide bowl to prevent the whiskers touching the side of the bowl.

Put current and new foods in side-by-side dishes.

