

ARE YOU FEEDING YOUR PET THE RIGHT TREATS?



Treats are a great way to bond, reward and provide functional benefits to your pet! Ensuring treats are calculated into your pet's daily food amount is essential for healthy weight management. Even small treats that you give to your pets at the table can be the equivalent of a sizable meal. Below are some common treats that could play a role in overfeeding your pet and potentially lead to weight gain.

DID YOU KNOW?

Treats should make up no more than 10% of the recommended total daily calorie intake.



COMMON FOODS & TREATS THAT MIGHT HAVE MORE CALORIES THAN YOU THINK

FOR DOGS

FOOD	QUANTITY	ESTIMATED/AVERAGE CALORIES	% OF DAILY CALORIC INTAKE FOR A 44 LB DOG	EQUIVALENT NUMBER OF 200 CALORIE DOUGHNUTS FOR A PERSON ON A 2,000 CALORIE DIET
 Dog treat biscuit	1 medium biscuit	40	4%	
 Dental chew	1 medium chew	90	9%	
 Plain scrambled egg	1 large egg	90	10%	
 Cheddar cheese	4 small cubes (dice size)	100	10%	
 Bully stick	12" stick	100	11%	
 Cooked, skinless chicken breast	4 oz (1/2 cup)	140	15%	
 Peanut butter	2 Tbsp	180	20%	
 Rawhide bone	1 roll (8" x 1 1/4")	375	40%	

FOR CATS

FOOD	QUANTITY	ESTIMATED/AVERAGE CALORIES	% OF DAILY CALORIC INTAKE FOR AN 11 LB CAT	EQUIVALENT NUMBER OF 200 CALORIE DOUGHNUTS FOR A PERSON ON A 2,000 CALORIE DIET
 Lickable cat treat	1/2 oz tube	6	2%	
 Toppers (liquid)	1 pouch	20	7%	
 Small dental treats	15 pieces	20	7%	
 Cheese	1 small cube (dice size)	25	9%	
 2% Milk	1/2 cup	60	21%	
 Plain scrambled egg	1 large egg	90	32%	
 Salmon	2 oz (1/4 cup)	120	43%	
 Tuna	4 oz (1/2 cup)	160	57%	

Values shown are based on common brands.

Check out the back of this document for healthier options and other treating tips!

TREAT THEM RIGHT!

You don't have to stop treating your pet, but it's important to treat them right. Check out these healthy treat options and tips. Always consult your veterinarian about which treats are right for your pet.

✓ ROYAL CANIN® TREATS

If your pet is on a special diet or has unique nutritional needs, ask if one of these Royal Canin® Treat options is suitable for your pet.



	ROYAL CANIN® SATIETY® TREATS Low Calorie	ROYAL CANIN® URINARY TREATS Urinary Health	ROYAL CANIN® HYDROLYZED PROTEIN TREATS Skin Health	ROYAL CANIN® GASTROINTESTINAL TREATS Digestive Health Support
DOG TREATS (kcals/treat)	3.5	6.7	5.8	4.5
Pieces/day for a 44 lb dog	Up to 16*	Up to 13	Up to 14	Up to 19
CAT TREATS (kcals/treat)	0.9	1.0	1.6	1.0
Pieces/day for a 11 lb cat	Up to 15*	Up to 18	Up to 12	Up to 18

Based on healthy adult pets at ideal weight *Based on overweight adult pets on a weight loss plan

✓ OTHER HEALTHY TREAT OPTIONS

[below values are 10% of pet's diet]
Always consult your veterinarian about what treats are right for your pet. While these treat options are generally appropriate for many pets, they are not compatible with all situations. Introducing new foods gradually can help to reduce gastrointestinal upset sometimes associated with diet change.

FOOD	QUANTITY	ESTIMATED/AVERAGE CALORIES	APPROXIMATE DAILY TREAT ALLOWANCE FOR 44 LB DOG	APPROXIMATE DAILY TREAT ALLOWANCE FOR 11 LB CAT
Medium baby carrot	1	4	Up to 23	Up to 7
Celery	1 (8-inch) stalk	6	Up to 15 stalks	Up to 7
Cucumber	1 cup sliced	15	Up to 6 cups	Up to 1 1/2 cups
Blueberry	1	21	Up to 1 1/3 cups	Up to 1/3 cup
Unsalted air-popped popcorn	1 cup	30	Up to 3 cups	Up to 3/4 cup
Medium banana	1/4	30	Up to 3/4 banana	Up to 1/4 banana
Fresh cooked green beans	1 cup	45	Up to 2 cups	Up to 1/2 cup
Apples	1 cup sliced	60	Up to 1 1/2 cups	Up to 1/2 cup

✓ Alternatives to food treats that your pet might also enjoy:



PLAYING



PETTING



GROOMING



WALKING (DOGS)

✗ Some common foods to avoid that are toxic to cats and dogs:

- Grapes
- Raisins
- Onions/garlic
- Chocolate
- Macadamia nuts
- Alcohol
- Raw dough
- Caffeine
- Xylitol-containing foods

TOP TIP

Reduce the amount of food offered during meal time to accommodate healthy treats given during the day.

