



St. Michael Veterinary Clinic

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 St. Michael MN 55376
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Treating our pets can be an important part of our relationship with them. However you should realize they can have a big impact on the number of calories (kcal) the pet consumes daily. Treats should make up no more than 5 to 10% of the total diet.

This would be approximately 12-25 calories for a 10 pound dog, 30-60 calories for a 30 pound dog, 50-100 calories for a 60 pound dog, 60-120 kcalories for an 80 pound dog, etc.

Commercial Treats (kcal/piece)		Other Treats (kcal/piece)	
EVD restricted calorie treats	13	Apple (1 medium)	80
Charlie Bears	3	Banana (1 medium)	100
Alpo TBoonz	34	Beef (lean, 1 oz)	64
Frosty Paws frozen dog treat	128	Carrots (1 medium)	21
*Greenies teenie	26	Cauliflower (1/4 cup)	6
*Greenies petite	56	Cheerios (1/4 cup)	27
*Greenies regular	91	Cottage Cheese (1 oz)	30
*Greenies large	147	Chicken (lean, 1 oz)	52
Pedigree Dentastix mini	21	Egg (1 large, cooked)	81
Pedigree Dentastix small/medium	53	Green Beans (1/4 cup)	9
Pedigree Dentastix large	76	Green Pepper (medium)	14
Alpo snaps little bites	15.6	Goldfish crackers 12 count	37
Raw hide	80/oz.	Cucumber	16
Beggin' Strips	36	Melon (1/4 cup)	12
Milk-bone biscuit small	20	Marshmallow (10 mini)	22
Milk-bone biscuit medium	40	Slice Pizza	300-700
Milk-bone biscuit large	125	Popcorn (air pop light 1/2 cup)	22
Pup-Peroni Beef flavor dog treats	28	Pumpkin canned (1/4 cup)	20
Lean Treats	7	White Rice (1/2 cup)	83
Pigs ear	182	Rice cake plain	40
Bully stick	22 kcal/inch	Tuna canned in water (1 oz)	36
Milk-bone brushing chew mini	31	Lean Turkey breast (1 oz)	50
Milk-bone brushing chew large	99	Animal Crackers (16 crackers)	120
Lil bil jacs	3	Hot Dog and Bun	300

*Greenies have been formulated to meet the AAFCO Dog Food Nutrient Profiles for adult dog maintenance, which means these calories can go toward their total caloric intake for the day, not just the treat portion.