

Low Calorie Treat Options

Pupcorn: 3 kcal/treat

Charlee bears: 3 kcal/treat

Zukes Mini Naturals: (peanut butter, chicken or salmon) 2 kcal/treat

Carrots: 1/4 cup slices= 5 kcal

Baby Carrot, raw: 1 Baby Carrot= 5 kcal

Asparagus: 1/4 cup or 3 spears = 10 kcal

Blueberries: 1/8 cup or 12 berries = 10 kcal

Zucchini: 1/4 cup slices = 7 kcal

Green Sweet Peppers: 1 Tablespoon chopped = 3 kcal, or 1/4 cup chopped = 9 kcal

Broccoli: 1/4 cup chopped = 7 kcal

Green Beans (raw): 1/2 cup - 17 kcal

Celery Stalk: 1 Medium (8 inch) stalk = 6 kcal

Zucchini (raw) : 1/2 cup sliced = 11 kcal

Spaghetti squash(boiled/baked- no salt) 1/2 cup = 21 kcal

Tomatoes: 1 cherry tomato = 3 kcal or 1 plum tomato = 11 kcal

Sugar Snap Peas: 10 Pea Pods = 14 kcal

* You can use a portion of your pet's daily amount of kibble as a treat, either placed inside a Kong or dispensing ball, this provides your pet with an interactive way to get treats.