



Healthy Snacks List:

Fruits, vegetables and other common foods are another source of treats that are healthy for your pet in moderate amounts.

Fruits *(In the summertime you can freeze these for a cool treat)*

Apple slices 80 kcals (1 medium)

Bananas 101 kcals (1 medium)

Melons 12 kcals (1/4 cup)

Kiwi kcals not available



Vegetables

Carrots 21 kcals (1 medium)

Cauliflowers 6 kcals (1/4 cup)

Cucumbers 5 kcals (1/4 cup)

Green beans 9 kcals (1/4 cup)

Green peppers 14 kcals (1 medium)

Pumpkin (canned) (This is high in fiber!) 20 kcals (1/4 cup)

Zucchini 5 kcals (1/4 cup)



Meats/Seafood

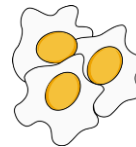
Beef (lean) 64 kcals (1 oz.)

Chicken (lean) 53 kcals (1 oz.)

Egg 81 kcals (1 large)

Tuna (canned in water) 36 kcals (1 oz.)

Turkey breast (lean) 50 kcals (1 oz.)



Miscellaneous

Cottage cheese 30 kcals (1 oz.)

Popcorn (no butter, air popped) 22 kcals (1/2 cup)

Rice (white) 83 kcals (1/2 cup)

Rice cakes (plain) 40 kcals (1 cake)

