

Average daily caloric needs

10 lb. cat.....	275 calories
10 lb. dog.....	300 calories
20 lb. dog.....	500 calories
40 lb. dog.....	1,000 calories
60 lb. dog.....	1,300 calories
80 lb. dog.....	1,600 calories

Your pet..... calories

Ideal Dog Weights

Beagle	26-31 lbs.
Boxer	53-70 lbs.
Dachshund	16 lbs. or less
German Shepherd	70-95 lbs.
Golden Retriever	55-75 lbs.
Labrador Retriever	55-80 lbs.
Miniature Schnauzer	11-15 lbs.
Miniature Poodle	11 lbs.
Shih Tzu	8-18 lbs.
Yorkshire Terrier	8 lbs.

Ideal Cat Weights

Domestic Cat	8-10 lbs.
Maine Coon	11-15 lbs.
Persian	10-11 lbs.
Siamese	5-10 lbs.

Your pet is at a **healthy weight** if...

- ✓ Ribs are easily felt
- ✓ Stomach doesn't sag
- ✓ Waist is easily noticed when viewed from above

Your pet is **overweight** if...

- ✓ Ribs are difficult to feel under layer of fat
- ✓ Stomach sags- you can grab a handful of fat
- ✓ Back is broad and flat
- ✓ Waist is barely visible or absent

Exercise

Exercise requirements can be different for each animal. In general, when starting an exercise routine, start slowly and gradually increase the amount of time and intensity of exercise.

Walking, running, hiking and swimming are all great activities for dogs. Dogs may also enjoy playing fetch, ball, or Frisbee.

With cats, you may have to be a little more creative, but exercise can and should still be a part of each cat's life. Try getting your cat to chase a string or laser pointer. Wands with a toy attached may also interest some cats. If your cat gets frisky with catnip, use it to his/her advantage. Any type of play can usually count as exercise as long as your cat is moving!



Calorie Counts of Popular Pet Treats

Commercial Dog Treats	Calories/Treat	Other Treats	Calories
Alpo Al's Grill Treats	30	Apple (1 medium)	80
Alpo Biscuits	30	Banana (1 medium)	101
Alpo variety snaps	13-20	Beef, lean (1 oz.)	64
Beggin' chew, large	672	Bouillon (1 cube)	5
Beggin' chew, small/medium	336	Carrots (1 medium)	21
Beggin' Strips	30-40	Cauliflower (¼ cup)	6
Beggin' Wraps	18	Chicken, lean (1 oz.)	52
Bil Jac Liver treats	8	Cottage Cheese (1oz.)	30
Busy Bone Chew, large	618-732	Cucumbers (¼ cup)	5
Busy Bone Chew, small/medium	309-366	Egg (1 large)	81
Busy Bone Dental, large	443-600	Green Beans (¼ cup)	9
Busy Bone Dental, small/medium	277-309	Green Peppers (1 medium)	14
Butler Nutrisentials Lean Treats	7	Melon (¼ cup)	12
Charlee Bear	3	Popcorn, air popped (½ cup)	22
Chew-eez Chew Strips	60	Pumpkin, canned (¼ cup)	20
Chew-eez Rolls, large	211	Rice Cake, plain	40
Chew-eez Rolls, small	171	Tuna, canned in water (1 oz.)	36
Greenies, jumbo	270	Turkey breast, lean (1 oz.)	50
Greenies, large	144	Zucchini (¼ cup)	5
Greenies, petite	54		
Greenies, regular	90	Commercial Cat Treats	
Greenies, teeny	25	Aquari-yums	2
Hill's T/D, original	18	Butler Nutrisentials Lean Treats	3
Hill's T/D, small bites	9	Butler Nutrisentials Tartar Control	1.5
IAMS Tartar Treats, large	177	Friskies Cat Treats	3
IAMS Tartar Treats, medium	87	Friskies Hairball	2
IAMS Tartar Treats, small	53	Whisker Lickin's	3
IAMS Weight Loss Rewards	13		
Milk-Bone, extra-large	225	Other Commonly Fed Items	
Milk-Bone, Large	115	McDonald's Cheeseburger	330
Milk-Bone, medium	40	McDonald's Hamburger	280
Milk-Bone, small	20	McDonald's Small French Fry	250
Nutro Max Mini Bones	19	McDonald's Chicken Nuggets, 4 piece	170
Pedigree DentaBone, large	300	Milk, 2% (1 cup)	122
Pedigree DentaBone, medium	188	Bacon slice (varies with thickness)	40-90
Pedigree DentaBone, small	105	Cheese slice, American	102
Pedigree JumBone, large	624	Peanut Butter, 1 Tbsp.	81
Pedigree JumBone, small	297	Bologna, 1 slice	87
Pig Ear	182	Hot Dog	242
ProPlan Dog Snacks	32-35	Marshmallows (4 large)	90
Pup-Peroni	21-28		
Purina ONE Biscuits	30-33		
Purina ONE Healthy Weight Biscuits	26		
Purina ONE Large Breed Biscuits	84		
Snausages	25-33		
T-Bonz Dog Snacks, tiny	18		
T-Bonz, Dog Snacks, regular	42		

Never feed Chocolate, Garlic, Grapes, Raisins, Onions, or products containing Xylitol- they are toxic to pets!