

ARE YOU OVERFEEDING YOUR DOG?

Treats should be limited to no more than 10% of the recommended daily calorie intake. Seemingly small treats that you give to your dog at the table can in fact turn out to be the equivalent of a sizable meal. If these are not included in your calculations of your dog's daily food ration there is a serious risk of causing obesity. **Remember to adjust the daily food intake accordingly.**

Nutrition information is based on popular name brands.

Food	Quantity	Calories	Excess Caloric Intake (%)*	Equivalent in Doughnuts for Humans**
	2 oz (2 slices)	70	11%	
	1 oz	120	18%	
	1.7 oz	130	20%	
	1 oz	160	24%	
	2 oz	170	26%	
	2 oz	199	30%	
	1.8 oz	216	33%	
	3 oz	297	45%	
	6.7 oz	664	100%	

*% of daily energy intake recommended for a 20 kg (44 lb) dog

**Equivalent number of 200 calorie doughnuts for a person on a 2,000 calorie diet

ARE YOU OVERFEEDING YOUR CAT?

Treats should be limited to no more than 10% of the recommended daily calorie intake. Seemingly small treats that you give to your cat at the table can in fact turn out to be the equivalent of a sizable meal. If these are not included in your calculations of your dog's daily food ration there is a serious risk of causing obesity. **Remember to adjust the daily food intake accordingly.**

Nutrition information is based on popular name brands.

Food	Quantity	Calories	Excess Caloric Intake (%)*	Equivalent in Doughnuts for Humans**
Feline Mixed Treats				
	10 Pieces	7.9	6%	
Yogurt				
	3 oz	40	28%	
Milk				
	3 oz	49	35%	
Lunch Meat				
	2 oz (2 slices)	60	42%	
Salmon				
	2.2 oz	70	49%	
Baby Food				
	3.5 oz	80	56%	
Tuna				
	2 oz	80	56%	
Sardines				
	2 oz	100	70%	
Cheese				
	1 oz	120	85%	

*% of daily energy intake recommended for a 4 kg (8.8 lb) cat

**Equivalent number of 200 calorie doughnuts for a person on a 2,000 calorie diet