



33757 Lake Road • Avon Lake, OH 44012
 Ph: (440) 933-0100 • FAX: (440) 933-3258
www.upandrunningrehab.com

Canine Rehabilitation

Giving treats to our pets can be an important part of our relationship with them. However, you should realize that treats can have a big impact on the number of calories (kcal) the pet consumes daily. Treats should make up no more than 5-10% of the total diet. This would be approximately 35 calories for a small dog, 80 calories for a medium sized dog, and 120 calories for a large dog.

Commercial Treats		Other Treats	
	Calories/piece		calories/piece
EVD Restricted Calorie Treats	13	Apple (1 medium)	80
Charlie Bears	3	Banana (1 medium)	100
Bonz Brand Shaped Dog Snack	43	Beef (lean, 1 oz)	64
Frosty Paws	128	Carrots (1 medium)	21
Greenies (petite)	59	Cauliflower (¼ cup)	6
Greenies (regular)	96	Cheerios (1/4 cup)	27
Greenies (large)	175	Cottage Cheese (1oz)	30
Greenies (jumbo)	350	Chicken (lean, 1 oz)	52
Pedigree Dentabone (small)	105	Egg (1 large, cooked)	81
Pedigree Dentabone (medium)	188	Green Beans (1/4 cup)	9
Pedigree Dentabone (large)	300	Green Pepper (1 medium)	14
ProPlan Brand Dog Snacks	35	Goldfish Crackers (original, 12 count)	37
Alpo Biscuits	110	Hot Dog and Bun	300
Chew-eez Treats	60	Melon (1/4 cup)	12
Beggin' Strips Dog Snacks	40	Marshmallow (10 mini)	22
Purina Biscuits (large)	139	Slice Pizza	300-700
OM Biscuits	27	Popcorn, air-popped light (1/2 cup)	22
Sister Joan's Biscuits	20	Pumpkin canned (1/4 cup)	20
T-Bonz Brand Dog Snacks (regular)	45	White Rice (1/2 cup)	83
T-Bonz Brand Dog Snacks (tiny)	19	Rice Cake plain	40
Milk Bone Brand Dog Snack (regular)	30	Tuna canned in water (1 oz)	36
PupPeroni Beef Stick Treats	65	Lean Turkey Breast (1 oz)	50
Lean Treats (dog)	7	Animal Crackers (16 crackers)	120
Rawhide (per 50g, unflavored)	100		

