



# Weight, calories, and your pet

## Ideal dog weights

Breed	Weight
Beagle	26-31 lbs.
Boxer	53-70 lbs.
Dachshund	less than 16 lbs.
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

Breed	Weight
Domestic cat	8-10 lbs.
Maine coon	11-15 lbs.
Persian	10-11 lbs.
Siamese	5-10 lbs.

## Daily caloric needs

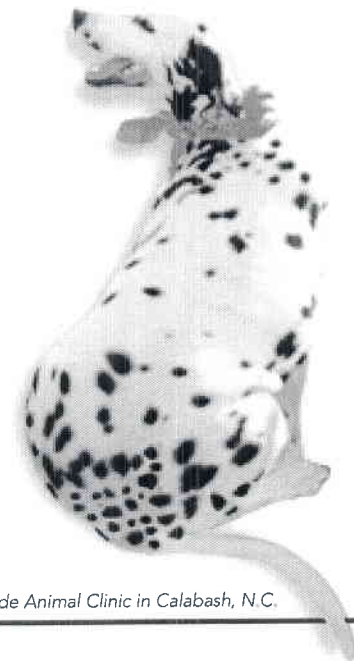
10-lb. cat	275 calories
10-lb. dog	300 calories
20-lb. dog	500 calories
50-lb. dog	1,200 calories

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

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

## Your pet is overweight if ...

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



# Calories in common pet treats

	Calories		Calories
<b>Milk-Bone</b>		<b>Chew-eez Chew Sticks (Hearty Beef)</b>	22
Original	10	<b>Chew-rific Twist'ems</b>	
Puppy Biscuits	10	Beef & Cheese	45
Small Biscuits	20	Bacon & Cheese	45
Medium Biscuits	40	<b>T Bonz</b>	
Large Biscuits	115	Sizzlin' Steak	42
Extra Large Biscuits	225	Sizzlin' Steak & Bacon	42
<b>Gravy Bones</b>		Tiny TBonz Steak	18
Small/Medium	35	<b>Purina One</b>	
Large	80	<b>Adult Biscuits</b>	
<b>Flavor Snacks</b>		Beef & Rice	33
Small/Medium	20	Lamb & Rice	30
Large	80	Large Breed (Chicken & Rice)	84
<b>Super Premium Chicken &amp; Rice</b>	10	Healthy Weight (Turkey & Rice)	26
<b>Mar-O-Snacks treat</b>	30	<b>Purina Pro-Plan</b>	
<b>Grillin' Bites</b>		Adult Biscuits (Beef & Rice)	35
Beef Steaks	30	Large Breed Biscuits (Chicken & Rice)	87
Chicken Drumsticks	25	<b>Pedigree</b>	
<b>Purina</b>		<b>BreathBuster</b>	
<b>Beggin' Strips</b>		Small	28
Bacon	30	Regular	49
Cheese & Bacon	30	<b>DentaBone</b>	
Beef & Bacon	30	Small	105
<b>Beggin' Littles (Bacon)</b>	7	Medium	188
<b>Beggin' Wraps</b>		Large	300
Bacon & Beef	18	<b>DentaStix</b>	
Bacon & Cheese	18	Small	49
<b>Busy Bone</b>		Regular	70
<b>Chew treat dental</b>		<b>JumBone</b>	
Small/Medium	309	Small	297
Large	600	Large	624
<b>Chewbone</b>		<b>MarroBone</b>	39
Small/Medium	309	<b>Puppy Trainers</b>	5
Large	618	<b>Pup-Peroni</b>	24
<b>Chew-eez Chew Strips</b>		<b>Snausages</b>	25
Savory Chicken	60		
Hearty Beef Basted	60		
<b>Chew-eez Beefhide Rolls w/Tasty Middles</b>			
Small	171		
Savory Chicken Large	211		

SOURCE: Dr. Ernest E. Ward Jr., owner of Seaside Animal Clinic in Calabash, N.C.

## Treats List

	Approximate kcal/piece		Approximate kcal
<b>Commercial Dog Treats</b>		<b>Other "Treats"</b>	
Alpo Al's grill Treats	30	Apple (1 medium)	80
Alpo® Biscuits	30	Banana (1 medium)	101
Alpo® Variety Snaps	20	Beef, lean (1 oz.)	64
Appawitzers, Beggin Littles	7	Bouillon (1 cube)	5
Appawitzers, Chewrific	12	Carrots (1 medium)	21
Appawitzers, T-Bonz Minis	18	Cauliflower (1/4 cup)	6
Beggin' Chew Large	672	Chicken, lean (1 oz.)	52
Beggin' Chew Chew Sm/Med	336	Cottage Cheese (1 oz.)	30
Beggin Strips® brand Dog Snack	40	Cucumbers (1/4 cup)	5
Beggin Wraps	18	Egg (1 large)	81
Busy Bone Chew Large	732	Green beans (1/4 cup)	9
Busy Bone Chew Sm/Med	366	Green peppers (1 medium)	14
Busy Bone Dental, Large	443	Melon (1/4 cup)	12
Busy Bone Dental, Sm/Med	277	Popcorn, air popped (1/2 cup)	22
Chew-rific™ brand Dog Biscuits	31	Pumpkin, canned (1/4 cup)	20
Chew-eez® Chew Strips	60	Rice (1/2 cup)	83
Chew-eez Rolls Large	211	Rice cake, plain	40
Chew-eez Rolls Small	171	Tuna, canned in water (1 oz.)	36
ONE® Biscuits	37	Turkey breast, lean (1 oz.)	50
ProPlan® brand Dog Snacks	35	Zucchini (1/4 cup)	5
<b>PVD Dental Chews</b>	<b>56</b>		
<b>PVD Gentle Snackers</b>	<b>14</b>	<b>Commercial Cat Treats</b>	
<b>PVD Lite Biscuits</b>	<b>27</b>	Aquari-yums	2
T Bonz	41	Friskies® Cat Treats	3
T Bonz Minis	18	Friskies hairball	2
T-Bonz® brand Dog Snacks (regular size)	45	Vitamins	8
T-Bonz® brand Dog Snacks (tiny)	19	Whisker Lickin's® brand Cat Treats	3
Vitamins	10		