

# Healthy Alternatives to Dog Treats

It is important to realize that your pet may not like everything on this list. Please do not become discouraged if your pet won't eat the first few alternatives you try.

## **Safe Fruit Alternatives:**

Bananas  
Blueberries  
Mangos  
Pineapple  
Raspberries  
Strawberries  
Watermelon

## **Safe Vegetable Alternatives:**

Carrots  
Cucumber  
Lettuce  
Zucchini  
Green Beans  
Beets

## **Fruits That are Safe Without the Seeds/Pits:**

Apples  
Pears  
Peaches  
Plums  
  
(All the seeds in the above fruit contain cyanide that could be hazardous if swallowed. The pits of peaches and plums can also become stuck in the gastrointestinal tract, preventing food from passing through the body).

## **Vegetables That are Safe but May Cause Gas:**

Broccoli (can also try just feeding the stem)  
Cauliflower (can also try just feeding the stem)  
Cabbage

## **Fruits to Avoid:**

Grapes and Raisins: can cause acute kidney failure.

Persimmons: the seeds of a persimmon cause inflammation of the small intestines in pets. For safety reasons, we recommend avoiding this fruit all together.

## **Vegetables to Avoid:**

Onions and Garlic: contain Thiosulphate which causes hemolytic anemia in pets.

Rhubarb and Spinach: contain Oxalates which cause abnormalities in the nervous system, kidneys, and digestive tract.

Avocados: contain Persin which can cause vomiting and diarrhea in dogs.

# **Weight Loss Tricks & Tips**

- ❖ Use an accurate **MEASURING** cup
  - i.e. 1/2 cup, 1/3 cup
- ❖ Feed the recommended amount for their **IDEAL WEIGHT**
  - Ask a veterinary professional what your pet should weigh
  - Feed on the **LOW END** of your daily feeding guide
    - Found on the side of your food bag
    - Adjust as needed for weight loss
- ❖ **Know that weight loss takes time!**
  - Don't be discouraged if your pet doesn't lose weight in the first month
- ❖ **Spread daily feeding amount into small feedings multiple times per day**
- ❖ **NO SCRAPS**
  - Other than the healthy treats alternatives
    - (List attached)
    - These should be limited as well
    - Use pieces of their daily amount of food as treats
- ❖ **Use these tricks to get your pet to eat slower (become full faster)**
  - Spread food out over floor
  - Use a treat/food ball
  - Spread food in muffin pan or obstacle bowl
    - Bowls sold at pet stores
- ❖ **EXERCISE!**