

HOW MANY CALORIES DOES MY PET NEED?

How many calories a pet needs per day varies a lot depending on exercise and metabolism, but we can give you averages. **When calculating how much food your pet needs to eat you should use the goal weight, the weight your pet should be.**

A mouse has about 35 calories so a cat would need to catch and eat 5-10 mice per day – and since hunting burns calories, in reality that would go up to 8-15 mice per day. That's a lot of work!

An 8 lb. cat would need about 180 calories per day. A 10 lb. cat needs 200, 12 lb. needs 230, 14 lb. needs 260 and a 16 lb. cat would need roughly 280 calories per day.

Good over-the-counter (OTC) cat foods for weight management typically contain about 300 calories per cup. An average cat would need somewhere

between ½ & 2/3 cup of Science Diet, Iams or Nutro indoor or weight management diet per day.

Hill's feline R/D prescription weight loss diet has about 260 calories per cup, with more fiber and protein but a lot less fat than a regular cat food. A cat eating R/D could eat ¾ cup per day, so he or she would feel full and satisfied while still losing weight.

Some OTC cat foods contain more than 500 calories per cup. Evo, for example, has 530 calories per cup! A 10 lb. cat would only need 1/3 of a cup per day of food, which looks awfully puny in the bowl.

This is why cats eating these "natural," "low carb" or "grain free" diets are so prone to obesity. Even Evo's "weight management" diet has 481 calories per cup.

Pet food manufacturers are now required to state the calories per cup on the bag or can.

So how about dogs? Small dogs have similar calorie requirements as cats, with a 10 lb. dog needing about 218 calories per day. A 20 lb. dog needs about 366 calories, a 40 lb. dog 616, a 60 lb. dog 835 and 100 lb. giant dogs need about 1225 calories each day. There tends to be more variability in exercise and metabolism for dogs. An active hunting dog may burn off a couple thousand calories a day and a sled dog running the Iditarod can burn 3000 calories a day. As with cat foods, there are also big variations in calories per cup in dog foods.

In order to avoid nutritional deficiencies or imbalances, no more than 10% of your pet's intake should be treats or snacks. So for a 60 lb. dog, that's only 1-2 medium dog biscuits. A 10 lb. dog should only get 1 small biscuit a day – but could have 6 or 7 baby carrots. There are some tiny treats with only 4-6 calories each but you need to read labels carefully to find them. Check treat labels for sodium content as well, many pet snacks are loaded with salt.

If your pet is eating a prescription diet for a medical problem, such as bladder stones, kidney disease or diabetes, you will need to be very cautious with treats. You can throw off the entire effect of the prescription diet by feeding other foods along with it.

Please visit our website, www.bestfriendsvet.com, to view the link for a more detailed list of other dog treats, and our handouts on How to Read a Pet Food Label and a detailed Nutrition Primer for Discerning Pet Owners. You can view videos on nutrition on our YouTube channel, BFCVTV.

CALORIE CONTENT OF POPULAR DOG TREATS **(CALORIES (KCAL) PER TREAT)**

MilkBones®

Original	10 calories
Puppy Biscuits	10 calories
Small Biscuits	20 calories
Medium Biscuits	40 calories
Large Biscuits	115 calories
Extra Large Biscuits	225 calories
Gravy Bones	
Small/Med	35 calories
Large	80 calories
Flavor Snacks	
Small/Med	20 calories
Large	80 calories

Alpo®

Liver Snaps	13 calories
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Purina®

Beggin' Strips	30 calories
BusyBone DentalBone	
Large	600 calories
Small/Med	309 calories
BusyBone ChewBone	
Large	618 calories
Small/Med	309 calories
Cheweez Chew Strips	60 calories
Cheweez Chew Rolls w/Meaty Middles	
Large	211 calories
Small	171 calories
TBonz Sizzlin Steak	42 calories

Purina One®

Adult Biscuits	
Beef & Rice	33 calories
Lamb & Rice	30 calories
Large Breed Biscuits	

Chicken & Rice	84 calories
Healthy Weight Biscuits	
Turkey & Rice	26 calories

Purina ProPlan®

Adult Biscuits Beef & Rice	35 calories
Lg. Breed Biscuits Ch. & Rice	87 calories
Sr. Biscuits Turkey & Barley	34 calories

Pedigree®

BreathBuster	
Small	28 calories
Regular	49 calories
DentaBones	
Small	105 calories
Medium	188 calories
Large	300 calories
DentaStix	
Small	49 calories
Regular	70 calories
JumBone	
Small/Med	270 calories
Regular	560 calories
MarrowBone	39 calories

Meaty Bones®

Small Bones	27 calories
Medium Bones	60 calories
Large Bones	93 calories

Miscellaneous

PupPeroni	24 calories
Snausages	25 calories
Jerky Treats	21 calories

Did you know that there are only 3 calories in a baby carrot?

Did you know that there are only 30 calories in a half cup of green beans?