

PET TREATS - Human Food Options:

Calorie information from USDA Nutrient Database

Updated 3/22/2012

Food Item	Amount	Kcal
Apple (raw with skin; any variety)	1 cup chopped	65 kcal
	1 medium apple	95 kcal
Banana (7-8 inches long)	1 cup (raw) sliced	134 kcal
	1 medium banana	105 kcal
Melons:		
Cantelope	1 cup melon balls	60 kcal
Honeydew	1 cup melon balls	64 kcal
Watermelon	1 cup melon balls	46 kcal
Blueberries (raw)	1 cup	84 kcal
Strawberries (raw)	1 cup sliced	53 kcal
	1 large strawberry	6 kcal
Baby carrots	1 baby carrot	4 kcal
Regular carrots	1 cup chopped	52 kcal
Cauliflower	1 cup chopped	27 kcal
Cucumber (with peel)	1/2 cup slices	8 kcal
Snap Green beans (raw)	1 cup	31 kcal
Green beans (canned; no salt added; drained)	1 cup	32 kcal
Green Bell pepper	1 cup chopped	30 kcal
Canned pumpkin (without added salt)	1 cup	83 kcal
Zucchini (with skin; raw)	1 cup chopped	21 kcal
Butternut squash (raw)	1 cup cubes	63 kcal
Butternut squash (cooked; no salt added)	1 cup cubes	82 kcal
Brown rice cake (plain; unsalted)	1 rice cake	35 kcal

Food Item	Amount	Kcal
White rice (cooked)	1 cup	205 kcal
Brown rice (cooked)	1 cup	216 kcal
Cottage cheese (2% Milkfat)	1 cup	194 kcal
Cheddar cheese	1 oz.	114 kcal
Hard boiled egg	1 large egg	78 kcal
Ground beef (cooked; 85% lean)	1 oz.	66 kcal
Ground turkey (cooked; 85% lean)	1 oz.	73 kcal
Chicken breast (cooked; no skin)	1 cup chopped	231 kcal
Tuna (canned; in water; drained)	1 oz.	36 kcal
Potato (baked; without skin)	1/2 cup	57 kcal
Sweet potato (baked; with skin)	1 cup (200g)	180 kcal

Do NOT feed grapes, raisins, onions, garlic, chocolate, or Macadamia nuts as these are toxic to pets