

## Guide to Cat Treats

Average cat weight/calorie intake (per day) \*

3kg = 160 calories

5kg = 220 calories

4kg = 190 calories

6kg = 250 calories

Treat	Size
Cheese	Do not give – very high in fat & high in calories. 10g = 40 calories
Cat Nip Drops	High in calories & sugar also contains milk. 1 small bag (40g) = 184 calories!
Cat Milk	Cats can favour over water. 200mls contains 116 calories (water has no calories)
Tinned Fish in Oil	Avoid this, has twice the calories of fish in spring water.
Liver – Raw/Cooked	Do not give, high levels of vitamin A which can be toxic.
Chicken	Use in moderation & only skinless chicken, no bones. Cook in water (boiled). 150g=230cals, 100g= 153cals 50g=77cals
Thomas Cat Treats	8 pieces = 10 calories
Dreamies	2 calories per treat however, DO NOT give in excess as contains milk & cheese. 252 calories per pack! 20 pieces = 1/4 of daily intake!
Trixie Dentinos	Good as helps to promote dental hygiene, however, give in moderation 10g = 39 calories
Pilchards	Low calorie, good quality protein. Approx. 12g = 14 calories
Tinned Tuna in Spring Water	Low calorie, good quality protein. If in brine drain off brine as salty – only as treat not main meal. One small spoonful (teaspoon) = 10 calories
Leaps & Bounds (Salmon Bites)	No additives high in omega 3. 6 small pieces = 3 calories
Hi Life Treats (Duck)	No additives 100% duck breast. 36 calories per pack.
Hills Metabolic Treats	Very good, feeding guide on the pack, works well with a weight control diet. 1.2 calories per treat

**Red** = DO NOT give if pet overweight/on special calorie controlled diet.

**Amber** = OK in moderation.

**Green** = Can give low calorie with caution.

\*Rough guide only. Calculations based on individual life stage / activity levels