

# Calorie Content in Popular Dog Treats

If you are looking for a way to cut back your dog's calorie intake, try giving fresh fruit and vegetables such as apples (without seeds), bananas, carrots, green beans, melon chunks, pear slices, popcorn (without butter/oil/salt), and plain rice cakes just to name a few good treats.



Treat name	Calories/Treat	Treat name	Calories/Treat
• Beggin Strips by Purina	30	• Natural Choice Light by Nutro	21
• Beneful treats by Purina (three different treats in bag)	19-28	• Natural Choice Puppy by Nutro	18
• <b>Bil Jac Liver Treats</b>	<b>8</b>	• Tartar Control Bicuits by Nutro	53
• <b>Little Jacs Treats by Bil Jac</b>	<b>3</b>	• Pup-Peroni original	27
• <b>Charlie Bear</b>	<b>3</b>	• Pup-Peroni lean beef	26
• Greenies teenie	25	• Pup-Peroni chicken flavor	23
• Greenies petite	54	• Pup-Peroni bacon flavor	28
• Greenies regular	90	• Pup-Peroni beef or chicken soft jerkey	21
• Greenies large	144	• Purina One Biscuits turkey	26
• Greenies jumbo	270	• Purina One Biscuits lamb and rice	34
• Milkbone small size	20	• Purina Pro Plan Biscuits beef and rice	32
• Milkbone medium size	30	• Purina Pro Plan Biscuits chicken and rice	32
• Milkbone large size	120	• Purina Pro Plan Biscuits Large Breed chicken and rice	82
• Milkbone extra large size	215	• Purina chewies beef and chicken flavors	60
• <b>Max Puppy drumsticks</b>	<b>9</b>	• T Bonz by Purina	42
• Max Mini Bones	16	• Tiny T Bonz Filet Mignon by Purina	18
• <b>Natural Choice Crunchy Treats by Nutro</b>	<b>6</b>		