



Be Treatwise For Your Pet



To find out more, visit animaltrust.org.uk



Pet obesity is still a growing concern for vets across the UK.



Around **40%** of cats and dogs are estimated to be overweight or obese.

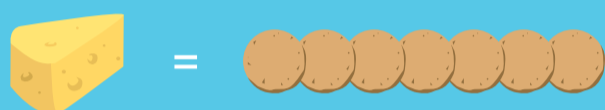


An inactive lifestyle, overindulgence and an unbalanced diet can all contribute to pet obesity.

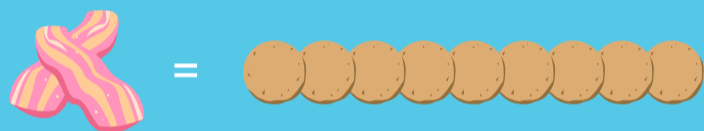
How To Be Treatwise

There's nothing wrong with giving your pet a treat, as long as it's balanced with a nutritious, healthy diet. Portion size is key! Treats should account for just 10% of your pet's daily calories.

Dog portion vs human portion equivalent*



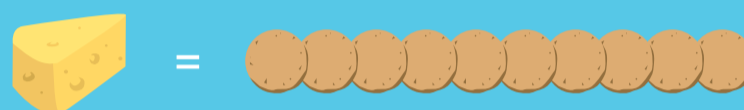
1 oz cheese for a dog = **7 digestive biscuits** for humans



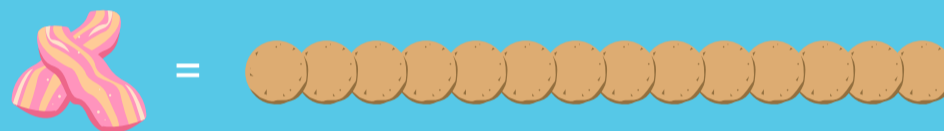
2 rashers of bacon for a dog = **9 digestive biscuits** for humans

* equivalent to a small dog weighing an average of 9kg compared to the consumption of a male adult daily calorific need

Cat portion vs human portion equivalent**



1 oz cheese for a cat = **10 digestive biscuits** for humans



2 rashers of bacon for a cat = **14 digestive biscuits** for humans

** equivalent to a large cat weighing an average of 5.5kg compared to the consumption of a male adult daily calorific need

Treatwise Pet-Friendly Food



Human foods safe for cats

Cooked eggs, cooked meat or fish, some fruits; apple (remove the core and pips), banana (flesh only), blueberries.



Human foods safe for dogs

Cooked eggs, meat or fish, banana (flesh only), melon, berries, carrots, broccoli, xylitol free peanut butter.



Food to avoid for cats and dogs

Cheese, milk, onions, grapes, citrus fruits, chocolate, mushrooms.



Ways To Keep Your Pet Active

Cats

Encourage play with your cat using toys, scratching posts, activity towers, cardboard boxes, catnip.

Dogs

Walk your dog, play with your dog; retrieving games; go for a run, activity training centres, swimming in safe waters, hydrotherapy.



Always provide your pet with a balanced diet and plenty of fresh water daily.

