

## Rewarding your dog

It's understandable that you want to spoil and treat your pet - but there are many ways you can do so without giving food.

Whilst you may feel that you are showing your dog that you care about it by giving it treats, **grooming**, **playing**, and even **taking your dog for a walk** are all effective ways of rewarding your pet, and just as appreciated.

If you cannot resist giving your dog an occasional snack, make sure it's healthy and consider using them only as rewards for extra exercise. There are lots of low calorie snacks to choose from such as:

- carrots
- green beans
- rice cakes
- cucumbers
- celery
- apricots

## Unhealthy snacks

Whilst the occasional biscuit or piece of cheese may seem like it wouldn't do any harm, they are surprisingly high in calories for a dog.

Below are some examples of what feeding an unhealthy treat to a 10kg dog would mean in human terms.

Snack Fed to a 10kg Dog	Human Equivalent	
	Number of hamburgers	Number of chocolate bars (50g)
1 small plain biscuit	1	1
1 slice of buttered toast	1	1
30g (1oz) Cheddar cheese	1 ½	1 ½

Shocking isn't it?



If you would like more help in ensuring you are rewarding your dog in the correct way, please feel free to speak to one of our nurses to make an appointment. Call the surgery on 01202 698899.

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