



SNACK AND TREAT CALCULATOR* FOR DOGS

Let's give our dogs the
HEALTHY LOVE the need



<p>30g PIECE OF CHEESE</p> <p>170 kcal = 7 km run up muddy hill</p>	<p>½ BAG OF CRISPS</p> <p>90 kcal = 9 km run</p>	<p>50g SAUSAGE</p> <p>150 kcal = 7.5 km run up hill</p>
<p>1 WHOLEMEAL BISCUIT</p> <p>70 kcal = 7 km run</p>	<p>½ SLICE WHITE UNBUTTERED TOAST</p> <p>40 kcal = 20 min run in the park</p>	<p>½ SLICE WHITE BUTTERED TOAST</p> <p>80 kcal = 8 km run</p>
<p>25g HAM</p> <p>40 kcal = 20 min run in the park</p>	<p>28g LEAN ROAST BEEF</p> <p>50 kcal = 1 hour walk and run</p>	<p>30g ROAST LAMB</p> <p>70 kcal = 7 km run</p>
<p>1 CARROT OR ¼ APPLE</p> <p>10 kcal = 20 min run in the park</p>	<p>20g CHICKEN</p> <p>20 kcal = 2 km walk and run</p>	<p>PRO PLAN® LIGHT BISCUIT</p> <p>31 kcal = 15 min play with ball</p>

ENERGY INTAKE

DAILY ACTIVITY

*Average based on 15kg dog