



# Human Food Pet Treats

A Healthy Guide  
For Pet Owners



There are plenty of nutritious human foods that are safe for your pet to consume!  
Consider adding a few of these tasty natural treats to their diet as an occasional snack. Keep in mind that some foods are higher in calories, so pair them in moderation with a balanced diet. Ask your veterinarian for an updated calorie count for your pet to keep them happy, healthy, and on track.

Food Item	Amount	KCal
Apple (raw with skin; any variety)	1 cup chopped	65 kcal
Baby Carrots	1 baby carrot	4 kcal
Banana (7-8 inches)	1 cup (raw) sliced	134 kcal
Banana (7-8 inches)	1 medium banana	105 kcal
Blueberries (raw)	1 cup	84 kcal
Brown Rice (cooked)	1 cup	216 kcal
Brown Rice Cake (plain; no salt)	1 rice cake	35 kcal
Butternut Squash (cooked; no salt)	1 cup cubed	82 kcal
Butternut Squash (raw)	1 cup cubed	63 kcal
Canned Pumpkin (no added salt)	1 cup	83 kcal
Cantaloupe	1 cup melon balls	60 kcal
Cauliflower	1 cup chopped	27 kcal
Cucumber (with peel)	1/2 cup chopped	8 kcal
Green Beans (canned; no salt added; drained)	1 cup	32 kcal
Green Bell Pepper	1 cup chopped	30 kcal
Honeydew Melon	1 cup melon balls	64 kcal
Potato (baked; no skin)	1/2 cup	57 kcal
Regular Carrots	1 cup chopped	52 kcal
Snap Green Beans (raw)	1 cup	31 kcal
Strawberries (raw)	1 cup sliced	53 kcal
Strawberries (raw)	1 large strawberry	6 kcal
Watermelon	1 cup melon balls	46 kcal
White Rice (cooked)	1 cup	205 kcal
Zucchini (with skin; raw)	1 cup chopped	21 kcal
Cheddar Cheese	1 oz.	114 kcal
Chicken Breast (cooked, no skin)	1 cup chopped	231 kcal
Cottage Cheese (2% Milkfat)	1 cup	194 kcal
Ground Beef (cooked; 85% lean)	1 oz.	66 kcal
Ground Turkey (cooked; 85% lean)	1 oz.	73 kcal
Hard Boiled Egg	1 large egg	78 kcal
Tuna (canned; in water; drained)	1 oz.	36 kcal