



House Paws Home Veterinary Care  
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## Healthy Treats

Other "Treats"	Kcal/piece
Apple (medium)	80
Banana (medium)	101
Beef, lean (1 oz.)	64
Bouillon (1 cube)	5
Carrots (medium)	21
Cauliflower (1/4 c)	6
Chicken, lean (1 oz.)	52
Cottage Cheese (1 oz.)	30
Cucumber (1/4 c)	5
Egg (large)	81
Green beans (1/4 c)	9
Green pepper (1 med)	14
Melon (1/4 c)	12
Popcorn, air popped (1/2 c)	22
Pumpkin, canned (1/4 c)	20
Rice (1/2 c)	83
Rice cake, plain	40
Tuna, in water (1 oz.)	36
Turkey breast, lean (1 oz.)	50
Zucchini (1/4 c)	5