



Nutritional Tips for Pets with Heart Disease

Low sodium, high quality pet treats

Notes:

1. Most other dog treats are high in sodium.
2. If your pet has other medical conditions, these treats may not be appropriate. Talk to your veterinarian if you have questions or make an appointment with the Nutrition Service.

Product	Calories per treat
Dogs	
Hill's Science Diet Baked Light Biscuits with Real Chicken Small Dog Treat	8
Hill's Science Diet Baked Light Biscuits with Real Chicken Medium Dog Treat	34
Hill's Science Diet Soft Savories Peanut Butter & Banana, Beef & Cheddar, or Chicken & Yogurt Dog Treat	25-27, depending on flavor
Hill's Ideal Balance Soft-Baked Naturals with Chicken & Carrots, Duck & Pumpkin, or Beef & Sweet Potato Dog Treat	12-13, depending on flavor
Purina Beyond Natural Salmon Dog Biscuit Treat with Oats or Chicken & Barley	27-29, depending on flavor
Purina Alpo Variety Snaps Little Bites (beef, chicken, liver, lamb or beef, bacon, cheese, peanut butter)	16
Purina Alpo Variety Snaps Big Bites (beef, chicken, liver, lamb)	58
Royal Canin Original Canine treat	5
Cats	
Royal Canin Original Feline treat	2
Fancy Feast Duos Natural Rotisserie Chicken Cat treat	2
Fancy Feast Duos Tuna with Accents of Parsley Cat treat	2

Taste enhancers to can make your pet's food tastier to increase food intake

Safe and effective appetite stimulants are now available for dogs and cats. Please talk to your veterinarian if your pet is not eating well, not eating ideal foods, or is losing weight.

Notes:

1. All foods in this list should be prepared without salt
2. These taste enhancers should be added in small amounts. If your pet eats too much of them, they will unbalance the diet and increase your pet's risk for nutritional deficiencies

Dogs

- ♥ Honey or maple syrup
- ♥ Homemade chicken, beef, or fish broth (made without salt; avoid all deli meats and rotisserie chicken). Avoid store bought broths because even the low sodium brands are too high in sodium.
- ♥ Sugar (brown or white) – Domino pourable light brown sugar is a good option
- ♥ Vanilla or fruit yogurt – One option that dogs seem to like is Yoplait Custard Yogurt (caramel or vanilla flavors). If you try other brands, just be sure the sodium is less than 100 mg per 100 calories (the Yoplait is 95 mg per 170 calories which comes out to 56 mg sodium per 100 calories). Also avoid yogurts with artificial sweeteners.
- ♥ Maple syrup. Low salt brands include Log Cabin All Natural, Maple Grove Farm 100% pure maple syrup, or Stop and Shop Original Syrup
- ♥ Applesauce (be sure they have less than 50 mg sodium per serving)
- ♥ Ketchup (no salt added). Examples include Hunts or Heinz no salt added
- ♥ Pasta sauce (no salt added). Examples: Francesco Rinaldi no salt added or Enrico's no salt added)
- ♥ Frosted Mini Wheats Original – these can be crumbled on his food
- ♥ Lean meats, cooked (chicken, turkey, beef, or fish) – not deli/sandwich meats/cold cuts, rotisserie chicken, and any canned fish or meat
- ♥ Eggs, cooked

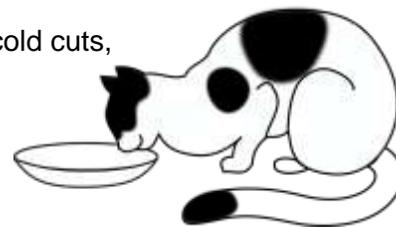


Dogs (continued)

- ♥ Homemade chicken, beef, or fish broth (even low sodium store-bought broths are too high in sodium). Avoid all canned soups unless labeled as no salt added
- ♥ Low-salt breakfast cereal - the label should read, "very low sodium food" or contain less than 20 mg sodium per serving. A good option is Frosted Mini Wheats Original or Little Bites Original
- ♥ Fresh vegetables/fruit. Examples include carrots, green beans, apple, orange, banana (avoid grapes, raisins, onions, garlic)
- ♥ Low sodium canned dog foods

Cats

- ♥ Lean meats, cooked (chicken, turkey, beef, or fish) – not sandwich meats/cold cuts, canned tuna, or rotisserie chicken
- ♥ Eggs, cooked
- ♥ Homemade chicken, beef, or fish broth (even low sodium store-bought broths are too high in sodium)
- ♥ Low sodium canned cat foods



Foods to avoid

- ♥ Fatty foods (meat trimmings, cream, ice cream)
- ♥ Baby food
- ♥ Pickled foods
- ♥ Bread
- ♥ Pizza
- ♥ Condiments (ketchup, soy sauce, barbecue sauce, etc – unless they are unsalted or no salt added)
- ♥ Sandwich meats/cold cuts (ham, corned beef, salami, sausages, bacon, hot dogs)
- ♥ Rotisserie chicken
- ♥ Most cheeses, including "squirtable" cheeses
- ♥ Processed foods (such as, potato mixes, rice mixes, macaroni and cheese)
- ♥ Canned vegetables (unless "no salt added")
- ♥ Potato chips, packaged popcorn, crackers, and other snack foods
- ♥ Soups (unless homemade without salt)
- ♥ Most commercial pet treats

Tips for administering medications

Foods commonly used to administer your pet's pills can provide a large amount of additional salt to your pet's diet. Preferable ways to give medications include:

- ♥ Have one of our staff show you how to give medications without using food
- ♥ Insert medications into one of the following foods:

Dogs or cats

- Low-sodium canned pet food
- Home-cooked meat such as chicken or hamburger (made without salt); not lunch meats
- Whipped cream (Reddi Wip)
- Marshmallows
- Greenies Pill Pockets
 - Dog chicken, hickory smoke, or peanut butter flavors; cat chicken or salmon flavor
 - Avoid grain-free duck and pea which is high in sodium
 - Try to use the smallest size possible (ideally, the cat sized Pill Pockets, even for dogs) and as few as possible to avoid excessive salt.
 - Caution: Not all similar products from other companies are low in sodium .

Dogs

- Soft fruit, such as banana, orange, melon, or strawberries (avoid grapes)
- Peanut butter (only if labeled as "no salt added") – examples include Smucker's Natural Creamy Peanut Butter with No Salt Added or Teddie All Natural Smooth Unsalted Butter
- Frosting (should be less than 75 mg/serving and contain no artificial sweeteners or xylitol). Examples include Duncan Hines whipped vanilla frosting, Betty Crocker whipped vanilla frosting)

You may find our Petfoodology post called, "Pill-popping pets" helpful for additional ideas:

http://vetnutrition.tufts.edu/2018/09/foods_for_giving_pills/