



## Treats for Dogs with Heart Disease

### **Acceptable treats and foods that can be used to increase palatability**

Note: All foods in this list should be prepared without salt

- ♥ Pasta (plain, not with any sauces or flavorings)
- ♥ Rice (plain white or brown rice, not flavored rice)
- ♥ Honey
- ♥ Maple syrup
- ♥ Low-sodium cheese
- ♥ Lean meats, cooked (chicken, turkey, beef, or fish) – not sandwich meats/cold cuts
- ♥ Eggs, cooked
- ♥ Homemade soup – not canned soups!
- ♥ Low-salt breakfast cereal - the label should read, "this is a low-sodium food" (eg, Frosted Mini Wheats)
- ♥ Fresh vegetables/fruit [such as carrots, green beans, apple, orange, banana (avoid grapes)]
- ♥ Dog treats that are low in sodium:
  - Hill's Prescription Diet Canine Treats
  - Hill's Prescription Diet Hypo-treats
  - Iams Adult Original Formula Small Biscuits (green box)
  - Purina Alpo Variety Snaps Treats
  - Purina Veterinary Diets Lite Snackers
  - Science Ideal Balance Oven or Soft Baked Naturals (any flavor)



### **Foods to avoid**

- ♥ Fatty foods (meat trimmings, cream, ice cream)
- ♥ Baby food
- ♥ Pickled foods
- ♥ Bread
- ♥ Pizza
- ♥ Condiments (ketchup, soy sauce, barbeque sauce, etc)
- ♥ Sandwich meats/cold cuts (ham, corned beef, salami, sausages, bacon, hot dogs)
- ♥ Most cheeses, including "squirtable" cheeses (unless specifically labeled as "low sodium")
- ♥ 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 dog biscuits and other dog treats

### **Tips for administering medications**

Foods commonly used to administer medications can provide a large amount of additional sodium in your dog's diet. Preferable ways to give medications include:

- ♥ Have one of our doctors or technicians teach you how to give medications without using food
- ♥ Insert medications into one of the following foods:
  - Fruit [for example, banana, orange, melon (avoid grapes)]
  - Low-sodium cheese
  - Low-sodium canned pet food
  - Peanut butter (labeled as "no salt added")
- ♥ Home-cooked meat such as chicken or hamburger (without salt); not lunch meats