

Low-calorie fruit & veggie pet treats

As Ernie Ward, DVM, writes in his pet nutrition and exercise book, these are treats that fill up, not out.



Baby carrots	2-3 calories per carrot
Stringless sugar snap peas	2 calories per pea
Cucumber	1 calorie per 1/4-inch slice
Apple	16 calories per slice (1/8 of large red apple)
Asparagus	3-5 calories per spear
Celery	6 calories per 7-to-8-inch stalk
Broccoli	5-6 calories per floret
Banana	7-9 calories per 1/2-inch slice
Blueberries	31 calories per 1/2 cup
Strawberries	23 calories per 1/2 cup (whole)
Watermelon	23 calories per 1/2 cup (diced)
Pumpkin	21 calories per 1/2 cup (canned; without salt)
Sweet potato	58 calories in 1/2 medium sweet potato (without skin; cooked or boiled)
Nonfat plain yogurt	64 calories per 4 ounces (1/2 cup)