



Template: Healthy Dog Treats Checklist

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Based on Article: "Healthy Ingredients in Dog Treats: What to Look For"

A practical checklist to help you choose healthy dog treats that support your pet's long-term health and nutrition.

Checklist Items:

- ☐ **1. Check the First Three Ingredients**
Ensure the first three ingredients listed are whole proteins or recognizable produce, such as chicken or sweet potato.
Reference Section: How to read a treat label
- ☐ **2. Prefer Whole Muscles Over Meats**
Look for treats that specify whole meat (e.g., chicken) rather than meat meals, which can be non-specific.
Reference Section: Label phrases and what they actually mean for ingredient quality
- ☐ **3. Avoid Vague Terms**
Stay clear of terms like by-products and natural that lack context. Always check what these terms truly mean.
Reference Section: How to read a treat label
- ☐ **4. Look for Natural Preservatives**
Choose treats without synthetic preservatives like BHA/BHT; opt for those that use natural alternatives like mixed tocopherols.
Reference Section: Label phrases and what they actually mean for ingredient quality
- ☐ **5. Identify Protein Source Digestibility**
Consider the digestibility percentages of the protein source. High digestibility means better nutrient absorption.
Reference Section: Key Healthy Ingredients to Look For
- ☐ **6. Check for Omega Fatty Acids**
Select treats that include omega-3 fatty acids from marine sources like salmon, which supports anti-inflammatory pathways.
Reference Section: Key Healthy Ingredients to Look For
- ☐ **7. Choose Low-Glycemic Carbohydrates**
Look for treats containing sweet potatoes or brown rice to provide energy without spiking glucose levels.
Reference Section: Key Healthy Ingredients to Look For

☐ **8. Assess Functional Ingredients**

Ensure any functional additives, such as glucosamine or probiotics, are specified with clinically relevant doses.

Reference Section: Key Healthy Ingredients to Look For

☐ **9. Consider Single-Ingredient Options**

Start with simple, single-ingredient treats (like chicken jerky) to assess ingredient quality and avoid allergens.

Reference Section: What Is a 'Healthy' Dog Treat?

☐ **10. Monitor Treat Caloric Contribution**

Check how many calories are in each treat to ensure they fit within your dog's daily caloric intake without excess.

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