



# Template: Dog Treat Portion Control Checklist

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Based on Article: "Understanding Dog Treat Portions: How Much is Too Much?"

A practical checklist to help dog owners manage treat portions effectively for their pets.

## Checklist Items:

- 1. Understand Dog's Daily Caloric Needs**  
Calculate your dog's daily calorie requirements based on weight, activity level, and age. Use a vet calculator if necessary.  
Reference Section: How Does Dog Treat Portioning Work?
- 2. Allocate Treats as Part of Daily Intake**  
Reserve approximately 10% of your dog's daily calorie allowance for treats to avoid overfeeding.  
Reference Section: How Does Dog Treat Portioning Work?
- 3. Choose Appropriate Treat Types**  
Select treat types based on purpose: use tiny training treats for frequent rewards and larger treats for occasional indulgences.  
Reference Section: What Is a Dog Treat Portion?
- 4. Measure Treat Portions**  
Weigh treats with a kitchen scale to ensure precise portion control and avoid guesswork.  
Reference Section: How Does Dog Treat Portioning Work?
- 5. Monitor Treat Caloric Values**  
Be aware of treat calories, from tiny training treats (2-8 kcal) to high-value jerky (50-100 kcal), to avoid exceeding daily limits.  
Reference Section: What Is a Dog Treat Portion?
- 6. Adjust Meal Portions When Needed**  
If using high-calorie treats, reduce meal portions accordingly to maintain caloric balance.  
Reference Section: How Does Dog Treat Portioning Work?
- 7. Look for Low-Calorie Alternatives**  
Consider using fruits or vegetables as treat substitutes, or break larger treats into smaller pieces.  
Reference Section: How Does Dog Treat Portioning Work?
- 8. Track Treat Consumption**  
Keep a log of daily treats given, including size and type, to prevent exceeding the caloric budget.  
Reference Section: Why Treat Portioning Matters



### **9. Be Aware of Health Modifiers**

Consider your dog's age, health, and activity level when determining treat allowances and types.

Reference Section: How Does Dog Treat Portioning Work?