



## Nutritional Tips for Pets with Heart Disease Updated 8/11/2020

### Low sodium, high quality pet treats

#### Notes:

1. Most other commercial pet 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
<b>Dogs</b>	
Hill's Natural Fruity Crunch Snacks with Cranberries & Oatmeal or Apples & Oatmeal	24
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
<b>Cats</b>	
Fancy Feast Duos Natural Rotisserie Chicken Cat Treat	2
Fancy Feast Duos Tuna with Accents of Parsley Cat Treat	2
Royal Canin Original Feline 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 (for all foods, the goal is less than 80 mg sodium per 100 calories)***

#### Sweet flavors

- ♥ Honey or maple syrup
- ♥ 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 80 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
- ♥ Low-salt breakfast cereal - the label should read, "very low sodium food" and should have less than 80 mg sodium per 100 calories. A good option is Frosted Mini Wheats Original or Little Bites Original. These can be crumbled on the dog food



#### Savory flavors

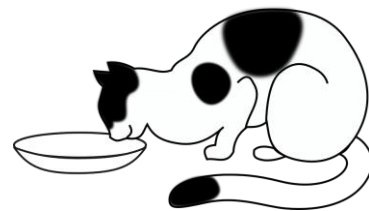
- ♥ Low sodium canned dog foods
- ♥ Homemade chicken, beef, or fish broth. Avoid store bought broths because even the low sodium brands are too high in sodium (or contain onions or garlic)
- ♥ Cooked lean meats (chicken, turkey, beef, or fish) – not deli/sandwich meats/cold cuts, rotisserie chicken, and any canned fish or meat. Avoid poultry products that say "enhanced," "marinated," or "solution" on the label since this usually means that salt has been added
- ♥ Ketchup (no salt added). Example: Heinz no salt added ketchup

### ***Dogs (continued)***

- ♥ Pasta sauce (no salt added). Example: Francesco Rinaldi no salt added pasta sauce
- ♥ Fresh vegetables/fruit. Examples include carrots, green beans, apple, orange, banana (avoid grapes, raisins, onions, garlic)

### ***Cats (for all foods, the goal is less than 80 mg sodium per 100 calories)***

- ♥ Low sodium canned cat foods
- ♥ Homemade chicken, beef, or fish broth (even low sodium store-bought broths are too high in sodium or contain onions or garlic)
- ♥ Lean meats, cooked (chicken, turkey, beef, or fish) – not deli/sandwich meats/cold cuts, rotisserie chicken, and any canned fish or meat. Avoid poultry products that say “enhanced,” “marinated,” or “solution” on the label since this usually means that salt has been added



### **Foods to avoid**

- ♥ Fatty foods (meat trimmings, cream, ice cream)
- ♥ Baby food
- ♥ Pickled foods
- ♥ Bread
- ♥ Pizza and pizza crusts
- ♥ 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, etc)
- ♥ 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
- ♥ Chicken, beef, or fish broth from the store (even if labeled low sodium, it's still too high in sodium or may contain onion or garlic)
- ♥ 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
- ♥ Use a “pill popper” or “pill gun”
- ♥ 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)
- Whipped cream cheese. Find a brand with less than 80 mg sodium per 100 calories (such as Stop and Shop brand whipped cream cheese)
- Mini marshmallows
- Greenies Pill Pockets (Caution: Not all similar products from other companies are low in sodium)
  - Dog Pill Pockets: Peanut butter, hickory, or cheese flavors
  - Cat Pill Pockets: Tuna or salmon flavors are recommended
  - Avoid chicken flavor and grain-free duck and pea flavor which are higher in sodium
  - Try to use the smallest size possible and as few as possible to avoid excessive 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 80 mg sodium/100 calories and contain no artificial sweeteners or xylitol). Examples: 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/](http://vetnutrition.tufts.edu/2018/09/foods_for_giving_pills/)