

Cardiology Treats and Nutritional Tips for Pets with Heart Disease Updated 2/14/2023

Low sodium pet treats

Please note:

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 about optimal treats for your pet or make an appointment with Dr. Freeman, board-certified veterinary nutritionist, Cummings Cardiology Service: <https://vetnutrition.tufts.edu/services/>

Product	Calories/ treat
Dogs	
Hill's Natural Fruity Crunch Snacks with Cranberries & Oatmeal or Apples & Oatmeal	24
Hill's natural Baked Light Biscuits with Real Chicken Treat Small	8
Hill's Prescription Diet Original Dog Treats (require prescription)	15
Nutro Crunchy Treats (real mixed berries, real apple, or chicken/carrot flavor only)	5
Purina Beneful Baked Delights Snackers (this product/flavor only)	24
Cats	
Purina Fancy Feast Savory Cravings Treats – beef, beef & crab, chicken, salmon, or tuna	4 (per square)
Purina Purely Natural Treats – chicken only	4 (per pack)

Taste enhancers can make your pet's food tastier to increase food intake

Please note:

1. Safe and effective appetite stimulants are now available for dogs and cats. Talk to your veterinarian if your pet is not eating well, not eating ideal foods, or is losing weight.
2. All foods in this list should be prepared without salt.
3. 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 – Check sodium and avoid yogurts with artificial sweeteners
- ♥ Maple syrup – Check sodium
- ♥ Applesauce – Check sodium
- ♥ Fresh fruit - Examples include apples, oranges, bananas, melon, or berries (avoid grapes and raisins)
- ♥ Low-salt breakfast cereal - the label should read, "very low sodium food" and should have less than 80 mg sodium per 100 calories (most breakfast cereals are high in sodium). A good option is Frosted Mini Wheats Original or Little Bites Original. These can be crumbled on the dog food

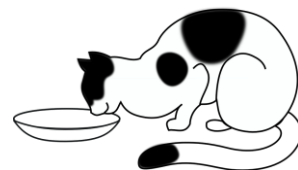


Savory flavors

- ♥ Low sodium canned dog foods (see Tufts HeartSmart website: <https://heartsmart.vet.tufts.edu/forms/>)
- ♥ 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 chicken, turkey, 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 means salt has been added. Most canned meat/tuna is too high in sodium but these are two good options
 - ♥ Wild Planet No Salt Added Skipjack Tuna (30 mg sodium per 90 calories; 5 oz can)
 - ♥ Wild Planet Organic No Salt Added Organic Roasted Chicken Breast (30 mg sodium per 90 calories; 5 oz can)
- ♥ Fresh vegetables (or frozen/canned brands that are “no salt added”). Examples include carrots, green beans, tomatoes (avoid onions, garlic)

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

- ♥ Low sodium canned dog foods (see Tufts HeartSmart website: <https://heartsmart.vet.tufts.edu/forms/>)
- ♥ 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 chicken, turkey, 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 means salt has been added. Most canned meat/tuna is too high in sodium but these are two good options
 - Wild Planet No Salt Added Skipjack Tuna (30 mg sodium per 90 calories; 5 oz can)
 - Wild Planet Organic No Salt Added Organic Roasted Chicken Breast (30 mg sodium per 90 calories; 5 oz can)



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)
- ♥ 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 (see Tufts HeartSmart website: <https://heartsmart.vet.tufts.edu/forms/>)
- Home-cooked meat such as chicken or lean ground beef (made without salt); not lunch meats
- Reddi Wip whipped cream
- Cream cheese. Most brands are high in sodium but this one is less than 80 mg sodium per 100 calories: Cabot Premium Cream Cheese (80 mg sodium per 100 calories)
- Swiss cheese slices (not aged Swiss). Brands vary but 2 good options for giving pills are Sargento ultra thin swiss slices (20 mg sodium per slice) or Boar's Head Lacey Low Sodium Swiss Cheese (35 mg sodium per slice)
- Mini marshmallows

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)
- Ezekiel Food for Life Sprouted Grain Bread Low Sodium (note that most bread is high in sodium)

You may find our Petfoodology post called, “Pill-popping pets” helpful for additional ideas:

http://vetnutrition.tufts.edu/2018/09/foods_for_giving_pills/