

As we see it... More Treats

In our last chat we talked a little about the “how’s and why’s” of giving our pets treats. Now we are going to give you the best treats ever for your pet.

Treats should be several things. They should be special. This means it should not be another meal or a meal substitute. They can be nutritious and functional. Adding nutritional items like glucosamine, omega 3, and mint are ever increasing the functional food category.

Since our cats and dogs are carnivores, the treats and snacks need to be items that enhance those craving.

Meat treats can be made from our regular meats like chicken, beef, pork, turkey, and lamb. As these are often used as our base dog food, I tend to like the special treats, usually using more exotic items that they would be less likely to get in their foods like buffalo, venison, salmon and ostrich.

These can be found in a number of forms that are easy to keep and give. Dried or baked liver and

heart, jerky of all the mentioned meats and more, freeze dried patties and cube of such things as Kobe beef, cod, organic chicken, and more just start the list.

Like any food product, the less processed and more natural, the better. As all these can be made “plain”, there should be no other ingredients other than the meat unless it is a functional treat. These meat treats are low glyce-mic, and tend not to put pounds on your pet like processed and bakery treats do.

Functional treats serve a dual purpose. First and foremost, they are a treat but have the benefit of adding something extra nutritionally to the product. Treats that help the hips and joints, skin and coat, heart health, and that bad breath are major items today.

With these functional treats, you must take care to read and evaluate what they are adding to these products and if they are truly beneficial. As an example, if a jerky treat is processed with a natural coating or infusion of an herb for



heart health, it can be quite different from adding a synthetic chemical along with “gluten meal”, added vitamins, and then chemical preservatives.

Some other natural treats that can benefit your pet are eggs, real raw milk, natural processed cheese, plain, live culture yogurt, clean organic fruits and vegetables.

As with all treats and snacks, these should be done in variety and in moderation. It should never be the bulk of their diet. Too much of a good thing can upset even the strongest constitution.

Let your pet know how special and loved they are by keeping their special, healthy and nutritious.

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