the truth about treating

snack comparisons



10-pound cat

1 ounce of cheddar cheese



1 cup of milk



3 delicious **Metabolic treats**



vs. average person*

vs. average person*





= 41/2 hamburgers



= 1/2 apple



20-pound dog

1 ounce of cheddar cheese



1 tablespoon of peanut butter



3 delicious **Metabolic treats**



= 21/2 hamburgers

= 21/4 hamburgers



= 1 apple





