



SAFE TREATS

Calories list

As per tablespoon

FRUIT :

apple	5.35 cal
apricot	4.65 cal
banana	12.71 cal
mixed berries	4.71 cal
cantaloupe	3.12 cal
mango	5.82 cal
watermelon	2.65 cal
peach	3.85 cal
pears	5.53 cal
pawpaw	3.64 cal
plums	4.47 cal

* hedgehogs needs 70 - 100 calories
per day

CAT KIBBLE

Montego kitten chicken	21,58 cal
Montego Adult chicken	17.65 cal
Feline Cuisine for adult cats	11.77 cal
Hills Hairball Indoor	18.47 cal
Hills Science Sterilised Cat	21 cal
Nutribyte Adult Cat	17.65 cal
*** special care* * *	
(lactating mother, underweight hedgie)	
Royal Canin Mother and Baby	28.47 cal

CAT WET FOOD

Pampers	19.5 cal
Whiskas	25.66 cal
Feline Cuisine	25.66 cal
Montego Kitten	9 cal



VEGETABLES :

Beetroot	7.18 cal
Broccoli	2 cal
Cauliflower	1.76 cal
Bell Pepper	1.77 cal
corn	3.82 cal
Cucumber	0.94 cal
Carrots	2.65 cal
Green Beans	2.59 cal
Leafy Greens	2.65 cal
Peas	6.47 cal
Pumpkin	2.94 cal
Sweet potato	10.59 cal
Cabbage	5.41 cal

MEAT :

Chicken	19.7 cal
Duck	27.76 cal
Beef	5.76 cal
Lamb	23 cal
Minced meat	26.43 cal
Pork	18.29 cal
Turkey	14.82 cal
Chicken liver (44g)	36.5 cal



INSECTS :

Mealworms	0.14 cal
Superworms	0.05 cal
Crickets	0.13 cal
Black Fly Soldier	
Larvae	2.6 cal
Dubai Roaches	0.66 cal
Silkworms	0.77 cal

SNACKS :

*** Per occasion not
daily even not
weekly***

Tofu -1/4 teaspoon	2.69 cal
Cottage cheese - 1/4 teaspoon	3.2 cal
Natural Yogurt - 1/4 teaspoon	2.19 cal
1/2 egg (weekly)	40 cal

