

# FRUITS & VEGGIES DOGS CAN EAT, CAN'T EAT & CAUTION

1

## APPLES

YES-Apples are a great source of vitamins A and C. They are high in fiber and low in protein and fat. Caution: Just **remove the seeds** and core first. Seeds can be toxic.

2

## ASPARAGUS

NO-Asparagus isn't necessarily unsafe for dogs, but it's too tough to be eaten raw and cooking it down loses the nutrients. Not an ideal veggie. Better options exist.

3

## AVOCADO

NO-The pit, skin, and leaves contain persin, a toxin that can cause vomiting and diarrhea in dogs. The inside fruit contains lower levels of persin, but is still too much.

4

## BANANAS

YES-Dogs can eat bananas in moderation due to **high sugar content**. They are low in cholesterol & sodium and high in potassium, biotin, fiber, and copper.

5

## BELL PEPPERS

YES-(red, green, yellow) - Red are best. All provide beta carotene, fiber, and antioxidants. Cut into small pieces and feed with stem removed to boost immune function.

6

## BLUEBERRIES

YES-Blueberries are a superfood packed with fiber and rich in antioxidants, which prevent cell damage in humans and canines alike.

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## BROCCOLI

CAUTION-Can be eaten in very small quantities (Less than 10% per day), contains isothiocyanates which can cause gastric irritation, Member of cruciferous family - may increase chances of hypothyroidism (underactive thyroid).

8

## BRUSSEL SPROUTS

CAUTION-OK in moderation. They are packed with nutrients. Feeding too much can cause lots of gas. As a member of the cruciferous family, they may increase the chances of hypothyroidism.

9

## CABBAGE

CAUTION-OK in moderation. Rich in antioxidants, aids digestion. However, it can cause gas. As a member of the cruciferous family, it may increase the chances of hypothyroidism.

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## CANTALOUPE

YES-Cantaloupe is OK for dogs in moderation as it is **high in sugar**. It's low calorie, full of nutrients, and a great source of water and fiber.

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## CARROTS

YES-They are high in fiber and beta-carotene and crunching on this orange veggie is great for your dog's teeth. But, they are **higher in sugar** so feed in moderation.

12

## CAULIFLOWER

CAUTION-Some sources claim that the cruciferous veggie family (cauliflower included) can increase chances of hypothyroidism. Best to avoid and eat other veggies.

13

## CELERY

YES-Celery contains vitamins A, B, and C, promotes a healthy heart and even fights cancer. Plus, it freshens doggy breath. Just remember, everything in moderation as too much can cause increased urination in some dogs.

14

## CRANBERRIES

CAUTION-Cranberries and dried cranberries are safe in moderation. Caution: Don't confuse dried cranberries with raisins or raisins as they are very toxic to dogs.

15

## CUCUMBERS

YES-Cucumbers are great. They are low in fats, oils & carbohydrates, and high in vitamins K, C, B1, potassium, copper, magnesium, and biotin and can boost energy.

16

## CORN

NO- It is a common ingredient in most dog foods. However, it's a grain and high in starch and best avoided. Don't feed corn on the cob as it's hard to digest and may cause intestinal blockage.

17

## GARLIC

NO- Garlic and other members of the allium family, including onions, contain thiosulfate, which is toxic to dogs. Toxicity can occur whether the products are fresh, cooked or in a dried/powdered form such as in spices

18

## GRAPES

NO-Grapes and raisins are very toxic for dogs. In fact, grapes are so toxic that they can lead to sudden acute kidney failure and be fatal. Skip this very dangerous food.

19

## GREEN BEANS

YES-Chopped, steamed, raw, or canned - all types of green beans are safe for dogs. Green beans are full of important vitamins and minerals and they're also full of fiber and low in calories.

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## KALE

NO-Kale contains several potentially harmful natural compounds, including calcium oxalate & isothiocyanates and can cause mild to potentially severe gastric irritation and kidney and bladder stones in some cases.

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## MANGO

YES-Dogs can eat mangoes but remove the pit. They are full of vitamins A, B6, C, E and also have potassium, both beta-carotene and alpha-carotene.

22

## MUSHROOMS

CAUTION-Wild mushrooms can be toxic for dogs. Supermarket varieties that are safe for people are safe for pets, but it's better to be safe than sorry and skip out on the fungi all together.

23

## ONIONS

NO-Onions, leeks, and chives are poisonous to most pets and can cause your dog's red blood cells to rupture, vomiting, diarrhea, stomach pain, and nausea.

24

## ORANGES

YES-Oranges are a great source of vitamin C, potassium, and fiber. Serve in small quantities. Caution: Remove the peel and seeds first.

25

## PEACHES

YES-Small amounts cut up are fine and are a great source of fiber, vitamin A, and can help fight infections. Caution: **Remove the pit** as it contains cyanide.

26

## PEARS

YES-Pears are a great snack and are high in copper, vitamins C, K, and fiber. Caution: **Remove the pit and seeds** first, as the seeds contain traces of cyanide.

27

## PEAS

YES-Green, snow, sugar snap, garden and English peas are all OK. They're high in protein, fiber, vitamins & minerals. Fresh and frozen are OK, but not canned due to high sodium.

28

## PINEAPPLES

YES-The fruit is full of vitamins, minerals, and fiber and contains bromelain, an enzyme that makes it easier for dogs to absorb proteins. Caution: **Remove the prickly outside** first.

29

## POTATOES

NO-While peeled and cooked potatoes are ok on occasion, they are **high in starch, can spike insulin levels** and best avoided. Never feed raw potatoes as they can be rough on the stomach, skins contain chaconine and are toxic to dogs.

30

## PUMPKIN

YES-Pumpkin is fiber-rich and contains vitamins A, E, C, potassium and iron. It can also ease digestion and help some cases of dog diarrhea. Fresh and canned plain pumpkin (has more fiber and is better at firming poop) are acceptable. **Do NOT feed pumpkin pie filling.**

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## ROMAIN LETTUCE

YES-Dogs can eat lettuce of the romaine, arugula, and iceberg variety. It's 90% water and it's a low-calorie, crunchy snack. Note: dogs should not eat spinach.

32

## RAISINS

NO-Raisins are known to be highly toxic to dogs and should not be fed to them under any circumstances as raisin toxicity can even be fatal.

33

## RASPBERRIES

YES-OK in moderation. The fruit contains antioxidants, which are great for dogs, especially senior dogs due to anti-inflammatory properties that can help alleviate joint pain. Caution: limit to less than a cup at a time as they contain Xylitol which can be toxic to dogs.

34

## STRAWBERRIES

YES- They're full of fiber, vitamin C and contain an enzyme that can help whiten your dog's teeth. They are high in sugar, so give them in moderation.

35

## SPINACH

NO-Spinach is very high in oxalic acid, which blocks calcium absorption and can lead to kidney damage. While it likely takes large amount to have this problem, it's best to go with another vegetable.

36

## SWEET POTATOES

CAUTION-They're full of nutrients, fiber, beta carotene, vitamins B-6 and C. Caution: Wash, peel and cook first as raw potatoes can be rough on stomach and skins are toxic to dogs. They are also high in starch and can spike insulin levels. OK in moderation.

37

## TOMATOES

NO-The green parts of the plant contain a toxin called solanine. While it takes a large amount for it to make a dog sick, it's better to be safe and not feed them tomatoes.

38

## WATERMELON

YES-It's safe for dogs and full of vitamin A, B-6, C, and potassium. At 92% water, it provides great hydration. Caution: First, remove the rind and seeds, as they can cause intestinal blockage.

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## YELLOW SQUASH

YES- Dogs can eat yellow squash. Don't feed it raw. Cook the squash and always remove the seeds.

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## ZUCCHINI

YES-They low in fat and calories and high in fiber, vitamins, and minerals. They are full of nutrients and are one of the best vegetables to feed dogs.

### SOURCES:

<https://www.akc.org/expert-advice/nutrition/fruits-vegetables-dogs-can-and-cant-eat/>

<https://www.dogsnaturallymagazine.com/can-dogs-eat-apples-and-25-other-human-foods-for-dogs/>