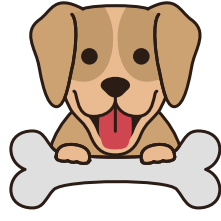


What Foods Are Safe for Dogs



A guide of what food you can give your dog and what to avoid.

HEALTHY

FRUITS

Acai Berries
Apple (no seeds)
Apricots (stone removed)
Banana
Blackberries
Blueberries
Cantaloupe
Clementines (no rind)
Cherries (stone removed)
Cranberries
Coconut
Honey Dew Melon
Kiwi
Lemons (no rind)
Mango (stone removed)
Nectarines (stone removed)
Oranges (no rind)
Papaya
Peaches (stone removed)
Pears
Pineapple
Plums (stone removed)
Raspberries
Strawberries
Tangerines (no rind)
Watermelon (rind and seeds removed)

VEGETABLES

Asparagus (cooked & chopped)
Broccoli
Brussel sprouts
Cabbage
Carrots
Cauliflower
Celery
Chicory
Cucumber
Green Beans

HARMFUL

FRUITS

Avocado
Citrus Rinds
Currants
Fruit pits
Grapefruit
Grapes
Raisins
Rhubarb

VEGETABLES

Edamame
Eggplant
Garlic
Jicama
Leeks
Mushrooms
Onions
Potato skins
Raw Potato
Tomatoes

HEALTHY

VEGETABLES

Kelp
Lettuce
Parsnips
Peas
Peas
Potato
Pumpkin
Radishes
Squash
Sugar Snap Peas
Sweet Potato (skin removed)
Yams
Zucchini

MEAT

Beef
Chicken
Lamb
Organ Meat
Pork (only small cooked portions)
Rabbit
Turkey
Venison

FISH

Catfish
Cod
Flounder
Herring
Mackeral
Salmon (cooked)
Sardines
Shrimp (in moderation)
Tuna
Whiting

DAIRY

Cheese (in moderation)
Cottage cheese
Eggs (cooked)
Greek Yogurt, Plain, Low Fat
Eggshells, finely ground

HARMFUL

VEGETABLES

MEAT

Fatty/Junk Food
Fat Trimmings
Fish Bones
Poultry Bones
Raw Eggs

FISH

Albacore tuna (canned)
King Mackerel
Shark
Swordfish
Tilapia
Tilefish

DAIRY

Milk
Cream
Butter

HEALTHY

NUTS & SEEDS

Cashews
Chestnuts (plain)
Chia
Flax seeds
Hemp
Peanuts (unsalted,
unsweetened)
Pumpkin seeds
Quinoa
Sesame
Sunflower seeds

HARMFUL

NUTS & SEEDS

Almonds
Brazil nuts
Hazelnuts
Hickory
Macadamia
Nutmeg
Pecans
Pine nuts
Pistachios
Seeds/pits from fruit
Walnuts

HERBS/SPICES

Catnip
Cinnamon (small
amounts)
Coriander
Ginger
Oregano
Parsley
Peppermint
Turmeric

HERBS/SPICES

Black pepper
Garlic Powder
Nutmeg
Onion Powder
Salt

SWEETS & SPREADS

Honey (small amounts)
Peanut Butter, natural,
no sweetener

SWEETS & SPREADS

Candy
Chocolate
Gum
Salty foods
Sugary foods
Xylitol

OILS

Olive oil
Flax oil
Fish oil
Coconut oil
Avocado oil
Sunflower oil

OILS

All essential oils

HEALTHY

DRINKS

Water
Coconut water

STARCHES & GRAINS

Oatmeal
Polenta
Popcorn (plain)
Rice
Whole Grain

FLOURS

Barley
Buckwheat
Chickpea
Coconut
Flaxseed Meal
Millet
Oat
Pea
Quinoa
Rice
Sorghum
Whole Wheat

HARMFUL

DRINKS

Beer
Caffeine
Cocoa Powder
Coffee
Liquor
Tea
Wine

STARCHES & GRAINS

Moldy bread
Popcorn kernels
Raw potatoes
Yeast dough

FLOURS

Soy
Wheat
Corn

BAKING PRODUCTS

Baking soda
Baking powder