



SAFE AND TOXIC FOODS FOR DOGS



SAFE FOODS



VEGETABLES:

- Asparagus (cooked)
- Bell Peppers
- Broccoli (small amounts)
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Green Beans
- Kale
- Peas
- Potatoes/Sweet Potatoes (cooked)
- Pumpkin (plain, canned or fresh)
- Spinach (in moderation)
- Zucchini

FRUITS:

- Apples (remove seeds)
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cranberries
- Kiwifruit
- Mango (remove pit)
- Papaya
- Peaches (without pit)
- Pears
- Pineapple
- Raspberries
- Strawberries
- Watermelon (seedless)

PROTEINS & GRAINS DAIRY ALTERNATIVES: AND CARBS:

- Chicken (cooked, unseasoned)
- Turkey (cooked, unseasoned)
- Lean Beef (cooked, unseasoned)
- Fish (salmon, sardines - cooked and deboned)
- Eggs (cooked)
- Tofu (plain, in moderation)
- Plain Yogurt (unsweetened)
- Cottage Cheese (low-fat)

- Brown Rice
- Oatmeal (unsweetened, unflavored)
- Quinoa
- Whole Wheat Pasta (plain, cooked)
- Whole Grain Bread (small amounts)

HEALTHY FATS:

- Chia Seeds (small amounts)
- Flaxseeds (ground, in moderation)
- Peanut Butter (with real sugar, no xylitol)
- Sunflower Seeds (unsalted, shelled)

OTHER SAFE FOODS:

- Bone Broth (low sodium)
- Honey (small amounts)
- Coconut (shredded, unsweetened)
- Coconut Oil (in moderation)

TOXIC FOODS



- ALCOHOL
- AVOCADO (contains persin, toxic to dogs)
- CAFFEINE (coffee, tea, energy drinks)
- CHOCOLATE (contains theobromine, highly toxic)
- CITRUS FRUITS (lemons, limes, oranges - can cause stomach upset)
- COOKED BONES (can splinter and cause choking or intestinal damage)
- DAIRY (milk, cheese, ice cream - many dogs are lactose intolerant)
- FAT TRIMMINGS (can cause pancreatitis)
- GARLIC & ONIONS (raw, cooked, powdered - toxic to red blood cells)
- GUM/JUNK FOODS (may contain xylitol, harmful to dogs)
- GRAPES & RAISINS (can cause kidney failure)
- MACADAMIA NUTS (can cause weakness, vomiting, tremors)
- MUSHROOMS (wild mushrooms can be toxic)
- NUTS (pecans, almonds, walnuts - can cause digestive issues and pancreatitis)
- PITS & SEEDS FROM FRUIT (cherry, peach, plum, apple seeds - contain cyanide)
- PEANUT BUTTER (with xylitol) (artificial sweetener is highly toxic)
- POTATO SKINS/RAW POTATOES (contain solanine, toxic in large amounts)
- RHUBARB (can cause kidney failure)
- SALTY FOODS (chips, pretzels, processed snacks - can cause sodium poisoning)
- SPICY FOODS (chili, jalapeños, hot sauces - can cause stomach upset)
- TEA/TEA LEAVES (contains caffeine, toxic to dogs)
- XYLITOL SUGAR SUBSTITUTE (found in sugar-free candy, gum, and baked goods)
- YEAST/RAW DOUGH/MOLDY FOOD (can expand in the stomach, causing bloating)

IMPORTANT NOTES



- Always introduce new foods gradually to prevent digestive upset.
- Remove all seeds, pits, and tough skins from fruits before feeding.
- Avoid excessive amounts of any food - moderation is key!
- If unsure about a food, consult a veterinarian before feeding it to your dog.