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## **FRUITS & VEGETABLES FOR YOUR DOG**

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Dedicated dog lovers tend to be very kind people. We share our hearts and homes (and for some lucky pooches, even the foot of our beds) with our canine pals. Surely there is nothing wrong with sharing our favorite foods with them too, right? Not Necessarily. Many of the foods, such as fruits and vegetables, that humans digest just fine can wreck havoc on a dog's body, causing severe health problems. However, some of the foods people eat can be introduced to a dog's diet just fine, providing health benefits such as joint strength, better breath, and allergy immunity.

Read on to see what foods you can give to a dog and what ones can send your dog to the veterinarian's office:

**CHOCOLATE - NO**, this isn't an old wives' tale. Chocolate contains a very toxic substance called methylxanthines, which are stimulants that **stop a dog's metabolic process**. Even just a little bit of chocolate, especially dark chocolate, can cause diarrhea and vomiting. A large amount can cause seizures, irregular heart function, and even death.

**SHRIMP - YES**. A few shrimp now and then is fine, but only if they are fully cooked and ALL the shell (tail, head and legs) removed.

**EGGS - YES**. Eggs are safe for dogs as long as they are fully cooked.

**TURKEY - YES**. Turkey is fine for dogs as long as it is not covered in garlic (which can be very toxic to dogs) and seasonings. Be sure to remove excess fat and skin from the meat and don't forget to check for bones; poultry bones can splinter during digestion, causing blockage or even tears in the intestines.

**CHEESE - YES**, in small to moderate quantities.

**PEANUT BUTTER - YES**, raw, unsalted peanut butter is best.

**POPCORN - YES**. Unsalted, unbuttered, plain is best for a dog.

**CINNAMON - NO**. Cinnamon and its oils can irritate your dog's mouth.

**PORK / HAM - YES.** It is a highly digestible protein.

**CORN - YES.** It is a very common ingredient in most dog foods.

**FISH - YES,** but only fully cooked and cooled and no more than twice a week.

**BREAD - YES.** Small amounts of plain bread (no spices and NO raisins).

**YOGURT - YES.** Plain yogurt is a good snack for dogs.

**TUNA - YES.** In moderation, prepared only in water, not oil.

**HONEY - YES.** It is full of vitamins.

**GARLIC - NO.** It is part of the Allium family and is extremely toxic to dogs. Onions and Leeks are also part of this family though not as toxic.

**SALMON - YES.** Fully cooked (heated to at least 145 degrees to kill parasites).

**ICE CREAM - NO.** Adult dogs don't digest milk products well.

**COCONUT - YES.** It contains Lauric which strengthens the immune system.

**ALMONDS - NO.** They can block the esophagus.

**PEANUTS - YES.** Peanuts are safe for a dog.

**MACADAMIA NUTS - NO.** This is one of the most poisonous foods for a dog.

**CASHEWS - YES,** but only a few at a time.

**RAISINS - NO.** Raisins can be toxic to dogs.

**AVOCADO - NO,** not any part is good for a dog.

**WATERMELON - YES,** in moderation and without seeds or rind.

**APPLES - YES.** An excellent source of vitamins A & C as well as fiber.

**BANANAS - YES,** in moderation, give as a treat and NOT part of regular diet.

**GRAPES - NO,** grapes and raisins have been proven to be very toxic to dogs.

**STRAWBERRIES - YES,** in moderation.

**ORANGE - YES**, but only in moderation and not any of the peel.

**BLUEBERRIES - YES**, a good alternative to store-bought treats.

**CARROTS - YES**. Carrots are an excellent low calorie treat and good for teeth.

**TOMATOES - NO**. Any green part is toxic, play it safe and don't give any!

**PINEAPPLE - YES**. A few chunks are fine.

**BROCCOLI - YES**, but ONLY the stems. The bushy head contains a toxin.

**MUSHROOMS - NO**, don't give your dog mushrooms.

**CUCUMBERS - YES**. Especially good for overweight dogs.

**CELERY - YES**. And it can help freshen doggie breath.

**PEARS - YES**. Cut in to bite size bits but remove ALL seeds (cyanide).

**POTATOES - YES**. But only cooked as raw can be hard on a dog's stomach.

**CHERRIES - NO**. Most parts contain cyanide.

**PEACHES - YES**. Small amounts if cut-up peaches are fine.

**ASPARAGUS - NO**. There is no benefit so why bother.

**SWEET POTATOES - YES**. Packed with nutrients.

**RASPBERRIES - YES**. They are fine in moderation.

**MANGO - YES**. Remove the hard pit first as it is a choking hazard.

Hope this answers some questions. I am sure there are more, but this is the list that the AKC provided. Any other questions PLEASE ask your veterinarian!