



# Can My Dog Eat That?

Dogs can and should eat fresh foods. Dry kibble was invented to make it easier for humans to feed their pets. But dogs thrive on fresh foods just as much as we do. In fact, it's been said that adding even 10% of fresh food to your dogs diet can increase his life span by years!

**TIP:** Stay away from any salty, sugary or spicy foods. Think **whole fresh foods**. Start slowly to see how his stomach reacts. Stop feeding your dog any foods at once if you notice any unusual behavior. Everything in moderation please!

## Fruits & Veggies

Most fruits and vegetables are healthy for dogs. Serve raw or cooked, with no added ingredients. Remember, **whole fresh foods**.

Blend and freeze for a special treat on a hot day!

**NOTE:** Never feed your dog any food that is expired or moldy.

### YES PLEASE!

- Apples (without seeds)
- Avocados (no pit, stem or leaves)
- Bananas
- Berries: Blueberries, Blackberries, Strawberries, Raspberries
- Carrots
- Celery
- Corn (not on the cob)
- Cucumber
- Green Beans
- Kiwi
- Oranges
- Parsnips
- Peas
- Potatoes, Sweet Potatoes, Yams
- Pumpkin
- Spinach
- Watermelon (seedless)
- Zucchini

**URGENT!** Contact your vet or the **Animal Poison Hotline** if your dog has eaten any of the dangerous foods for dogs.

EMERGENCY VET  
PHONE NUMBER

### NOPE, TAKE A PASS

- ✗ Corn cob
- ✗ Grapes
- ✗ Mushroom plants
- ✗ Mustard seeds
- ✗ Onions and onion powder
- ✗ Potato leaves and stems (green parts)
- ✗ Raisins
- ✗ Rhubarb leaves
- ✗ Seeds or pits from apples, cherries, peaches, plums, and apricots
- ✗ Starfruit
- ✗ Tomato leaves and stems (green parts)



## Protein, Dairy and Such

While most dogs can eat raw meats, start small and make sure your dog doesn't get an upset tummy.

**NOTE:** Xylitol is artificial an sweetener found in many household products, not just peanut butter. Always read the label before serving to your dog.

### YES PLEASE!

- Beef
- Chicken
- Fish
- Salmon
- Cheese
- Coconut Oil
- Coconut Water
- Eggs
- Flax Seed
- Honey
- Oatmeal
- Peanut Butter (NO Xylitol)
- Peanuts
- Popcorn (plain, no butter or salt)
- Rice
- Yogurt

### NOPE, TAKE A PASS

- ✗ Alcohol
- ✗ Candy
- ✗ Chocolate
- ✗ Cinnamon
- ✗ Coffee
- ✗ Garlic (small amounts are okay)
- ✗ Gum
- ✗ Hops
- ✗ Mustard seeds
- ✗ Nutmeg
- ✗ Nuts: Macadamia, Pecans, Walnuts
- ✗ Play Dough (Homemade)
- ✗ Salt
- ✗ Sugar Free Products (containing Xylitol)
- ✗ Tea (caffeine)
- ✗ Xylitol
- ✗ Yeast dough

## Foods That You Can Share with Your Dog

All foods listed should be plain, no added sugars, fats, bones, seeds, etc.

- ✓ **Turkey:** plain, no gravy, no butter, no grease, no bones!
- ✓ **Mashed Potatoes:** just make sure they aren't filled with cheese, butter, garlic or onions.
- ✓ **Cranberry Sauce:** no sugar is best
- ✓ **Green Beans:** raw or cooked without all the butter and creamy sauce
- ✓ **Sweet Potatoes:** plain, no marshmallows or sugar
- ✓ **Apples:** no seeds or core
- ✓ **Carrots:** raw carrots are my dogs favorite veggie!
- ✓ **Pumpkin:** only pure pumpkin no pumpkin pie
- ✓ **Turkey Heart and Liver:** don't throw away the turkey heart and liver! These are high in nutrients for your dog. You can feed them RAW to your dog, if that grosses you out, then you can cook them. But a fresh, raw diet for dogs is rising in popularity.

## What NOT to feed your dog on Thanksgiving

Some of these are toxic, others will make your dog sick. Don't take the chance... be safe!

- ✗ **No Foods that are Fatty or Greasy:** While turkey is safe for your dog to eat, if it's drowning in butter or grease, take a pass.
- ✗ **No Foods that have Onions or Garlic:** Small amounts aren't going to kill your dog, but could make his belly upset. Large amounts of onions and garlic can be toxic.
- ✗ **No Ham:** it is too fatty and salty for dogs
- ✗ **No Stuffing:** too much butter, mushrooms, onions.
- ✗ **No Pumpkin Pie:** raw pumpkin is good for dogs. But once you add the sugar it goes on the no list.
- ✗ **No Nuts:** while there are a few nuts that okay for dogs. In general it's safer to skip the nuts.
- ✗ **No Grapes or Raisins**
- ✗ **No Foods with Artificial Sweetener, Xylitol**
- ✗ **No Chocolate or Sugary Baked Treats**
- ✗ **No Alcohol**

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