

Fruit and Vegetables for Dogs

Vegetables: Cut into bite size, remove all seed and stems. Steam lightly, cool before serving.

- Carrots
- Rutabaga
- Kale
- Cauliflower
- Yams
- Brussels sprouts
- Celery
- Squash
- Green beans
- Broccoli
- Spinach
- Pumpkin
- Zucchini
- Cabbage
- Beets
- Sprouts
- Seaweed edible types include: Wakami, Nori Dulse, Kelp
- Potato
- Sweet potato
- Collard greens
- Cucumber
- Rice - though not a vegetable, rice like other whole grains makes a healthy, occasional addition to a dog's diet.

Fruit: Note - Contains natural sugars and vitamins. Cut into bite size pieces for smaller dogs to avoid choking.

- Apple - no seed
- Banana
- Pear - trim out core
- Watermelon - no seed
- Apple sauce
- Cranberries
- Tomato
- Cantaloupe
- Oranges
- Peaches - no pit
- Plums - no pit
- Blue berries
- Raspberries
- Honey - may be added to fruit or yogurt in small amounts and is a good, natural antiseptic in an emergency.

Dairy:

- Active culture yogurt
- Cheese - modest quantities
- Cottage cheese

Foods to avoid: May be poisonous or allergenic.

- Onions
- Chocolate
- Coffee
- Refined sugar
- Grapes and raisins
- Tea
- Avocado
- Wine
- Green onion
- Eggplant
- Meat fat
- Salt, pepper, any spice
- Rhubarb
- Macadamia nuts
- Bones
- Uncooked meat, fish or poultry
- Milk
- Corn
- Garlic in large quantities
- Processed cereals
- Syrup

Notes: Individual dogs may have preferences for some fruits and vegetables over others. Some pets may have allergies to one or more of these foods so always check with your veterinarian, and carefully add items a few at a time in moderation, increasing the amount over time.