

HEALTHY vs. HARMFUL Dog Food

A Quick Guide on What to Give Them



Healthy

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|---|-----------------------------|--|
|  | Acai berries | Mango |
| | Alfalfa | Nectarines  |
| | Apples (not the seeds!) | Oats |
| | Asparagus | Olive oil |
| | Bananas | Oranges |
| | Barley | Organ meat (Liver, gizzard, heart) |
| | Beans | Papaya |
| | Beef | Parsley |
| | Blackberries | Peaches (not the pits!) |
| | Blueberries | Peanut butter (salt/sugar-free) |
|  | Bran (cereal, wheat) | Pears |
| | Bread (whole grain) | Peas |
| | Broccoli | Pheasant |
| | Broth (chicken, beef) | Pineapple  |
| | Brussel sprouts | Pork |
| | Buffalo | Potato (not peelings!) |
| | Cabbage | Pumpkin |
| | Cantaloupe | Quinoa |
| | Carrots | Rabbit |
| | Celery | Radishes |
|  | Cheese | Raspberries |
| | Chicken | Rice |
| | Cinnamon | Sardines  |
| | Coconut (oil, meat & water) | Salmon |
| | Corn | Sprouts |
|  | Cranberries | Squash |
| | Cucumber | Strawberries |
| | Eggplant | Sweet potatoes |
| | Eggs | Turkey |
| | Flax oil | Venison |
| | Fish oil | Watermelon  |
| | Honeydew melon | Yams |
| | Kiwi | Yogurt (plain) |
| | Lamb | Zucchini |
|  | Leafy greens | |

Harmful

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|---|---|--|
|  | Alcohol | |
| | Apple seeds | |
| | Baking powder & soda | |
| | Beer | |
| | Caffeine  | |
| | Candy | |
|  | Chives | |
| | Chocolate (esp. dark) | |
| | Coffee | |
| | Fat Trimmings  | |
| | Fruit Pits | |
|  | Garlic | |
| | Grapes  | |
| | Hops | |
| | Ice Cream  | |
| | Leeks | |
| | Medicine for Humans | |
|  | Milk | |
| | Moldy Foods | |
| | Mushrooms  | |
| | Mustard seeds | |
|  | Nutmeg | |
| | Nuts (esp. Macadamia) | |
| | Onions | |
| | Potato (leaves, peelings, & stems) | |
| | Raisins | |
| | Rhubarb  | |
|  | Salt | |
| | Sugar | |
| | Tea | |
| | Tomato (leaves & stems)  | |
| | Vitamins for Humans (esp. iron!) | |
| | Xylitol (in gum) | |
| | Yeast dough | |

Harmful: Baby Food - contains onion powder toxic to dogs

Home is where your pets are.