

SAFE AND TOXIC HUMAN FOODS FOR DOGS

MEATS & FISH

TOXIC

- Fatty/Junk Foods
- Fat Trimmings
- Fish & Poultry Bones
- Raw Meat
- Raw Fish
- Raw Eggs



SAFE

- Cooked Lean Beef, Lamb, Pork, Chicken or Turkey (unseasoned)
- Cooked Tuna or Salmon (unseasoned in moderation)
- Cooked Eggs
- Broth (low sodium)



NUTS, SWEETS & SPICES

TOXIC

- Salty Foods (in large amounts)
- Sugary Foods (in large amounts)
- Artificial Sweeteners: Aspartame or Xylitol (frequently found in sugar free candy, gum, peanut butter)
- Chocolate
- Nutmeg
- Nuts: Macadamia, Almonds, Walnuts, Pistachios, Pecans
- Seeds: Sunflower, Pumpkin, Fruit
- Gum
- Candy

SAFE

- Honey (in small amounts)
- Peanut Butter (with real sugar)
- Oils: Olive, Coconut, Flax (in small amounts)

FRUITS

TOXIC

- Avocado
- Grapes
- Raisins
- Currants
- Rhubarb
- Grapefruit
- Citrus Rinds (Skin)
- Fruit Pits: Apricots, Peaches, Plums, Cherries, Nectarines



SAFE

- Apples
- Bananas
- Melons: Cantaloupa, Honey Dew, Watermelon
- Kiwi
- Fruit only-no Pits: Mangoes, Apricots, Peaches, Plums, Nectarines
- Pumpkin
- Pineapple
- Pears
- Berries: Strawberries, Blueberries, Blackberries, Raspberries
- Citrus: Oranges, Clementines, Tangerines, Lemons (no rinds)

STARCHES & GRAINS

TOXIC

- Yeast Dough
- Moldy Bread or Food
- Homemade Play or Salt Dough
- Potato Skins/Raw Potatoes
- Popcorn kernels (choking hazard)

SAFE

- Potatoes/Sweet Potatoes (cooked with skin removed)
- Rice (in small amounts)
- Grains: Oatmeal, Polenta (cooked)
- Whole Grain Bread (small amounts)
- Popcorn (air popped plain)



VEGETABLES

TOXIC

- Garlic
- Onions
- Chives
- Leeks
- Mushrooms
- Tomatoes



SAFE

- Green Beans
- Carrots
- Celery
- Asparagus
- Broccoli
- Cooked Zucchini/Squash
- Peas

DAIRY

TOXIC

- Milk, Cream, 1/2 & 1/2
- Butter, Butter Spread
- Ice Cream, Whipped Cream

SAFE

- Cheese (in small amounts)
- Cottage Cheese (in small amounts)
- Greek Yogurt (plain, low fat)



DRINKS

TOXIC

- Alcohol (Beer, Wine, Liquor)
- Caffeine (Energy Drinks, Coffee & Tea)

SAFE

- Water
- Coconut water (unsweetened)

