

What human foods can your dog eat?

Who can resist those big adorable eyes begging for chicken? You might not have to after all! Our dogs are part of our family, and occasionally, it's okay to indulge and give them a treat. Just be sure it's a safe treat. Dogs can't stomach the variety of foods we enjoy and can have serious reactions like vomiting, diarrhea, constipation, lethargy, and can even die.

But there is a solid list of great foods that you CAN feed your pup that are not only high in nutritional value but taste great!

Acceptable foods:

- Apple slices (avoid the core)
- Oranges
- Bananas
- Watermelon (without seeds)
- Pears
- Salmon
- Peanut butter
- Cooked rice or pasta
- Berries in moderation
- Cheese in moderation
- Oatmeal
- Pumpkin
- Green beans
- Carrots
- Cucumber slices
- Plain baked potato
- Zucchini slices
- Lettuces
- Cooked chicken
- Lean meats



Consider having treats on-hand for rewards, snacks, and "just because I love you" occasions. We encourage your dog will love them, and you'll feel good about feeding your dog healthy treats!

There are a lot of foods that we enjoy that dogs definitely

can't, specifically chemicals. Popular foods like candy, toothpaste, baked goods, and some diet foods contain a chemical called xylitol, which is harmful for dogs. Another example is a chemical found in light, dark, and white chocolates called theobromine. These chemicals can cause serious harm to our dogs and should be avoided all together.

Take good care of your pal! Only feed dogs food that's meant especially for them (and maybe the occasional nibble of safe human food).

Symptoms that your dog may experience

All of these harmful foods contain ingredients that dogs can't stomach (literally) and can lead to symptoms like these:

- Vomiting or gagging
- Painful, sensitive abdomen
- Lack of appetite
- Lethargy
- Changes in normal behavior
- Little interest in food
- Weakness
- Liver failure
- Loss of coordination
- Seizures
- Diarrhea
- Constipation
- Death (sounds dramatic, we know, but it's possible!)

What do you do if your dog has eaten something harmful?

If your dog does eat something bad and they start to react, get them to the vet ASAP! If you feel it's a real emergency, call the ASPCA Animal Poison Control Center (888-426-4435)

and they will walk you through what to do until you can get to the vet.

Harmful foods:

- Alcohol
- Avocados
- Apple cores (but apples slices are ok)
- Bacon
- Celery
- Cherries
- Cold medicines
- Chocolate (theobromine)
- Caffeine
- Citrus
- Coconut
- Chives
- Dairy products (like ice cream)
- Fat trimmings and cooked bones
- Garlic
- Grapes
- Macadamia Nuts
- Nuts
- Onion
- Peaches
- Peppers
- Plums
- Popcorn
- Raisins
- Raw meat
- Salty foods like chips or pretzels
- Sodas
- Xylitol (a sweetener found in candies and some peanut butters)
- Yeast dough



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