

HEALTHY vs. HARMFUL Dog Food


A Quick Guide on What to Give Them



Healthy

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|--|--|
| Acai berries | Leafy greens  |
| Alfalfa | Mango  |
|  Apples (no seeds!) | Nectarines |
| Asparagus | Oats |
| Bananas | Olive oil |
| Barley | Organ meat (liver, gizzard, heart) |
| Beans | Papaya |
| Beef | Parsley |
| Blackberries | Peanut butter (salt/sugar-free) |
| Blueberries | Pears |
|  Bran (cereal, wheat) | Peas |
| Bread (whole grain) | Pheasant  |
| Broccoli | Pineapple  |
| Broth (chicken, beef) | Pork |
| Brussel sprouts | Potato (not peelings!) |
| Buffalo | Pumpkin |
| Cabbage | Quinoa |
| Cantaloupe | Rabbit |
| Carrots | Raspberries |
| Celery | Rice |
|  Cheese | Sardines  |
| Chicken | Salmon  |
| Cinnamon | Sprouts |
| Coconut (oil, meat & water) | Squash |
| Corn | Strawberries |
| Cranberries | Sweet potatoes |
| Cucumber | Turkey |
| Eggs | Venison |
| Flax oil | Watermelon (no seeds!)  |
| Fish oil | Yams |
| Honeydew melon | Yogurt (plain) |
| Kiwi | Zucchini |
| Lamb | |

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 | |