

Human Food for Dogs

We are often led to believe that dogs can only eat kibble, but really dogs should eat fruits and vegetables just like us. Avoid processed foods like chips and crackers, but there are a great deal of foods, fruits, and vegetables that are actually good for them! This list is adapted from [The Farmer's Dog](#).

THE GOOD LIST

- **Honey:** Not so much for eating, but honey is a natural antibacterial agent. Any cuts or scratches, put a thin layer of honey on it, and it helps seal the cut and kills the germs. **TIP:** Only the real stuff, do not use fake honey.
- **Coconut Oil:** Great to add to their food daily or a couple times a week to keep that skin silky. Also great for hot spots or dry skin. **TIP:** Keep it on hand for those summer hot spots, bug bites, or dry elbow patches.
- **Sardines:** Raw or canned in water or olive oil are rich in Omega 3 and taurine. And it is AWESOME for dog's skin and fur! People will comment at how silky smooth your dog's coat is. **TIP:** Add one to your dog's breakfast every morning.
- **Eggs:** Eggs, both raw and cooked, AND ground egg shells are really good for dogs! Egg shells are ground and put in dog arthritic medicine, so why not give it to them when they are young to protect them! **TIP:** Clean out empty egg shells and crush them to sprinkle of their food.
- **Ground Pumpkin:** Loaded with fiber and beta-carotene, which the body converts to vitamin A. But feed in moderation. **TIP:** Always have a can on hand! 1 tablespoon per day helps an upset stomach.
- **White or Brown Rice:** Not an everyday treat, but great for stomach aches! If your dog has a wet poop for multiple days in a row, a BRAT diet will help sooth the stomach. **TIP:** Always have a can on hand! For diarrhea or vomiting, cook some rice with chicken stock, and serve for 24 hours.
- **Kefir:** Unfortunately kibble does not help keep healthy bacteria in our dog's stomach, so it's good to add some probiotics. Dogs are often most tolerant because it's lactose free. Great source of good fat and probiotics. **TIP:** This is a must if your dog is place on any medication or antibiotics.
- **Cottage Cheese:** Great source of good fat, protein, calcium, and probiotics. Greek yogurt also works well. **TIP:** Put in a Kong and freeze it.
- **Peanut Butter:** Peanut butter is a great high value treat to stick in the kong, wrap around a pill, or make them lick off a spoon while giving them a bath, cutting their nails, etc... Steer clear of the peanut butter with sugar or sweeter, just sticked to roasted peanuts. **TIP:** Put in a Kong and freeze it.
- **Green Beans:** A crunchy source of iron, calcium, fiber, folic acid, niacin, potassium, beta-carotene, and vitamins A, C, and K, green beans are another excellent choice for overweight dogs. Only feed fresh varieties without any added salt. **TIP:** Steam some for the family, and a few for the pup.
- **Carrots:** The texture of carrots actually helps remove plaque and other buildup from the surface of teeth. Carrots are rich in fiber, beta-carotene, and vitamin A and are also low in calories, which is a win-win. **TIP:** Great to give to feisty puppy as a chew treat.
- **Cucumber:** Loaded with potassium, copper, magnesium, biotin, and vitamins K, C, and B-1, cucumbers are heavy in nutrition and light in calories. **TIP:** Yummy refreshing treat. Give it whole as a chewing treat, or in pieces as a training treat.
- **Parsley:** Parsley is antimicrobial and carminative. It is also anti-inflammatory and can therefore helps dogs with inflammatory issues such as arthritis and cancer. It is also a diuretic and can lower blood pressure. **TIP:** Great for bad breath!
- **Sweet Potato:** Cooked sweet potatoes are a great snack because they're high in beta-carotene and contain fiber and vitamins B-6 and C. **TIP:** Raw potatoes are very rough on your dog's digestive system, and will make the poop scooping uncomfortable for everyone involved the next day.
- **Red Pepper:** Packed with vitamins, slices of raw red peppers are a sweet treat as long as you remove the stems and seeds. **TIP:** Cut up some red peppers, and give the the dog the top and bottom that's leftover.

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- **Bananas:** Bananas are high in potassium, vitamin B6, and vitamin C. You should only feed your dog bananas in moderation, especially since they contain a lot of sugar. **TIP:** Freeze banana pieces for a little treat.
- **Apples:** An apple a day keeps the doctor and the vet away. Remove the skin, seeds, and core before offering them up to your pup, as apple seeds contain cyanide and can have poisonous effects on your dog if consumed regularly over time. **TIP:** Great for bad breath!
- **Pears:** These are frequently overlooked option for dogs, but pears are not to be forgotten. They contain fiber, and vitamins C and K, ensuring better digestion and a stronger immune system. Ditch the core at the door. **TIP:** Slice up the mushy ones and freeze them for a yummy frozen treat.
- **Strawberries:** Strawberry fields forever/in moderation. Strawberries are high in sugar and need to be given in small portions, but they're a great source of fiber and vitamin C. **TIP:** Even better when frozen, dogs love this refreshing treat!
- **Blueberries:** A superfood for humans and dogs alike, blueberries are rich in antioxidants, fiber, and phytochemicals. **TIP:** Throw the mushy ones that no one wants to eat on top of their kibble.
- **Raspberries:** Rich in vitamin C, manganese, and fiber, raspberries are a tasty antioxidant treat. This makes raspberries a great treat for arthritic dogs as they may reduce joint inflammation. **TIP:** Feed them in moderation.
- **Kiwi:** Kiwi is safe for dogs and contains healthy doses of fiber, vitamin C, and potassium. It also contains flavonoids and carotenoids, which are great antioxidants. They protect against cancer, help cell rejuvenation, and strengthen the immune system. **TIP:** Remove the skin!
- **Watermelon:** Watermelon is 92% water, making it a tasty way to keep your dog hydrated on a hot summer afternoon. Packed with potassium and vitamins A, B-6, and C. Keep the seeds and rind out of reach too! **TIP:** Super refreshing on a hot summer day
- **Cantelope:** Slice of cantaloupe contains a heaping dose of dog-friendly nutrients. Don't forget to remove the seeds and rind, as they can both cause stomach and digestive issues. **TIP:** Super refreshing on a hot summer day.

THE BAD LIST

- **Chocolate**
- **Avocado**
- **Macadamia Nuts**
- **Onions**
- **Garlic**
- **Mushrooms**
- **Sugars**
- **Fake Sweeteners**
- **Grapes**