

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 (not the seeds!) | Nectarines | |
| Asparagus | Oats | |
| Bananas | Olive oil | |
| Barley | Oranges | |
| BEANS | Organ meat: Liver, tripe, tongue, gizzard, heart | |
| Beef | Papaya | |
| Blackberries | PARSLEY | |
| Blueberries | Peaches (not the pits!) | |
| Bran (oatmeal, oats, rice, wheat) | Peanut butter (salt/sugar-free) | |
| Bread (whole grain) | Pears | |
|  Broccoli | Peas |  |
| BROTH (chicken, beef) | Pheasant | |
| Brussel sprouts | Pineapple | |
| Buffalo | Pork | |
| Cabbage | Potatoes | |
| Cantaloupe | Pumpkin | |
| CARROTS | Quinoa | |
| CELERY | Rabbit | |
| Cheese | Radishes | |
|  Chicken | Raspberries | |
| Cinnamon | RICE |  |
| Coconut meat | Sardines | |
| Coconut water | Salmon | |
| Corn | Sprouts | |
| Cranberries | Squash | |
| Cucumber | Strawberries | |
| Eggplant | Sweet potatoes | |
| Eggs | Turkey | |
| Eggshells (finely ground) | Venison | |
| Flax oil | Watermelon |  |
| Fish oil | Yams | |
| Honeydew melon | Yogurt (plain) | |
| Kiwi | Zucchini | |
|  Lamb | | |

Harmful

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|---|---|---|
|  Alcohol | Aloe Vera Plant | |
| | Apple seeds |  |
| | Avocado (pits, skin, leaves, & stems) | |
| | Baking powder & soda | |
| | BEER | |
| | Caffeine |  |
|  Candy | Chives | |
|  Coffee | Chocolate (esp. dark) |  |
| | Coffee | |
| | FAT TRIMMINGS | |
| | Fruit Pits (apricots, peaches, plums, cherries, etc.) | |
|  Garlic | GARLIC |  |
| | GRAPES | |
| | Hops | |
| | ICE CREAM | |
| | Leeks | |
|  Medicine for Humans | Medicine for Humans | |
| | Milk |  |
| | Moldy Foods | |
|  Mushrooms | Mushrooms | |
| | Mustard seeds | |
| | Nutmeg | |
| | NUTS (ESP. MACADAMIA) | |
| | ONIONS | |
| | Potato leaves, peelings, & stems |  |
| | Raisins | |
| | Rhubarb | |
|  Salt | Salt | |
| | Sugar | |
| | Tea |  |
| | TOMATO (unripe fruit, leaves, stems) | |
| | Vitamins for humans (especially iron!) | |
| | Xylitol (in gum) | |
| | Yeast dough | |