



Safe Human Foods for Dogs

It is your choice whether or not to feed small amounts of safe human food to your dog. Dogs that are denied human food or table scraps are generally better behaved than dogs who do receive people food. These dogs do not beg because they know they won't collect any scraps. They also tend to drool less and bother visitors less frequently because they understand that human food is for humans and not for them. Below is a list of human foods that are safe for dogs to eat **in moderation**.

Lean Meat

Lean meat includes meat without bones that have had excessive fat removed. If feeding chicken and turkey, the fatty skin should be removed. Lean meat includes the white meat from chicken or turkey and provides a tasty treat for your dog as well as a good source of protein.

Eggs

Salmonella and biotin deficiency are two things to be cautious of when feeding your dog raw eggs. Most vets will recommend giving your dog a cooked egg over a raw egg. Eggs are an excellent source of protein and have a host of vitamins for your pup. Don't worry about cooking the egg in butter, oil, salt, pepper or other additives, your dog doesn't need those things, and they can be harmful to them as well.

Fruits

Dogs can safely enjoy small amounts of:

Bananas	Apple
slices	
Strawberries	Blueberries
Watermelon	Cantaloupe
Cranberries	Mangoes
Oranges	Peaches
Pears	Pineapples
Raspberries	

PLEASE NOTE: The seeds should be removed from these fruits (or in the case of watermelon it should be a seedless melon) as most fruit seeds contain a trace amount of arsenic, which is

highly poisonous(it's a small amount but why risk it?).

Vegetables

The vegetables below are safe for dogs to

eat: Broccoli	Brussels sprouts
Carrots	Celery
Cucumber	Green beans
Peas	Cooked potatoes (not raw)
Spinach	Sweet potatoes

Vegetables make great low-calorie snacks and useful training tools. In fact, you can give your dog slices of carrots as a treat and a healthier alternative to other training treats. BUT: Stay away from canned and pickled vegetables as they contain too much salt.

White Rice

Cooked white rice is a common recommendation for a dog with an upset stomach . Generally boiled white chicken and white rice are used to help firm up stools as well as nourish a dog that is having trouble getting any nutrition from food as a result of illness