

# Can Dogs Eat Olives? Here's What You Need to Know

When eating your favorite food in front of your pup, it is sometimes hard not to share.

So, if you are a huge fan of olives and have a jar or two in your kitchen, you may wonder: ***can dogs eat olives?***

Simply put, dogs can indeed eat olives. However, just like any other non-toxic fruit, it has to be in moderation. Olives are packed with plenty of nutrients that can be good for your dog's health. But they can also cause harm if you cannot regulate the amount and frequency of feeding to your dog.

Thereby, before you grab a piece or two of olives, learn how to draw the line using the information on the following few lines.

Find out the benefits, potential dangers, and things you must remember when letting your dogs eat olives.

## Is It Safe to Feed Your Dog With Olives?

[Olives](#) are considered an essential ingredient, especially in Mediterranean cuisine.

Likewise, it's a popular topping for pizza and garnishes for cocktails like a martini.

But perhaps it's more commonly known as a healthy source of oil. Hence, you find plenty of olive oil brands in the market. In short, olives and derivative products are widely available.

Generally, it's not a typical choice for organic dog treats, but feeding your fur baby with olives is regarded as safe.

Furthermore, it can improve certain health conditions since olives are rich in vitamin A, vitamin K, vitamin E, calcium, proteins, and healthy fats.

## Health Benefits Of Olives in Dogs

Giving your dog olives with utmost care can unlock several health benefits like the following.

1. Strengthens Immune System

The antioxidants and other nutrients found in olives can effectively reduce inflammation. As a result, it also helps in managing pain caused by infection.

It also boosts the function of immune cells. And as we know, when the immune system is strengthened, your dog can be safe from critical dangers brought by infections and diseases.

## 2. Improve Vision

Vitamin A and vitamin E are essential nutrients that keep the eyesight healthy among humans. Both nutrients provide the same effect on a dog's vision.

Aging dogs are known to suffer from gradual vision loss and muscle degradation. Hence, they can benefit from snacking on olives from time to time.

## 3. Lowers Risk of Critical Illnesses

Free radicals are often associated with the development of cancer, heart disease, and cataracts. They are also linked to premature aging among dogs.

An effective way to fight off free radicals is to introduce antioxidants into the system. And olives don't run short of antioxidants that can prolong the life of your fur baby.

## 4. Boosts Bone Health

The presence of calcium in olives makes it a good alternative for dairy products for lactose-intolerant dogs. Calcium is an essential mineral that promotes strong bones and teeth.

The [Association of American Feed Control Officials \(AAFCO\)](#) recommends a minimum of [1.25 mg calcium/kcal](#) for adult canines.

## 5. Reduces Cholesterol

Olives have rich monounsaturated fats. This type of fat can break down visceral fat that covers the vital organs.

A healthy amount of monounsaturated fats in the canine's body system can help lower the risk of obesity and diabetes.

If your dog is on the heavier side and requires weight loss to maintain good health, a drizzle of olive oil or some pieces of olives can be a healthy choice.

# Possible Dangers of Feeding Olives to Dogs

The benefits of olives for your dog's health may sound promising as it is. But, before you rush to the kitchen and get some olives for your pooch, you might want to know first about its potential harm.

## 1. Digestive Obstruction

Fresh olives may come with pits and seeds that are still intact.

Your dog can chew or swallow these pits and seeds, which could cause bowel obstruction or digestive concerns.

And as we know, intestinal blockage can cause serious health issues with your four-legged friend.

Also, if your fur babies can't help but bite on the olive fruits, it can cause damage to their teeth.

The olive's pits and seeds can also lodge in your dog's throat and cause choking or blockage in the airways. By this point, you will have to rush your canine to the vet.

## 2. Sodium Poisoning

Sodium is an essential substance for dogs, but getting too much of it can cause health problems.

According to [AAFCO](#), the recommended sodium intake for canines is at least 0.3% of dry food. However, foods that are high in sodium can increase thirst and water intake.

If you can't monitor your dogs' sodium intake, they may experience dehydration and even intoxication.

Likewise, it can trigger health conditions like liver and kidney disease along with high blood pressure.

Essentially, dogs are only required to have about 0.25-2.5 grams of sodium for every 100 grams of food. Exceeding this amount can be trouble for your dog.

Canned olives contain high amounts of sodium, about 60 mg per olive. Hence, feeding your dog with olives submerged in brine can cancel out the health benefits and possibly cause salt poisoning.

For years dog owners and even veterinarians often used salt to induce vomiting among dogs and cats.

But since cases of salt or sodium poisoning have been understood well, this was completely eradicated.

If your dog is experiencing the following symptoms, contact your vet at once as it could be [salt poisoning](#).

- Diarrhea
- Chills
- Extreme thirst or urination
- Irregular accumulation of bodily fluid
- Lethargy
- Loss of appetite
- Possible kidney damage
- Seizures
- Vomiting
- Walking drunk

If salt poisoning is severe or left untreated, it can lead to coma or death. Thereby, it needs to be treated as soon as possible.

### 3. Contamination From Other Substances

Pet owners tend to feed their fur babies with chunks of food from their own meals. It could be a piece of popcorn or a mushroom from a slice of pizza.

You might also be compelled to feed olives from a salad or a meal in which you might not be familiar with the other ingredients.

Without proper care, you might unknowingly give your dog a piece of olive combined with spices, dairy, or herbs that are toxic to canines. It can lead to digestive distress, diarrhea, or anemia.

## 5 Things to Remember Before You Let Your Dogs Eat Olives

Now that you've learned about the good and the bad sides of feeding your dog with olives, it's time to meet in the middle. Sure, there are adverse effects of letting your dog eat olives. But have you noticed that these negative effects only occur when you overfeed your dogs with the said fruit?

A simple way to still acquire the nutritional benefits of olives without jeopardizing your pooch's life is to ensure that you feed it in moderation. So, before giving your dog olives, take note of the following reminders.

### 1. Choose unsalted, plain olives.

Since sodium content may tip the healthy benefits of olives, it is best to choose a variety with less salt. Also, choose fresh and natural olives to protect your dog from salt poisoning.

## 2. Always the expiration date of the olives.

Olives that are beyond their sell-by date could have molds that harbor tremorgenic mycotoxins. These substances trigger an intoxication that can be life-threatening for your dog.

## 3. Consider olive oil over the fruit itself.

You can add a bit of [extra virgin olive oil](#) to your dog's food. Olive oil has less salt and acids. It also contains all the nutrients with a fresher flavor.

## 4. Between green and black olives, black olives are healthier.

While dogs can eat either green or black olives, the black ones, which are riper, are better choices for your pooch. This is because black olives have lesser sodium content than green olives.

## 5. Never let your dog eat olives soaked in alcoholic beverages.

[Alcohol](#) is considered toxic to canines. It can cause lung failure, seizures, coma, and death once your dog ingests a substantial amount.

## In a Nutshell

Letting your dogs eat olives is fine. But you must feed the fruit with care and extra precautions to ensure that the potential adverse effects do not outweigh the nutritional benefits.

Nonetheless, if you're still hesitant to introduce olives to your pooch, you can always ask your veterinarian for advice.