

ARE YOU CUTTING YEARS OFF YOUR DOG'S LIFE WITH THE WRONG FOOD?

This could save your dog's life & hundreds in vet bills.



Please note that the information contained in this article is not meant to be all-inclusive, but rather a compilation of the most frequently encountered food/ingredients. As always, if you suspect your pet may have dietary problems, health or allergy issues, contact your local veterinarian.

BAD OR CAUTION

Alcohol beverages: Can cause intoxication, coma or death. Symptoms of alcohol poisoning are slow respiratory rate, increased urination, wobbly movement, agitation, uncharacteristic behavior, depression, disorientation, hypothermia, seizures and cardiac arrest.

Aloe Vera: Can cause vomiting, depression, diarrhea, anorexia, tremors, change in urine color

Almond: Avoid nuts for dogs but a small amount of almond is fine according to the ASPCA. All nuts contain fats, which can lead to gastrointestinal upset such as vomiting and diarrhea. High fat contents can also potentially lead to inflammatory condition of the pancreas known as pancreatitis. Many commercially sold nuts are salted which in large volume could potentially cause sodium ion toxicities.

Amaryllis: Can cause vomiting, depression, diarrhea, abdominal pain, hyper salivation, anorexia, tremors

Apple seed: Apple seed contains Amygdlin which is a type of cyanide that can be harmful. The amount of oxygen in our dog's blood will be reduced if he eats too many apple seeds, resulting in major health crisis. Symptoms include dilated pupils, hyperventilation, difficulty breathing and shock.

Apricot seed: Apricot seed contains Amygdlin which is a type of cyanide that can be harmful. The amount of oxygen in our dog's blood will be reduced if he eats too many apple seeds, resulting in major health crisis. Symptoms include dilated pupils, hyperventilation, difficulty breathing and shock.

Autumn Crocus: Cause oral irritation, bloody vomiting, diarrhea, shock, multi-organ damage, bone marrow suppression

Avocado: Questionable. Some studies claim it is safe and healthy for dogs but some studies claim it is dangerous. Avocado leaves, fruit, seeds and bark contain a toxic principle known as persin which can cause vomiting and diarrhea in dogs. Guatemala type is especially dangerous for dogs. Some confusion has risen with claims of avocado being safe for dogs and even "dog friendly" avocado products. Because it is unclear specifically how avocados are processed for these foods, what types of avocados are used or what minimum dose may result in health problem, always check with your vet if you must feed avocado.

Bacon: Should never be given to dogs due to its high fat content. While some dogs might be fine when given minimal amount as treats, it could trigger an attack of pancreatitis in others that need to be more cautious with fat levels.

Baking powder: Used in baked goods to create a gas, which causes doughs and batters to rise. When eaten by itself instead of in baked goods, large amount can cause electrolyte changes, muscle spasms and congestive heart failure.

Baking soda: Used in baked goods to create a gas, which causes doughs and batters to rise. When eaten by itself instead of in baked goods, large amount can cause electrolyte changes, muscle spasms and congestive heart failure.

Barley: Dogs cannot digest pearled barley. Can cause gastrointestinal upset.

Bird of Paradise: Cause gastrointestinal disorders such as diarrhea, vomiting, lack of coordination is possible.

Bones: Can cause obstruction or laceration of the digestive system. Absolutely no chicken bones, pork-chop bones and round steak bone as they easily splinter and can lodge. Since bones are great entertainment for dogs and also good way to clean the teeth, if you must, always supervise when giving your dog a bone, use common sense on the size and chewing style. Cooked bones can splinter and hurt your dogs. Always take away small pieces that your dog breaks off.

Broccoli: If the percentage of broccoli in the diet exceeds 10% it can cause gastrointestinal upsets and if it exceeds 25% it is fatal. The toxic ingredient in broccoli is isothiocyanate and is reported to be a potent gastrointestinal irritant. Broccoli also contains high amount of oxalic acid which interferes with calcium absorption.

Butter: Butter is fatty. Dogs can suffer from a condition called pancreatitis when given too much fatty food.

Cake: People food is generally not good for dogs. Most human cakes are made with high content of dairy products such as butter and milk that dogs cannot tolerate very well. It also contains high amount of sugar. Some may also contain chocolate or cocoa powder that is all potentially fatal to dogs.

Calla lily: Can cause oral irritation, intense burning and irritation of the mouth, lips, tongue, excessive drooling, vomiting, difficulty in swallowing

Candy: People food is generally not good for dogs. Sugary food can lead to obesity, dental problems and diabetes. Dogs can become addicted and lose their taste for healthier options, cause blood sugar and blood pressure imbalance, or weight gain resulting in obesity. Too much sugar can cause diarrhea. Some research states that some cancer cells thrive on carbohydrates (sugar). Some may also contain chocolate, cocoa powder and raisins that are all potentially fatal to dogs.

Cheesecake: People food is generally not good for dogs. Cheesecake is a dairy product and most dogs cannot tolerate dairy products very well. It also contains high amount of sugar. Some may also contain chocolate, cocoa powder or nutmeg that is all potentially fatal to dogs.

Cherry: Can cause rapid breathing, shock, mouth inflammation and increased heart rate.

Cherry pit or seed: Can obstruct the digestive tract. Contains Amygdlin which is a type of cyanide that can be harmful. The amount of oxygen in our dog's blood will be reduced if he eats too many apple seeds, resulting in major health crisis. Symptoms include dilated pupils, hyperventilation, difficulty breathing and shock.

Chicken Bone: Absolutely no no. It easily splinters and can cause obstruction or laceration of the digestive system.

Chinese food: People food is generally not good for dogs. While in general they are not toxic, some Chinese food is cooked with onion or other spices that are bad for dogs and can cause serious health issues. Be careful and know the ingredients if you must give your dog some Chinese food.

Chives: Contain sulfoxides and disulfides, which can damage red blood cells and cause anemia. Dog lack enzyme that allows us to digest onion. Without treatment, if regularly or big amount was ingested, severe anemia and death may occur. Symptoms are vomiting, diarrhea, gas pain and distress.

Chocolate: Contains Theobromine and caffeine, which can be toxic even in small quantity and can affect the heart, sometimes fatally. Symptoms are hyperactivity, restlessness, muscle twitches, increased urination and excessive panting. Increased heart rate, blood pressure and seizures may occur.

Cocoa bean: Contains toxic Theobromine that can be fatal to dogs. Also contains caffeine that can cause caffeine toxicity with symptoms such as hyperactivity, restlessness, muscle twitches, increased urination and excessive panting. Increased heart rate, blood pressure and seizures may occur.

Coffee: Contains caffeine that can cause caffeine toxicity with symptoms such as hyperactivity, restlessness, muscle twitches, increased urination and excessive panting. Increased heart rate, blood pressure and seizures may occur.

Coffee Bean: Contains caffeine that can cause caffeine toxicity with symptoms such as hyperactivity, restlessness, muscle twitches, increased urination and excessive panting. Increased heart rate, blood pressure and seizures may occur.

Coffee Ground: Contains caffeine that can cause caffeine toxicity with symptoms such as hyperactivity, restlessness, muscle twitches, increased urination and excessive panting. Increased heart rate, blood pressure and seizures may occur.

Cookies: People food is generally not good for dogs. Generally human cookies are made with lots of sugar and butter, making them rich and fatty. Dogs can suffer from a condition called pancreatitis when given too much fatty food. Sugary food can lead to obesity, dental problems and diabetes. Dogs can become addicted and lose their taste for healthier options, cause blood sugar and blood pressure imbalance, or weight gain resulting in obesity. Too much sugar can cause diarrhea. Some research states that some cancer cells thrive on carbohydrates (sugar). Some may also contain chocolate, cocoa powder, chocolate chips and raisins that are all potentially fatal to dogs.

Corn: Generally will not harm a dog unless the dog have allergies to corn. Corn is commonly used as fillers for lower grade dog food. If you feel that your dog may be experiencing a food-related problem, consult with your veterinarian.

Corn Plant: Can cause vomiting depression, in appetite, drooling, lack of coordination and weakness.

Daffodil: Cause severe gastrointestinal disorders, convulsions, shivering, hypotension, dermatitis, muscular tremors and cardiac arrhythmias

Eggnog: People food is generally not good for dogs. Eggnog is a dairy product and most dogs cannot tolerate dairy products very well. It also contains high amount of sugar. Eggnog is also usually served with rum and nutmeg. Both alcohol and nutmeg are bad and can both be potentially fatal to dogs.

Energy drink: Contains caffeine that can cause caffeine toxicity with symptoms such as hyperactivity, restlessness, muscle twitches, increased urination and excessive panting. Increased heart rate, blood pressure and seizures may occur.

Eucalyptus: Contains an essential oil known as eucalyptol that can cause vomiting, diarrhea and central nervous system depression if ingested in large enough amounts.

Fat food: Can cause pancreatitis. Signs include abdominal pain, acute onset of vomiting, and diarrhea. A hunched posture can be a sign of Pancreatitis pain.

Fat trimmings: Can cause pancreatitis. Signs include abdominal pain, acute onset of vomiting, and diarrhea. A hunched posture can be a sign of Pancreatitis pain.

French Fries: People food is generally not good for dogs. French fries are greasy and fatty. Dogs can suffer from a condition called pancreatitis when given too much fatty food. Can cause serious health issue such as bleeding or even death for dogs with pancreatitis.

Garlic: In large quantity, it can cause anemia. Dogs with pre-existing anemic condition, scheduled for surgery or young puppies before six to eight weeks of age should not be given garlic because they do not begin reproducing new blood cells. According to some veterinarian research, for a dog to develop anemia, it would have to eat over 0.5% of his body weight in onion to even begin the oxidative process. This means a healthy 60-pound dog would have to eat a whole 5-oz onion, or several cloves of garlic before anemia process sets in. In small quantity, garlic has long been used as a safe medicinal plant in holistic medicine for pets. It can stimulates immune functions in the bloodstream, beneficial for dogs with suppressed immune systems and dogs fighting cancer, fight infections/antibiotic, cardiovascular tonic, enhance liver function, lower cholesterol, and flea and tick repellent.

Grapes: Contain unknown toxins that can damage the kidneys.

Gum: Absolutely not. Gum does not digest easily and may cause intestinal problems. Some gum may also contain Xylitol that can cause serious and possible life threatening problems for dogs. Xylitol can cause increase in insulin circulating through the dog's body, causing blood sugar to drop and lead to liver failure. Symptoms include loss of coordination, vomiting, lethargy and seizures.

Ham: Should never be given to dogs due to its high fat content. While some dogs might be fine when given minimal amount as treats, it could trigger an attack of pancreatitis in others that need to be more cautious with fat levels.

Hamburger: People food is generally not good for dogs. Hamburger is too fatty. Dogs can suffer from a condition called pancreatitis when given too much fatty food. Can cause serious health issue such as bleeding or even death for dogs with pancreatitis.

Hyacinth: Cause intense vomiting, diarrhea, occasionally with blood, depression and tremors

Hydrangea: Can cause vomiting, depression, anorexia, diarrhea, bufodienalides are cardio toxic

Ice cream: People food is generally not good for dogs. Ice cream is a dairy product and most dogs cannot tolerate dairy products very well. It also contains high amount of sugar. Some may also contain chocolate or cocoa powder that is all potentially fatal to dogs.

Indian food: People food is generally not good for dogs. While in general they are not toxic, Indian food is cooked with onion or other spices that are bad for dogs. Indian food is also spicy and that can cause stomach upset as well as more serious health issues when given in large amount.

Iris: Cause vomiting occasionally with blood, depression, diarrhea, occasionally with blood, hyper salivation, abdominal pain

Italian food: People food is generally not good for dogs. While in general they are not toxic, spices in the sauces can upset the dogs' stomach as well as more serious health issues when given in large amount.

Ivy: The foliage is more toxic than the berries. Can cause gastrointestinal upset, diarrhea, hyperactivity, breathing difficulty, coma, fever, polydipsia, dilated pupils, muscular weakness and lack of coordination

Jello: People food is generally not good for dogs. While Jello is not toxic to dogs, it does contain high amount of sugar that is unhealthy to dogs. Sugar free Jello is made with sugar substitute that can be very harmful to dogs as well. Keep your dog from Chocolate or sugar free Jello.

Lamb bone: Can cause obstruction or laceration of the digestive system. Easily splinter and can lodged.

Lasagna: People food is generally not good for dogs. Lasagna with sauce can upset the dogs' stomach due to the spices in the sauce. Plain lasagna paste is ok.

Lily of the Valley: Can cause ataxia, vomiting, cardiac arrhythmias, death

Lobster: Shell fish can be common allergy triggers. Always check with your vet before giving your dogs lobster.

Macadamia nuts: Contain unknown toxin that can affect the digestive and nervous systems and muscles. The symptoms include stiffness, abdominal pain, vomiting, depression, difficulty walking, tremors and lack of energy.

Marijuana: Depress the nervous system and cause vomiting, changes in heart rate

Mayonnaise: People food is generally not good for dogs. While is not toxic or bad for dogs, it is rich and fatty. Dogs can suffer from a condition called pancreatitis when given too much fatty food. Check with your vet if your dog has existing medical condition before giving mayonnaise.

Mexican food: People food is generally not good for dogs. While in general they are not toxic, spices in the sauces can upset the dogs' stomach as well as more serious health issues when given in large amount.

Milk: Because dogs do not possess significant amounts of lactase (the enzyme that breaks down lactose in milk), milk and other milk-based products cause them diarrhea or other digestive upset in large quantity.

Mistletoe: Can cause gastrointestinal disorders, cardiovascular collapse, dyspnea bradycardia, erratic behavior

Mushroom: Some species of mushrooms are toxic and may cause shock/death. Symptoms include vomiting, diarrhea and abdominal pain. Some species of mushroom can be fatal for dogs. Watch out for mushrooms that sprout naturally in your yard. Call your vet or go directly to an emergency clinic if ingested.

Narcissus: Cause severe gastrointestinal disorders, convulsions, shivering, hypotension, dermatitis, muscular tremors and cardiac arrhythmias

Nuts: Avoid nuts for dogs if possible. All nuts contain fats, which can lead to gastrointestinal upset such as vomiting and diarrhea. High fat contents can also potentially leads to inflammatory condition of the pancreas known as pancreatitis. Many commercially sold nuts are salted which in large volume could potentially cause sodium ion toxicities. Peanuts on the other hand are not nuts, they are legume which is fine for dogs.

Nutmeg: Can cause seizures, tremors and central nervous system damage.

Onion: Contain sulfoxides and disulfides, which can damage red blood cells and cause anemia. Dog lack enzyme that allows the digestion of onion. Without treatment, if regularly or big amount was ingested, severe anemia and death may occur. Symptoms are vomiting, diarrhea, gas pain and distress.

Orange: The stems, leaves, peels, fruit and seeds contain varying amounts of citric acid, limonin and oils that can cause irritation and possibly even central nervous system depression if they are ingested in significant amounts.

Peach pits or seed: Can obstruct the digestive tract. Contains Amygdlin which is a type of cyanide that can be harmful. The amount of oxygen in our dog's blood will be reduced if he eats too many apple seeds, resulting in major health crisis. Symptoms include dilated pupils, hyperventilation, difficulty breathing and shock.

Persimmon: The seed from this fruit can cause inflammation of the small intestine in dogs as well as intestinal obstruction that can cause serious health problem.

Persimmon seeds: Can cause intestinal obstruction and enteritis.

Pistachios: Avoid nuts for dogs if possible. All nuts contain fats, which can lead to gastrointestinal upset such as vomiting and diarrhea. High fat contents can also potentially leads to inflammatory condition of the pancreas known as pancreatitis. Many commercially sold nuts are salted which in large volume could potentially cause sodium ion toxicities.

Pits: Can obstruct the digestive tract.

Pizza: People food is generally not good for dogs. Pizza can be bad for dogs depending on the type of toppings and amount given. Sauces may contain spices that can cause stomach upset as well as more serious health issues when given in large amount. Ham, sausage and pepperoni toppings are all fatty and full of spices. Dogs can suffer from a condition called pancreatitis when given too much fatty food.

Plum pits or seed: Can obstruct the digestive tract. Contains Amygdlin which is a type of cyanide that can be harmful. The amount of oxygen in our dog's blood will be reduced if he eats too many apple seeds, resulting in major health crisis. Symptoms include dilated pupils, hyperventilation, difficulty breathing and shock.

Poinsettia: Not deadly per myth but ingestions typically produce mild to moderate gastrointestinal tract irritation, which may include drooling, vomiting and/or diarrhea. Keeping this plant out of the reach of your pet to avoid stomach upset.

Pork: Fattening and can cause diseases of the pancreas or other internal organs.

Pork chop bone: Absolutely a no no. It easily splinters and can cause obstruction or laceration of the digestive system.

Potato: Raw potato is bad. Potato poisonings in dogs caused by Solanum alkaloids found in green potato skins have been recorded. Cooked mashed potatoes are fine for dogs and actually quite nutritious and digestible, unsalted of course.

Potato chips: People food is generally not good for dogs. Most potato chips are fried, hence making it greasy and fatty. Dogs can suffer from a condition called pancreatitis when given too much fatty food. Baked potato chips are a little better but they still contain salt and other flavoring that may upset dogs' digestive system.

Raisins: Contain unknown toxins that can damage the kidneys.

Raw eggs: Contain enzyme called avidin which decreases the absorption of biotin, a B vitamin. This can lead to skin, hair and coat problems. Raw eggs also may contain deadly salmonella.

Raw fish: Can result in a B vitamin deficiency leading to loss of appetite, seizures and sometimes death.

Salt: Large quantities could lead to electrolyte imbalances, thirst, sodium ion poisoning or death. Symptoms of excessive salt are diarrhea, vomiting, depression, tremors, seizures and elevated temperature.

Shrimp: Can be a common allergy triggers. Always check with your vet before giving shrimp to your dogs. If you do feed shrimp to your dog, be careful to peel the shells because they are hard to digest and may cause choking, cuts or other irritations. Improper preparation of raw shrimp may cause food poisoning.

Soy sauce: Bad for dogs because it is very salty. Large quantities could lead to electrolyte imbalances, thirst, sodium ion poisoning and death. Symptoms of excessive salt are diarrhea, vomiting, depression, tremors, seizures and elevated temperature.

Spaghetti: People food is generally not good for dogs. While it is not necessarily bad for dogs, spaghetti with sauce can upset the dogs' stomach due to the spices in the sauce. Plain spaghetti is ok.

Spicy food: Frequently contains salt, onion, garlic and other spices that can cause stomach upset as well as more serious health issues when given in large amount.

Spinach: Not toxic and won't hurt the dogs if they get a small bit, but it's definitely not good for their diet. Dogs are carnivores and their digestive system isn't designed to digest plant like spinach. It can make them sick, and it's not recommended.

Sugary foods: Can lead to obesity, dental problems and diabetes. Dogs can become addicted and lose their taste for healthier options, cause blood sugar and blood pressure imbalance, or weight gain resulting in obesity. Too much sugar can cause diarrhea. Some research states that some cancer cells thrive on carbohydrates (sugar).

Sugar-free candies: May be sweetened with Xylitol that can cause serious, possible life threatening problems for dogs .

Table scraps: Should not make up more than 10% of the diet, if you must.

Taco: People food is generally not good for dogs. Tacos normally come with spicy salsa sauce which can upset the dogs' stomach due to the spices in the sauce.

Taro Vine: Can cause oral irritation, intense burning and irritation of the mouth, lips, tongue, excessive drooling, vomiting, difficulty in swallowing

Tea: Contains caffeine that can cause caffeine toxicity with symptoms such as hyperactivity, restlessness, muscle twitches, increased urination and excessive panting. Increased heart rate, blood pressure and seizures may occur.

Thai food: People food is generally not good for dogs. While in general they are not toxic, some Thai food is cooked with onion or other spices that are bad for dogs and can cause serious health issues. Thai food is also spicy and that can cause stomach upset as well as more serious health issues when given in large amount.

Tobacco: Can cause nausea, salivation, vomiting and rapid heart rate.

Tomato Plant: Can cause hyper salivation, inaptness, severe gastrointestinal upset, diarrhea, drowsiness, central nervous system depression, confusion, behavioral change, weakness, dilated pupils, slow heart rate

Tulip: Can intense vomiting, depression, diarrhea, hyper salivation, in appetite

Turkey bone: Absolutely a no no. While it does not splinter as easily as chicken bone, it still splinters and can cause obstruction or laceration of the digestive system.

Turkey skin: No because of high fat content and spices that can be on it. Spice in general is bad or even fatal to dogs. Dogs can suffer from a condition called pancreatitis when given too much fatty food.

Unbaked bread: Can expand and produce gas in the digestive system, causing pain and possible rupture of the stomach and intestines.

Walnuts: Can bring about a number of illness symptoms including tremors, discoordination and swelling of the legs. Avoid nuts for dogs if possible. All nuts contain fats, which can lead to gastrointestinal upset such as vomiting and diarrhea. High fat contents can also potentially leads to inflammatory condition of the pancreas known as pancreatitis.

Wasabi: Wasabi is commonly made with horseradish which is neither bad nor good for dogs. It is however spicy and may upset their stomach. Avoid feeding it to your dog.

Wheat: Wheat will not generally harm a dog unless the dog is intolerant or have allergy issues toward wheat. Watch out for symptoms such as itchy skin, shaking of the head, ear inflammation, licking front paws, rubbing face on carpet, vomiting, diarrhea, flatulence, sneezing, asthma like symptoms, anal itching, behavioral changes and seizures to name a few.

Wonton: People food is generally not good for dogs. But if wonton is boiled and served with no sauce, it is safe for dogs. They are generally made from flour wrapper and meat such as chicken, pork or turkey. Make sure no onion or mushroom. Do not give fried wonton since they are fatty.

Xylitol: Can cause serious and possible life threatening problems for dogs. Xylitol can cause increase in insulin circulating through the dog's body, causing blood sugar to drop and lead to liver failure. Symptoms include loss of coordination, vomiting, lethargy and seizures.

Yeast dough: Can expand and produce gas in the digestive system, causing pain and possible rupture of the stomach and intestines.

Yogurt: While it can be a good source of available calcium and protein, some dogs may experience lactose overdose that causes constipation, itchy and irritated skin, and dehydration. To choose the right yogurt, pick one that has live active bacteria and no sugars or artificial sweeteners. The active bacteria may act as probiotics.

Yogurt Flavored: Contains far too much sugar for dogs' digestive system to handle. Some dogs may experience lactose overdose that causes constipation, itchy and irritated skin, and dehydration.

Yogurt Frosting: Contains far too much sugar for dogs' digestive system to handle. Some dogs may experience lactose overdose that causes constipation, itchy and irritated skin, and dehydration.

GOOD

Apple: A source of vitamins A and C and fiber. It is low in sodium and saturated fat, making it a great snack that is also a natural way to help get a glossy coat that shines. Can be beneficial for regular bowel movements. Do not give apple to dog with kidney problem or arthritis. Apple seeds however contain Amygdlin which is a type of cyanide. Do not give your dog the core. Search for Apple Seed to find out more.

Ascorbic acid: Is a food additive that is used as a preservative that will not harm the dog, as it is only another form of vitamin-C. Ascorbic acid is a sugar acid with antioxidant properties.

Banana: Is a great source of potassium which benefits include helping to improve mental and muscle reflexes, to stimulate appetite, and to aid in allergy treatments and elimination of body wastes.

Beef Bone: Uncut beef leg bone that is occasionally found at the meat counter can be a real treat. Always uncooked since cooked bone splinters easily. Since bones are great entertainment for dogs and also good way to clean the teeth, always supervise when giving your dog a bone, use common sense on the size and chewing style. Cooked bones can splinter and hurt your dogs. Always take away small pieces that your dog breaks off.

Bison: Safe for dogs. Some high end dog food is made with bison. Good source of protein and less likely to cause allergies.

Bone Marrow: The bone marrow is rich both in nutrients as well as calories. If your dog struggles with being overweight, scoop out much of the marrow before you give the beef marrow bone.

Blueberries: Blueberries are rich in natural antioxidants that play an important role in preventing or slowing the buildup of oxidative damage in brain aging. Some researchers have reported that a blueberry diet may improve cognitive function in older dogs.

Brewer's yeast: This is the yeast that's left over from making alcohol. Dogs seem to really enjoy the tangy taste of brewer's yeast while it is full of B vitamins which are good for skin, coat, and carbohydrate metabolism. Be sure you're using brewer's yeast, not baking yeast which will make your dog sick.

Brown rice: Great for dogs. Excellent wheat and grain free substitute. Excellent source for fiber and is recommended for dogs with diarrhea problems. Always check with your vet if diarrhea persists.

Butternut squash: Is actually good for dogs with valuable nutrition. Be sure to cook it first before feeding to your dog. Be sure no spices or butter.

Cantaloupe: The flesh of cantaloupe is considered edible. A small portion of cantaloupe as a treat should not pose a problem but if you see any signs of gastrointestinal irritation such as loss of appetite, drooling, vomiting or diarrhea, stop feeding this fruit to your dog.

Carob: A safe substitute to dark or milk chocolate for dogs. Carob powder is from carob bean of the evergreen carob tree grown in the Mediterranean areas. Carob has a natural sweetness and contains very little fat, no caffeine and no theobromine which is toxic for dogs. Carob encourages the absorption of calcium.

Carrot: Carrots have lots of beta-carotene which can provide your dog with vitamin A which may help your dog's vision. Raw carrots are wonderful for their teeth, helping to clean their teeth.

Cheese: It provides excellent quality protein, calcium, Vitamin A, essential fatty acids and B-complex vitamins. Dogs also like the taste of cheese and it can be a part of a complete and balanced pet food diet. However, consult your vet if your dog has special dietary needs due to health issues.

Chicken: Safe but must be cooked. No chicken bones as they splinter easily.

Cinnamon: Non-toxic to dogs. Cinnamon has antifungal, antibacterial and antimicrobial properties. Some studies have proven its ability to help regulate blood sugar levels of dogs suffering from diabetes. It is a natural treatment for diabetes. Cinnamon has a blood thinning compound and anti-inflammatory properties that allows the proper circulation of blood to all the cells of the body thereby significantly reducing the pain of arthritic dogs. Cinnamon has a carminative agent that relieves indigestion, bloat and stomach upset. Check with your vet if your dog has existing medical condition before giving cinnamon.

Coconut: Ok and not known to be toxic to dogs. However, keep an eye out for signs of gastrointestinal upset since the flesh and milk do contain oils that if ingested, may cause stomach upset, loose stools or diarrhea to some dogs.

Cottage cheese: Given plain, it is a healthy snack providing protein and probiotics.

Cranberries: Cranberries contains a valuable source of the antioxidant Proanthocyanidins, an aid on the urinary system.

Cream Cheese: Cream cheese is mild, dairy based so a little is ok. Never in excess and make sure it is plain. Fat free cream cheese is a better choice if you must. Check with your vet if your dog has existing medical condition before giving cream cheese.

Cucumber: Ok. There is currently no information indicating that cucumber has toxic potential to pets. However, keep in mind that even vegetables or plants considered to be nontoxic can produce minor stomach upset if ingested. Keep an eye out for signs of gastrointestinal upset.

Duck: Safe for dogs. Some high end dog food is made with duck. Good source of protein.

Eggs: A great source of very digestible protein, riboflavin, and selenium. For some dogs that are prone to digestive upset, eggs can give them a little protein boost. Be sure to use cooked egg, as raw egg whites can cause biotin deficiency.

Fish: Cooked fish now and then is ok. Cooked salmon fish is a healthy choice. Make sure no fish bone is in meat before giving to your dog. Ask your vet if your dog has special dietary needs as fish might be problematic.

Flax seed: A good source of omega-3 fatty acids, which are essential fatty acids that are good for skin and coat. Whole flax seeds are best if ground right before feeding as this type of fat can go rancid quickly. Flax seed can also be added to your dog's diet as a source of fiber.

Ginger: Safe for dogs. Taken internally, the fresh root is sweat inducing, therefore an excellent herb to dispel toxins through sweat. It is beneficial for dogs that are in poor health such as with poor appetite, poor blood circulation and a deep and slow pulse. If your dog suffers from motion sickness, ginger works wonder as an anti-vomiting and anti-nausea agent. Ginger can alleviate digestive problems such as diarrhea, colic, and flatulence.

Green beans: A good source of plant fiber, vitamin K, vitamin C, and manganese. Green beans is a great low calorie way to fill her up and help her maintain a healthy weight.

Honey: A spoonful of honey is a natural way to provide a burst of energy. Unlike processed sugar, honey will provide your dog with sugar that its body can break down gradually. A teaspoon of honey can be given as first aid to a hypoglycemic dog to restore the normal blood sugar level. Adding honey to your dog's meals will ensure the good condition of the pet's skin and fur. Adding a teaspoon of honey to a dog daily regimen is proven effective in alleviating pain associated with arthritis. Honey has antifungal, antimicrobial and antibacterial properties, sometimes used as a topical treatment for wound as its antibacterial property aids the autolytic debridement of wounds. The enzymes in raw honey can aid in maintaining your dog's stable digestive system. Be aware that honey can contain the botulinum spores that cannot be handled by the immature digestive organ of puppies.

Lamb: Safe for dogs. Some high end dog food is made with lamb. Good source of protein and less likely to cause allergies.

Mashed potato: Cooked mashed potatoes are fine for dogs and actually quite nutritious and digestible, unsalted with no gravy of course.

Molasses: Is a source of potassium which benefits include helping to improve mental and muscle reflexes, to stimulate appetite, and to aid in allergy treatments and elimination of body wastes.

Oatmeal: Is a good source of soluble fiber. Can be beneficial for older dogs that may have trouble maintaining bowel regularity. Oatmeal is also an alternative source of grain for dogs that are allergic to wheat. It can be fed in conjunction with probiotics to enhance their function. Always feed cooked and plain with no sugar.

Olive: Safe for dogs. Just make sure the pits are removed and not the spiced. Green olives are actually black olives that have not matured.

Olive Leaf: Safe and good for dogs. It stimulates your dog's own immune system protective cells to ingest foreign invaders. Olive leaf is highly effective in eliminating microorganisms, which supports its use in almost any type of infection. Olive leaf dramatically increases the function of the immune system, as well as acting as a natural antibiotic to allow your dogs to deal with allergies in a safe, natural and effective manner. Helps promote thick coat that has been known to be natural flea resistant.

Olive Oil: Safe and good for dog's skin and coat. Olive oil is recommended by many veterinarians as remedy to mild dry and flaky skin problems in dogs. It is also recommended in dog's diet to provide thick, smooth and shiny coat. Helps promote thick coat that has been known to be natural flea resistant. Serve sparingly as too much olive oil can cause diarrhea. Skin problem can be serious so consult your vet.

Pasta: Ok. Make sure it's plain pasta with no spices or spaghetti sauce.

Peanuts: Low fat and unsalted roasted peanut are good treats for dogs. Peanuts are legumes, in the bean family, not nuts. If you, family member or your dog is allergic to peanuts, do not consume peanuts.

Peanut butter: Ok but make sure is the unsalted type. Feeding too much may cause diarrhea due to the high fat content and the oil.

Pumpkin: A good source of fiber and beta carotene which is a source of vitamin A and a natural antioxidant. It is also low in calorie but high in potassium. Benefits of potassium include helping to improve mental and muscle reflexes, to stimulate appetite, and to aid in allergy treatments and elimination of body wastes.

Rabbit: Safe for dogs. Some high end dog food is made with rabbit. Good source of protein.

Rice: Safe for dogs. Good for sensitive stomach and dogs with allergy issues with other grains such as wheat or corn. Rice is wheat and gluten free. Rice is recommended for diarrhea problems.

Rosemary: Ok and not toxic. Have not been reported as toxic or having negative effects on dogs. Not known to cause intense gastrointestinal tract problems. Note that any plant material consumed by dogs may produce symptoms of vomiting, diarrhea and/or mood change. These are generally mild and often do not require veterinary treatment but keep an eye on your dog because if symptoms persist, immediately take your dog to the vet. Rosemary pod and rosemary bog are however toxic to dogs.

Salmon: A fatty fish which is also a good source of omega- 3 fatty acids. Supports the immune system and can be beneficial for skin and coat health. There has also been some indication that they may benefit dogs with allergies. Make sure it's cooked before serving to kill any parasites. Salmon poisoning is caused by raw fish with parasites.

Spaghetti squash: Is actually good for dogs with valuable nutrition. Be sure to cook it first before feeding to your dog. Be sure no spices or butter.

Sweet Potatoes: Are a source of dietary fiber and contain vitamin B6, vitamin C, manganese. And beta carotene which is a source of vitamin A and a natural antioxidant.

Tofu: Tofu contains many valuable flavonoids and other ingredients which promote health. Tofu is made out of soy bean which is high in protein that contains high levels of Tryptophan and relatively low levels of Tyrosin, making it a protein that support the buildup of Serotonin levels in a dog. Serotonin is known to combat aggression issue. Tofu can be given to older female dog as an estrogen replacement. Tofu may help older female dog from problem with accidental peeing or dribble. Do not feed tofu to your dog if it is allergic to soy.

Tuna: Safe for dogs and tuna is full of high protein. It is natural food for dogs. Just beware of excessive mercury in large amount and make sure no bones in the meat being fed. Be aware that some dogs may have a reaction to the fish causing incredibly bad gas afterwards.

Turkey: Turkey is ok for dogs for eat. Some high end dog food is made with turkey. Be sure to remove all bones, skin and fat.

Venison: Safe for dogs. Some high end dog food is made with venison. Good source of lean protein.

Watermelon: Ok but be sure to remove seeds. There is currently no information indicating that cucumber has toxic potential to pets. However, keep in mind that even vegetables or plants considered to be nontoxic can produce minor stomach upset if ingested. Keep an eye out for signs of gastrointestinal upset.

White chocolate: Safe for dogs. Regular milk and dark chocolate are made from cocoa powder, also know as chocolate solids, the source of high levels of Theobromine, a toxicant responsible for causing canine illness. White chocolate, on the other hand, is made from cocoa butter, which is safe for dogs. White and dark chocolate begin life as cocoa beans. These beans are turned into chocolate liquor which in turn is pressed to draw out the fat known as cocoa butter. The remaining substance is ground up and the product is cocoa powder where all the theobromine which is toxic to dogs is in the cocoa powder, the chocolate solids. Since white chocolate does not have any of the solids, it is a safe treat for a dog. Feed sparingly as it is high in fat.

Zucchini: Ok. There is currently no information indicating that cucumber has toxic potential to pets. However, keep in mind that even vegetables or plants considered to be nontoxic can produce minor stomach upset if ingested. Keep an eye out for signs of gastrointestinal upset.