

# Top 10 Healthiest Human Foods That Dogs Can Eat [Vet-Approved]

*BYSploot Team* Last updated: January 9, 2024

Medically reviewed by: [Jessica Apted, DVM](#)

Many pet parents love sharing food with their pups. But as you consider giving dog-friendly treats during brunch, lunch, dinner, a picnic, or a BBQ, you may ask yourself, “**what human foods can dogs actually eat?**” Or better yet, which of the **people food that dogs can eat** will give them the most health benefits?

To help you decide on the **healthiest food items to share with your pup**, this complete guide lists the **healthiest people [food that dogs can eat](#)**. Some of the food items listed here can also be used as **food toppers for dog food** that will [help picky eater dogs eat](#).

## What’s in This Guide?

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[Cooked, Unseasoned Chicken, Turkey, or Beef](#)

[Cooked, Unseasoned Fish](#)

[Cooked, Unseasoned Eggs](#)

[Cooked Pumpkin](#)

[Cooked Green Beans](#)

[Cooked Carrots](#)

[Cooked Spinach](#)

[Sliced Apples - In Moderation](#)

[Bananas - In Moderation](#)

[Cooked Oatmeal](#)

## A Note About Dogs as Omnivores & Common Dog Allergies

Before diving into our list of the **healthiest human foods that dogs can eat**, the following are

must-know information about a dog's feeding behavior and the possibility of canine food allergies.

## Dogs are Omnivores

Unlike wolves and cats, [domesticated dogs are omnivores](#). In that sense, they are similar to us humans. Omnivores are naturally able to eat and digest food that comes from both animals and plants. This, however, doesn't mean that dogs can safely eat all the types of food that people can. What this *does* mean is that **the range of healthy treats for dogs is wider** than that of obligate carnivores who are not naturally equipped to digest vegetation (sorry, cats!).

Because dogs are omnivores, it means that...

**Some dogs naturally enjoy fruits and vegetables** — especially the ones on this list of healthy food for dogs.

**Dogs can eat cooked vegetables with no pureeing needed.** The best way to cook veggies for dogs is by steaming or boiling without any additional oil, butter, or spices — and Fido would prefer these cut up in bite-sized pieces.

## Food Allergies in Dogs

The go-to treats for dogs are usually meat-based food items from the table. However, not all types of meat are safe for all dogs. Some dogs have food allergies — and the most common ones are triggered by different types of proteins. The most common canine food allergens include the following:

Beef

Chicken

Eggs

Fish (or seafood)

Dairy (canine allergy to dairy is a different condition from canine lactose intolerance)

**Note:** Though less common, some canines have allergies that are triggered by grains. If you would like to learn more about **testing a dog for allergies** (in a safe and controlled clinic environment,) **consult your local veterinarian.**

Keeping in mind the feeding behavior of dogs, as well as the possibility of canine food allergies, pet parents can be more conscious of the treats they select for their furry friend. As a starting point, here are our top recommended dog treats that give the most health benefits.

### 1. Cooked, Unseasoned Chicken, Turkey, or Beef

**Cooked, unseasoned chicken, turkey, and beef** are all great sources of protein for your dog. However, make sure that all the bones are removed from these meats before giving them to your dog. Doing so **reduces the risk of choking**.

"Even cooked bones are risky," says [Dr. Sylvia Berns, Sploot's Medical Director](#). "They can splinter in the dog's GI tract and cause issues such as perforations. It's a good reminder just in case (pet) parents think bones would be okay if cooked, which is not the case."

Among the three (chicken, turkey, and beef), the [most balanced meat is chicken](#) — as it is **high in protein but also low in fat** which makes it the healthiest type of meat to serve canines.

**Note:** All of the above types of meat are excellent additions to your dog's diet — but dogs also need nutrients and vitamins from other sources to stay healthy. A purely all-meat diet for dogs will not suffice.



## 2. Cooked, Unseasoned Fish

**Cooked unseasoned fish** is one of the healthiest treats for dogs. Fish is a good source of **protein**